

**GOVERNMENT OF MIZORAM
HEALTH & FAMILY WELFARE DEPARTMENT
MIZORAM SECRETARIAT BUILDING, MINECO, KHATLA**



NOTIFICATION

Aizawl, 22nd July, 2022.

No. D.33011/39/2022-HFW(SOP)/88 : In the interest of public service and in view of the recent surge of Covid-19 cases in the state, the Governor of Mizoram is pleased to notify **Guidelines for referral of Covid-19 cases to Hospital** as stated below with immediate effect and until further orders-

A. FOR GENERAL COVID-19 PATIENTS

Any patient developing one of the following **RED FLAG SIGNS** should be referred to a hospital that can treat Covid-19 patients. (The reason for referral with details of the clinical status must be clearly mentioned in the referral form)

- Resting tachycardia (HR >100/min) on 2 occasions at least 12 hours apart
- Oxygen saturation < 94% in room air on 2 occasions at least 12 hours apart
- 6 minutes walk induced desaturation
- Uncontrolled High grade fever (>103° F) / Uncontrolled Severe cough > 72 hours
- Confusion and Hallucinations
- Lethargy and poor responsiveness

B. FOR CHRONIC HEART AND LUNG DISEASES, IMMUNO COMPROMISED PATIENTS, OTHER CHRONIC DEBUTATING ILLNESS

Any patients developing one of the following **RED FLAG SIGNS** should be referred to a hospital that can treat Covid-19 patients. (The reason for referral with details of the clinical status must be clearly mentioned in the referral form)

- Resting tachycardia (HR >100/min)
- Oxygen saturation < 94% in room air
- Respiratory rate > 24 /min
- High grade fever (>103° F) / Uncontrolled Severe cough > 24 hours
- Confusion and Hallucinations
- Lethargy and poor responsiveness

**Immunocompromised status - HIV, Cancer, Connective tissue diseases (SLE, systemic sclerosis etc. on >1 immunosuppressants), post-transplant patients, only decompensated CLD (in case of Hep B & C positive & Alcoholic liver disease)*

C. REFERRAL GUIDELINES FOR OBSTETRIC (PREGNANT) PATIENTS

- 1) any term pregnancy >37weeks gestation irrespective of symptoms
- 2) with obstetric complaints
 - bleeding p/v
 - leaking p/v
 - pain abdomen suggestive of labour or any obst/surgical/medical emergencies.
- 3) with Covid symptoms
 - persistent fever with/without cough > 3days
 - persistent dry cough > 5days.
 - Shortness of breath/dyspnoea with SPO2 < 95%, RR > 24/min
 - recurrent vomiting/loose stool requiring Intravenous fluid.

D. REFERRAL GUIDELINES FOR PAEDIATRICS PATIENTS

- 1) Persistent fever high grade more than 4 days.
- 2) Fast breathing: Respiratory rate > 60/min in 50/min 2months - 12 months > 40/min 1yr - 5yrs > 30/min > 5yrs.
- 3) Loose stool with vomiting unable to take oral feeds
- 4) Lethargy and irritable.
- 5) Recurrent vomiting requiring IVF.
- 6) Fever with signs of meningeal irritation such as convulsion, drowsiness, projectile vomiting.

E. CRITERIA FOR COVID-19 ICU ADMISSION:

1. Patient requiring Invasive Mechanical Ventilation.
2. Respiratory Distress - Needing O2>10LPM to maintain SpO2>92 % or PaO2>65.
3. Rapid escalation of oxygen requirement.
4. Significant work of breathing i.e. Tachypnea.
5. Patient with haemodynamic instability despite initial conservative fluid resuscitation.
6. Patient requiring vasopressor support.
7. Patient with a decreased level of consciousness.
8. Acidosis
 - ABG with pH<7.3 or PCO2>50 or above
 - Patient's baseline Lactate >2.
9. Patient with more than one organ failure.
10. Patient requiring continuous renal replacement therapy (CRRT) and cannot tolerate haemodialysis.
11. Patient with unstable vital signs not yet on vasopressors.
12. Patient with new ECG findings, including Ischemia, arrhythmias, heart block.

6 minute walk test for covid-19 patients:

- This test is used to unmask hypoxia.
- Patient is asked to walk around for 6 minutes and his O2 sat checked after that.
- Patients with positive 6 minute walk test may progress to become hypoxic and hence early intervention in form of admission to hospital, or shifting to ICU and giving oxygen and +/- Steroids is recommended.
- **The 6 minutes may be cut short for 3 minutes in patients above 60 years of age.**
- Any drop in saturation below 93%, or an absolute drop of more than 3%, or feeling unwell (light headed, short of breath) while performing the test are significant findings.

Sd/-VANLAL CHHUANGA

Principal Secretary to the Govt. of Mizoram,
Health & Family Welfare Department

Memo No. D.33011/39/2022-HFW(SOP)/88 : . Aizawl, the 22nd July, 2022.

Copy to:-

1. Secretary to Governor, Government of Mizoram.
2. P.S to Chief Minister, Government of Mizoram.
3. P.S to Deputy Chief Minister, Government of Mizoram.
4. P.S to Speaker, Ministers, Deputy Speaker, Minister of State, Deputy Govt. Chief Whip, Vice Chairman, Lunglei HPC, Vice Chairman, State Planning Board.
5. P.S to M.L.A & Vice Chairman, H&FW Board.
6. Sr.PPS to Chief Secretary, Government of Mizoram.
7. PPS to Principal Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department.
9. All Administrative Heads of Department, Mizoram.
10. All Heads of Department, Mizoram.
11. All Deputy Commissioners, Mizoram.
12. Principal Director, Health & Family Welfare Department.
13. Director, Health Services.
14. Director, Hospital & Medical Education.
15. Director, Zoram Medical College, Falkawn.
16. Director, I&PR for wide publication.
17. Mission Director, NHM.
18. All Medical Superintendents.
19. All Chief Medical Officers.
20. Web Manager, IT Section, Directorate of Health Services.
21. Guard File


(JOSEPHINE ZONUNSANGI)

Under Secretary to the Government of Mizoram
Health & Family Welfare Department