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Health & Medical Education Department
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Director
Health Services
Kashmir / Jammu

No. PS/FC/H&ME/COVID-19/2020/ **138** Dated: 16.07.2020
Sub: Revised Discharge Policy for COVID-19.....regd.

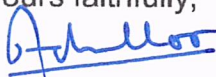
Sir / Madam,

Your attention is invited towards the Revised Discharge Policy issued by the Ministry of Health & Family Welfare, Government of India (copy enclosed).

You are requested to go through the Discharge Policy and implement the same in letter and spirit, with following partial modifications as approved:

- "1. Patient with mild symptoms be discharged after 10 days of onset of symptoms and no fever for 3 days, with advice to isolate himself / herself at home and to self-monitor for further period of 7 days, **after being reported rtPCR negative.**"*
- 2. Patients with moderate symptoms to be discharged after resolution of clinical symptoms and maintaining of oxygen saturation for 3 consecutive days and **reporting rtPCR negative.***
- 3. Patients with severe symptoms to be discharged after clinical recovery and **patient tested negative once by rtPCR (after resolution of symptoms).**"*

Encl: As stated above (02 pages)

Yours faithfully,


(Atal Dulloo), IAS
Financial Commissioner,
Health & Medical Education Department

Copy for information to the:

1. Divisional Commissioner, Jammu / Kashmir.
2. Mission Director, National Health Mission, J&K.
3. Chairman, Apex Advisory Level Committee on treatment protocols and related medical issues for COVID patients, J&K.
4. Private Secretary to the Chief Secretary, J&K Jammu.
5. Office record file.

Revised Discharge Policy for COVID-19

The revised discharge policy is aligned with the guidelines on the 3 tier COVID facilities and the categorization of the patients based on clinical severity (Available at:

<https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>)

1. Mild/very mild/pre-symptomatic cases

Mild/very mild/pre-symptomatic cases admitted to a COVID Care Facility will undergo regular temperature and pulse oximetry monitoring. The patient can be discharged after 10 days of symptom onset and no fever for 3 days. There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to isolate himself at home and self-monitor their health for further 7 days.

At any point of time, prior to discharge from CCC, if the oxygen saturation dips below 95%, patient is moved to Dedicated COVID Health Centre (DCHC).

After discharge from the facility, if he/she again develops symptoms of fever, cough or breathing difficulty he will contact the COVID Care Centre or State helpline or 1075. His/her health will again be followed up through tele-conference on 14th day.

2. Moderate cases admitted to Dedicated COVID Health Centre (Oxygen beds)

2.1. Patients whose symptoms resolve within 3 days and maintains saturation above 95% for the next 4 days

Cases clinically classified as “moderate cases” will undergo monitoring of body temperature and oxygen saturation. If the fever resolve within 3 days and the patient maintains saturation above 95% for the next 4 days (without oxygen support), such patient will be discharged after 10 days of symptom onset in case of:

- Absence of fever without antipyretics
- Resolution of breathlessness
- No oxygen requirement

There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to isolate himself at home and self-monitor their health for further 7 days.

2.2. Patient on Oxygenation whose fever does not resolve within 3 days and demand of oxygen therapy continues

Such patients will be discharged only after

- resolution of clinical symptoms
- ability to maintain oxygen saturation for 3 consecutive days

3. Severe Cases including immunocompromised (HIV patients, transplant recipients, malignancy)

Discharge criteria for severe cases will be based on

- Clinical recovery
- Patient tested negative once by RT-PCR (after resolution of symptoms)

