

Attention!

Remember some patients may benefit from Inhaled Budesonide
See Budesonide Treatment Pathway

Pregnant women
Advise to contact
midwife if self
isolating.

Assessment



Phone call for Respiratory Systems/COVID19 Concern

Advice

New Cough (<7days + Continuous)
± Fever
± Risk Factors /shielding
AND/OR
NEW Breathlessness (MMRC >1)
AND/OR
Loss of/change in sense of smell or taste

Clinical Symptoms:

- Fever >37.8
 - Dry cough (occas sputum)
 - Sore throat
 - Fatigue
 - Pain
- Other Symptoms:**
Dyspnoea, Chest pain, wheezing
Anosmia/Dysgeusia
Headache, Dizziness,
Abdominal pain, nasal
congestion, Nausea,
Diarrhoea, hoarseness

New Cough (<7days + Continuous)
± Fever
NO Breathlessness (MMRC >1)

Self Care Advice + Worsening
Advice
(Based on getting breathless)

Assessed on the phone as significantly unwell

Practice Face to face/
Home visit

If OK

Clinical Assessment

Key symptom :
BREATHLESSNESS

RED FLAGS

- O2 Sat <92%
 - COPD <known baseline or <88%
 - Respiratory Rate ≥22
 - NEWS Score > 2
 - Pulse > 110
 - OR
 - **Clinical Concern**
- Severe SOB at rest
 - Chest Pain
 - Blue lips or face
 - Difficulty breathing
 - Clammy, cold or mottled skin
 - Poor urine output
 - Difficult to rouse
 - Haemoptysis

- *Risk Factors for deterioration**
± Shielding
- Age >60
 - Frailty
 - Respiratory or Cardio Comorbidities
 - Immunosuppression including cancer

Respiratory function (especially inability to talk in full sentences)

How is your breathing?

Is it worse than yesterday?

What does it stop you doing?

Attention!

IF Communication difficulty or capacity concerns
OR Complex COVID Severity Risk Factors
Then consider Respiratory Appointment

Phone Hospital & COVID19 Referral (SCI Gateway)

Secondary Assessment/SATA

Reference Information

NEWS Scoring system

Physiological parameter	Score			Score	Score		
	3	2	1		0	1	2
Respiration rate (per minute)	≤8		9-11	12-20		21-24	≥25
SpO ₂ Scale 1 (%)	≤91	92-93	94-95	≥96			
SpO ₂ Scale 2 (%)	≤83	84-85	86-87	88-92 ≥93 on air	93-94 on oxygen	95-96 on oxygen	≥97 on oxygen
Air or oxygen?		Oxygen		Air			
Systolic blood pressure (mmHg)	≤90	91-100	101-110	111-219			≥220
Pulse (per minute)	≤40		41-50	51-90	91-110	111-130	≥131
Consciousness				Alert			CVPU
Temperature (°C)	≤35.0		35.1-36.0	36.1-38.0	38.1-39.0		≥39.1

MMRC DYSPNOEA Scale

Grade	Description	Notes
Grade 0	No dyspnea	Not troubled by breathlessness except with strenuous exercise.
Grade 1	Slight dyspnea	Troubled by shortness of breath when hurrying on a level surface or walking up a slight hill.
Grade 2	Moderate dyspnea	Walks slower than normal based on age on a level surface due to breathlessness or has to stop for breath when walking on level surface at own pace.
Grade 3	Severe dyspnea	Stops for breath after walking 100 yards or after a few minutes on a level surface.
Grade 4	Very severe dyspnea	Too breathless to leave the house or becomes breathless while dressing or undressing.

Online NEWS Score Calculator

<https://www.mdcalc.com/national-early-warning-score-news>