

## YNHHS Adult Inpatient COVID-19 Clinical Discharge Guidelines

**Scope:** Adult inpatients in YNHHS with COVID-19

### **Definitions:**

- 1) COVID-19 refers to those with positive testing
- 2) PUI refers to **Person Under Investigation** or COVID-19 test pending

### **Leadership and Decision Making:**

- 1) YNHHS Adult Inpatient Clinical Discharge Guidelines arrived at through consensus jointly with leadership from Infectious Disease, Medicine, Nursing leadership.

### **Clinical Criteria:**

- 1) Fever free and improvement in symptoms for > 24 hours prior to discharge
- 2) Stable oxygen saturation x 48h
  - a. If going home on new O2 and within the first 7 days of admission, requiring up to maximum of 2L O2\*<sup>1</sup>
  - b. If going home on new O2, set up home pulse oximetry monitoring
- 3) Ambulatory O2 saturation > 88%
- 4) Stable or improving inflammatory markers (**CRP, D-Dimer**). Values do NOT need to have normalized prior to discharge.
- 5) Other clinical variables improved as relevant; stable chronic conditions<sup>1</sup>
- 6) Access to outpatient follow up within 1 week (telehealth is appropriate)
- 7) Confirm that the patient can self-isolate for the duration of their quarantine period
- 8) Home care/Self Isolation instructions reviewed with patient, understanding verbalized. Written instructions (from Epic Clinical References) provided as well.

\* Patients on more than 2L O2 discharged before hospital day 7 more likely to readmit potentially.

1. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6945e2.htm>