

**Covid 19 Care plan for the use of Dexamethasone and Oxygen**

**Nursing Home agreement to provide regular monitoring**

Name of patient (label  
Date of Birth

**Senior Nursing Clinician agreeing the care plan**

.....

Date agreed.....

**Treatment Required**

- 1) Oxygen concentrator started as per guidelines YES/NO
- 2) Dexamethasone 6mg daily for 10 days orally YES/NO

**Monitoring required**

- 1) Oxygen Saturation YES/NO
- 2) Blood sugar needs checked daily (afternoon) YES/NO
- 3) Contact with GP if blood glucose >12 to consider ongoing use of this treatment YES/NO

**Who will be involved?**

**IF CARE PLAN CANNOT BE COMPLIED WITH, PRESCRIBER/GP SHOULD  
BE INFORMED WITHIN 24 HOURS**

**CARE HOME OXYGEN AND/OR DEXAMETHASONE  
MONITORING & USE logbook**

- Target Oxygen range 90-94% (Or >88% if COPD)
- O2 Flow 2-4Litres/minute

Name

CHI

Prescriber: \_\_\_\_\_

Telephone No. \_\_\_\_\_

DATE	After Breakfast		After Lunch			After Dinner		Bedtime	
	O2 Sat%	O2 Flow	O2 Sat%	O2 Flow	GLUCOSE	O2 Sat%	O2 Flow	O2 Sat%	O2 Flow

**If patient is on Dexamethasone-**

- If capillary blood glucose measurements rise above 12 mmol/L, the next dose of dexamethasone should be withheld, and medical advice should be sought.
- Care home staff should watch for signs of agitated delirium. If these develop, the next dose of dexamethasone should be withheld, and medical advice should be sought.