Physical HealthAssessment and Monitoring for COVID-19

A Guide for Nurses in Community Mental Health Settings

Contents

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Introduction

The Coronavirus pandemic presents health care services with unique dilemmas. These are unprecedented times for which there is no clear rulebook. Our guidance, therefore, can only

Shielding:High-Risk and Extremely Vulnerabl

The UK government has provided guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from COVID-19 (March, 2020). The guidance has E H H Q S U R G X F H G I R U S H R S O H Z K R high risk of severe illness from coronavirus (COVID-19) because of an underlying health condition ¶

People falling into this high-risk and extremely vulnerable group include:

1. Solid organ transplant recipients.
2. People with specific cancers:
   - people with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer
   - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
   - people having immunotherapy or other continuing antibody treatments for cancer
   - people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
   - people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
3. People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD.
4. People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell).
5. People on immunosuppression therapies sufficient to significantly increase risk of infection.
6. Women who are pregnant with significant heart disease, congenital or acquired.

The NHS also includes conditions that make people more likely to get infections (i.e. diabetes and HIV), as well as people who are taking medication that weakens the immune system (i.e. Clozapine and Lithium).

SupportingCommunity Services

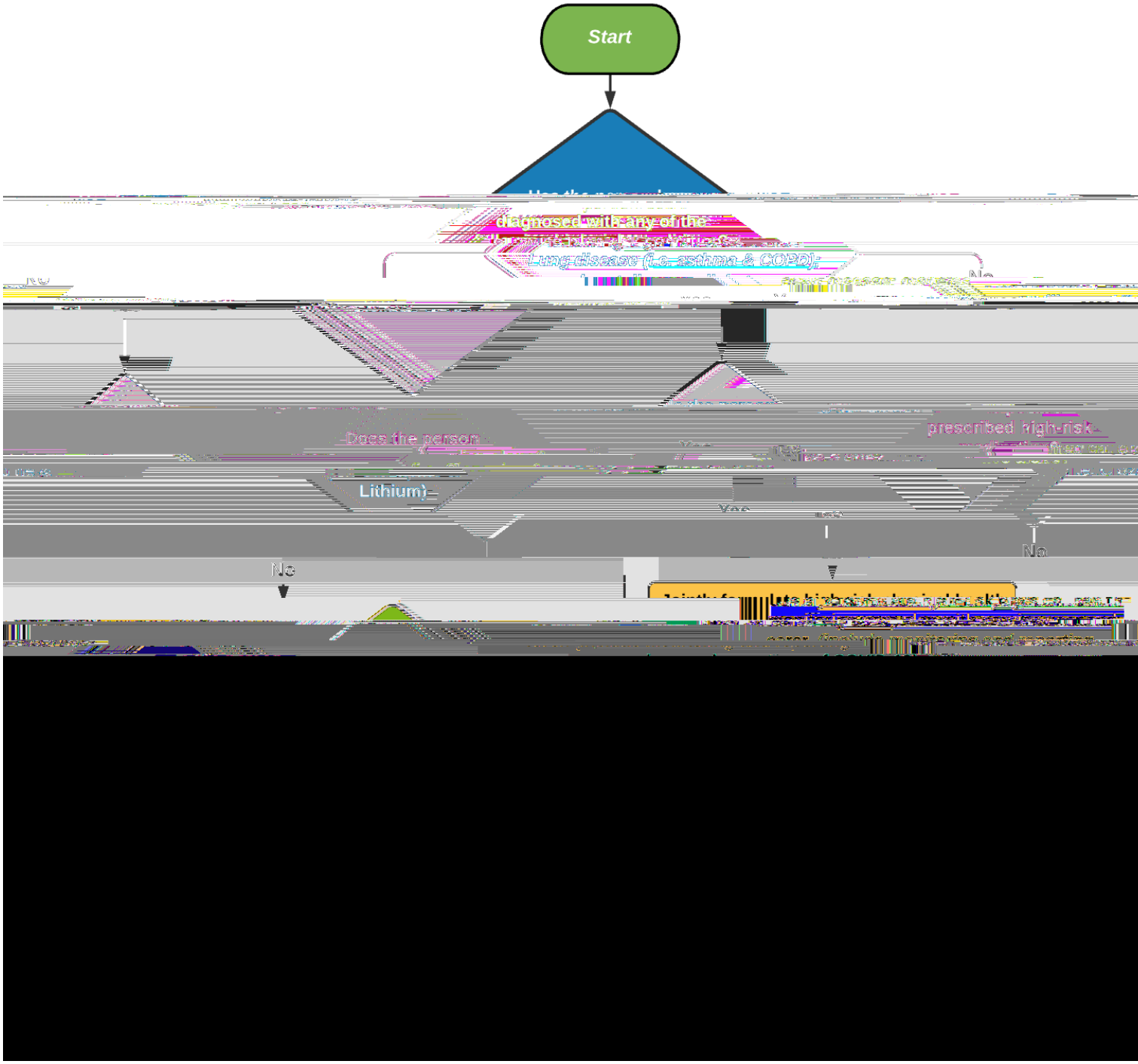
With the Royal Collage of Psychiatrists, RCN members have formulated a clinical decision framework to enable the allocation of care and treatment for community mental health patients during the COVID-19 outbreak. We have also produced an algorithm to support clinical decision-making for service users with high-risk physical health needs in the community.

High-risk needs are present in people who are either considered extremely vulnerable and/or are prescribed high-risk medication (i.e. Clozapine & Lithium). Those considered to be at very high-risk fit into the high-risk categories; in addition, live alone and are unable to monitor their own physical health needs (see figure 1 on page 6).

Guidance for D V V H V V L Q J D S H U V R Q ¶ V high-risk very

Figure 1:

Algorithm: Supporting Clinical Decision -Making amid COVID-19



Source : https://www.rcn.org.uk/clinical-topics/mental-health/covid-19-guidance

Appendices

UsefulResources

RCN Guidance - COVID-19: https://www.rcn.org.uk/clinical-topics/mental-health/covid-19-guidance

RCN Guidance for Mental Health Nurses - COVID-19: https://www.rcn.org.uk/clinical-topics/mental-health/covid-19-guidance

RCPsych COVID-19 guidance for mental health clinicians: https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-

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