



NHMHP-IDSP/1/2020-IDSP-Section-Part(3)-16832 - 20277  
National Health Mission-HP  
SDA Complex, Kasumpti, Shimla-9  
Himachal Pradesh  
Dated: Shimla-171009, the

To,

All Deputy Commissioners  
In Himachal Pradesh

All Chief Medical Officers  
In Himachal Pradesh

All the Principals  
Government Medical Colleges  
In Himachal Pradesh

All the Medical Superintendents  
In Himachal Pradesh

All the Nodal Officers  
Dedicated Covid Health Facilities  
In Himachal Pradesh

The State COVID Clinical Team  
In Himachal Pradesh

COVID Clinical Committee  
In Himachal Pradesh



**Subject : Regarding re-activation of COVID related treatment measures in order to contain the spread of infection and effective patient management**

Sir/ Madam,

Keeping in view the recent surge in COVID 19 cases since last week of February 2021, we need to expedite all measures in order to contain the spread of infection and enhance the positive patient management. The following actions are solicited at your end please:

1. **Sanitation:** The in-charges of the dedicated COVID 19 facilities have been instructed repeatedly to maintain proper sanitation services in the premises of such facilities. It is reiterated that environmental cleaning and sanitation should be done twice daily including damped dusting of surfaces, floor



mopping, and cleaning of toilets or at even lesser intervals as per requirement. The nodal officer should ensure that toilets and wash basins should be adequate in number as per the intake capacity of patients in the facility. Further the toilets and washbasin should have adequate soap at all times and regular supply of water which should be checked at least twice daily. The facilities should have proper and functional latches for privacy and proper lighting as well.

2. **Treatment:** In order to provide correct clinical treatment and guidance for the management COVID 19, the Clinical committee has been constituted in the 6 Govt. Medical Colleges in the State on 4.6.2020. The Committee shall monitor the cases of COVID-19 admitted in the DCH, DCHC & DCCC on day-to-day basis including the clinical parameters, case sheet etc. The committee may consult the Nodal Clinician in-charge at IGMCM Shimla if need arises. The Nodal In-charge along with his team shall modify treatment protocol, day to day referral protocol from lower facilities to higher facilities of cases of COVID-19 and other protocol as required by other team in light of recent evidences. Vide clinical guidelines circulated on 18<sup>th</sup> June 2020, 30<sup>th</sup> June, 2020, 25<sup>th</sup> July, 2020 and from time to time during various VC interactions, it has been emphasized that detailed clinical history is to be taken including co-morbidities and appropriate treatment should be taken at the time of detection including those for co-morbidities and the medication, if any being taken for any pre-existing condition. In-patients files documenting the history, parameters, consultations, treatment etc. should be maintained for each patient. The treatment protocol as clearly laid down should be followed strictly. It should be ensured that appropriate medications as required for the management of co-morbidities should be given to patients without fail.
3. **Diet:** The State has notified the diet plan to be followed on 15<sup>th</sup> May, 2020 for the COVID-19 patients admitted in various COVID-19 facilities in the State. The Circular explicitly mentions the food to be avoided in diabetic/hypertensive/CAD patients. All the Nodal Officer of COVID-19 Clinical facilities should ensure that the food served to the patients should be fresh, hygienic, warm, as per the diet plan and customized to the pre-existing condition of the patient. It should also be ensured that the food is served in a dignified manner. Along with this, a regular supply of potable water should be available for each patient.
4. **Home Isolation:** Detailed instructions were issued on 23<sup>rd</sup> May, 2020, a



comprehensive guidelines along with a diligently developed self help booklet was notified on 23<sup>rd</sup> July, 2020 and updated on 3<sup>rd</sup> March, 2021, wherein clear cut instructions for the health care providers regarding monitoring and treatment have been given. It is re-iterated that constant monitoring of all the COVID-19 patients on home isolation must be ensured through the assigned Medial Officer and mapped surveillance personnel daily and update of their health status should be maintained. A kit consisting of self help booklet. Medications like Zinc, Vitamin-C, Anti-tussives, paracetamol, Vitamin-D, Kadha (if required) and containing other medication as per need must be given to all the patients being managed on home isolation. In case of suspected deterioration of the patient on home isolation, he/she should be promptly shifted to the appropriate level of care.

In this regard it is requested to follow the above listed measures in letter and spirit.

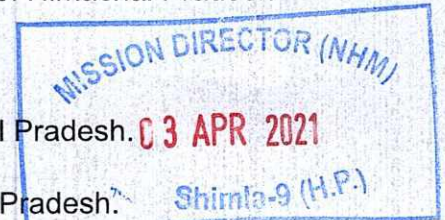
Secretary (Health) to the  
Government of Himachal Pradesh

Endst. No. As above

Dated Shimla -9 the

Copy to:

1. The Mission Director, National Health Mission, Himachal Pradesh.
2. The Director Health Services, Himachal Pradesh.
3. The Director, Medical Education & Research, Himachal Pradesh.
4. The District Surveillance Officers, IDSP, Himachal Pradesh.



Secretary (Health) to the  
Government of Himachal Pradesh