



**PHILIPPINE  
HEART CENTER  
INCIDENT  
COMMAND POST**

Document Type

**GUIDELINES**

Document Code:

GL-ICP-057

Effective Date:

July 2020

Document Title

**HOME INSTRUCTIONS FOR  
COVID-19 RECOVERED  
HEALTHCARE WORKER**

Revision Number:

0

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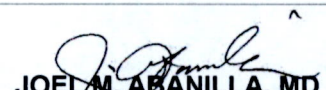
### REVISION HISTORY


Rev No.	Review Date	Description of Change	Date of Next Review
			2022

Reviewed by:

  
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## I. STATEMENT OF THE POLICY

Home Instructions for COVID-19 Recovered Healthcare Worker – is a tool utilized by nurses to provide health instructions for Covid-19 recovered healthcare workers for discharge

## II. POLICY GUIDELINES

1. The nurse shall accomplish the demographic information as to:
  - 1.1. Name of employee (Family Name, First Name, Middle Initial)
  - 1.2. Age, Sex, Birthdate
  - 1.3. Unit, Room/Bed No., Hospital No.
  - 1.4. Attending Physician
  
2. The nurse shall write instructions for medications with regards to:
  - 2.1. Name of medications
  - 2.2. Dosage
  - 2.3. Timing
  - 2.4. Actions
  - 2.5. Considerations
  
3. The nurse shall tick () instructions for exercise and activities.
4. The nurse shall tick () instructions for treatment and write the number of days the employee should remain on home quarantine.
5. The nurse shall tick () instructions for hygiene.
6. The nurse shall tick () instructions for OPD / Infirmary Check-up and write the date that the employee should proceed to the Infirmary to secure clearance.
7. The nurse shall tick () instructions for diet and write the type of diet and examples on the space provided.
8. The nurse shall tick () instructions for social / sexual / spiritual instructions and write the contact details of person who can provide psychological support for the employee.
9. The nurse shall explain additional instructions for discharge.
10. The nurse shall put a name stamp and affix her signature on the space provided.