

## COVID 19 Briefing Notes for Nurses and Junior Doctors

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COVID 19 is a new illness for all of us. The most up-to date guidance on medical care and PPE can be found on the trust website. It will be changing frequently please keep looking at it.

### This paper gives some key tips/ learning for Covid Patients

- Patients can decline rapidly and unpredictably –especially between days 5-8 of the illness
- Patients telling you they are breathless should prompt you to check SpO2
- Patients may not look ill, even when they are!
- New target SpO2 range is 92-96% for most patients
- Moving can cause deep and prolonged desaturation
- Increasing need for oxygen therapy is a sign of deterioration- escalate early and definitely when needing a non-rebreathe mask (see guideline)
- NEWS may not identify decline- watch SpO2
- Follow Oxygen guidance in the guideline –to preserve oxygen supply

### If in Doubt Check Oxygen Saturations

- The Chest X-ray is often normal
- The chest sounds clear when listened to with a stethoscope
- Being a little dry protects the lungs - Monitor fluid balance and limit total intake to 2l max (unless BP<90 or AKI)
- A negative swab does not mean it was not Covid just they are no longer shedding/ infectious

### Look after your Self and Colleagues

Wear the correct PPE/ Self-isolate as necessary/ Take breaks/ Look after your mental health and Be kind to each other