 <p><b>PHILIPPINE HEART CENTER MEDICAL</b> Incident Command Post</p>	Document Type	Document Code
	<b>GUIDELINES</b>	GL-OED-ICP- 078
		Effective Date:
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## 1. OBJECTIVE

There will be a guideline to be implemented in the provision of rehabilitation services for patients who are post - covid to ensure safe provision of rehabilitation services and to control and prevent infection that may be acquired upon facilitating these procedures.


## 2. SCOPE

This is a guide for all PMRD staff (Medical Consultants, therapists and auxiliary staff)

## 3. GUIDELINES

### **In-Patient Rehabilitation Guidelines for post COVID patients**


1. Patients who had COVID could undergo rehabilitation provided that:
  - 1.1. Patient has completed 14 to 21 days quarantine without any COVID associated symptoms
  - 1.2. Latest Repeat GeneXpert should be done which could either have:
    - 1.2.1. Negative results or
    - 1.2.2. Positive with HIGH cycle threshold (more than 30)
  - 1.3. Clearance from attending pulmonologist and/or infection disease specialist has been given.
2. Treatment procedures shall be limited to a maximum of 45 minutes to prevent prolonged exposure to patients.
3. Transport of patients to the rehabilitation center shall be discouraged at the moment.
4. Aerosol generating and invasive are allowed to be administered following appropriate PPEs and health protocol are observed.
  - 4.1. Dysphagia management
  - 4.2. Oromotor and lingual exercises
  - 4.3. Electrodiagnostic procedures
5. Wearing of appropriate Personal Protective Equipment (PPE) shall be observed

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- 5.1. N95 mask
- 5.2. Face shield
- 5.3. Gloves
- 5.4. Gown
6. Hand hygiene shall be observed and practiced before wearing of PPEs and after administering the rehabilitation procedure.

**Out-patient Rehabilitation Guidelines for post COVID patients:**

1. Patients who had COVID could undergo rehabilitation provided:
    - 1.1. For previously confined patient from PHC
      - 1.1.1. Patient has completed 14 to 21 days quarantine without any COVID associated symptoms
      - 1.1.2. Latest GeneXpert results should be provided which could either have:
        - 1.1.2.1. Negative results or
        - 1.1.2.2. Positive with HIGH cycle threshold (more than 30)
      - 1.1.3. Clearance and referral from attending pulmonologist and/or infection disease specialist has been given.
    - 1.2. For patients discharged from other hospital:
      - 1.2.1. Patient has completed 14 to 21 days quarantine without any COVID associated symptoms
      - 1.2.2. Latest GeneXpert results should be provided which could either have:
        - 1.2.2.1. Negative results or
        - 1.2.2.2. Positive with HIGH cycle threshold (more than 30)
- Or
- 1.2.2.3 Latest PCR test which should have negative results
  - 1.2.3. Clearance and referral from attending pulmonologist and/or infection disease specialist has been given.

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**Electrodiagnostic Study Guidelines for post COVID patients:**

1. Patients who had COVID could undergo Electromyography / Nerve Conduction Velocity test provided:
    - 1.1. For in-patients admitted at PHC:
      - 1.1.1. Patient has completed 14 to 21 days quarantine without any COVID associated symptoms
      - 1.1.2. Latest Repeat GeneXpert should be done which could either have:
        - 1.1.2.1. Negative results or
        - 1.1.2.2. Positive with HIGH cycle threshold (more than 30)
      - 1.1.3. Clearance from attending pulmonologist and/or infection disease specialist has been given.
    - 1.2. For in-patients admitted from other hospitals:
      - 1.2.1. Patient has completed 14 to 21 days quarantine without any COVID associated symptoms
      - 1.2.2. Negative PCR test with at least 7 days from scheduled procedure
      - 1.2.3. Clearance from attending pulmonologist and/or infection disease specialist has been given.
    - 1.3. For out-patients:
      - 1.3.1. Patient has completed 14 to 21 days quarantine without any COVID associated symptoms
      - 1.3.2. Latest GeneXpert results should be provided which could either have:
        - 1.3.2.1. Negative results or
        - 1.3.2.2. Positive with HIGH cycle threshold (more than 30)
- Or
- 1.2.2.3 Latest PCR test which should have negative results
  - 1.3.3. Clearance and referral from attending pulmonologist and/or infection disease specialist has been given.