



No. NHMHP-IDSP/1/2020-IDSP-Section-Part (3) 7157
National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh
Dated: Shimla-171009, the



To

The Director, Health Services
Himachal Pradesh, Shimla-9.

The Director, Medical Education & Research
Himachal Pradesh, Shimla-9.

The Deputy Commissioner
Shimla, District Shimla, H.P.

All the Chief Medical Officers
In Himachal Pradesh

All Principals
Government Medical Colleges
In Himachal Pradesh

All the Medical Superintendents
In Himachal Pradesh

All Nodal Officers
Dedicated COVID Health Facilities
In Himachal Pradesh.

Dated:- Shimla-9, the

Subject:- Video Conference of Hon'ble Chief Minister, Himachal Pradesh
held on 27.09.2020 regarding COVID related issues.

Sir/ Madam,

Kindly refer to the discussion held during the video conference held under the Chairmanship of Hon'ble Chief Minister, Himachal Pradesh on 27.09.2020 at 4.00 PM wherein several issues pertaining to the care of COVID-19 patients were discussed. The following actions on different agenda items are solicited at your level please:

1. It was felt that there are many issues in the DCH / Isolation facility in Medical Colleges like sanitation, diet etc. which need to be monitored regularly and the Medical Superintendent being tied up with all other hospital arrangements as well is unable to monitor these issues closely. Therefore, nodal officer for these facilities for all these sundry matters shall be notified by the concerned

HoD who shall be responsible for monitoring of services in DCH/ Isolation facility in Medical Colleges. These nodal officers shall function under the overall guidance of Medical Superintendent and both shall be equally responsible for provisioning of such services.


2. **Sanitation:** Incharges of the Dedicated COVID-19 facilities have been instructed time and again to maintain proper sanitation services in the premises of such facilities vide instructions dated 14th March, 2020, 6th April, 2020 and 28th April, 2020. It is re-iterated that environmental cleaning and sanitation should be done twice daily including damp dusting of surfaces, floor mopping and cleaning of toilets or at even lesser intervals as per requirement. The nodal officer should ensure that the toilets and washbasins should be adequate in number as per the intake capacity of patients in the facility. Further, the toilets and washbasins should have adequate soap at all times and regular supply of water which should be checked at least twice daily. The facility should have proper and functional latches for privacy and proper lighting as well.
3. **Treatment:** vide clinical guidelines circulated on 18th June, 2020, 30th June, 2020, 25th July, 2020 and from time to time during various VC interactions, it has been emphasized that detailed clinical history is to be taken including co-morbidities and appropriate treatment should be instituted promptly. It is re-emphasized that a detailed history must be taken at the time of detection including those for co-morbidities and the medication, if any being taken for any pre-existing condition. In-patient files documenting the history, parameters, consultations, treatment etc. should be maintained for each patient. The treatment protocol as clearly laid down should be followed strictly as also communicated vide letter dated 22nd September, 2020. As discussed, during the yesterday's video conference, a senior consultant should take round of the patients at least once daily at around 11.00 AM in the morning. It should be ensured that appropriate medication as required for the management of co-morbidities should be given to the patients without fail.
4. **Diet:** The State has notified the diet plan to be followed on 15th May, 2020 (Copy enclosed) for the COVID-19 patients admitted in various COVID-19 facilities in the State. The Circular explicitly mentions the food to be avoided in diabetic / hypertensive / CAD patients. All the Nodal Officers of COVID Clinical facilities should ensure that the food served to the patients should be fresh, hygienic, warm, as per the diet plan and customized to the pre-existing condition of the patient. It should also be ensured that the food is served in a

dignified manner. Along with this, a regular supply of potable water should be available for each patient.

5. **Tackling psycho social issues:** Several advisories have been issued and IEC has been done for addressing the mental health issues arising during COVID-19 pandemic. However, as per discussion held during the yesterday's video conference, anxiety and depression are likely to occur amongst hospitalized COVID-19 patients. It should be ensured that at the time of admission, risk profiling for mental health disease should be carried out along with general work up and for this purpose, the services of adolescent health counselor/ Clinical Psychologist/ Medical Social Worker/ Psychiatric Social Worker can also be employed. Further, the provision of counseling is also available on 104 Comprehensive Call Centre which can be utilized round the clock. The in-patients should be encouraged to remain in touch with their family and friends through mobile, and if a patient does not have personal mobile phone, a facility of communication may be provide for the purpose. In addition to this, some sort of recreation arrangement such as devotional music, television, radio, newspaper, magazines, yoga, meditation etc. may be provided for diverting the attention of the patients from the disease.
6. **Home Isolation:** Detailed instructions were issued on 23rd May, 2020 and a comprehensive guideline along with a diligently developed self help booklet was notified on 23rd July, 2020 wherein clear cut instructions for the health care providers regarding monitoring and treatment have been given. As per the discussion held during the yesterday's VC, it is re-iterated that constant monitoring of all the COVID-19 patients on home isolation must be ensured through the assigned Medical Officer and mapped surveillance personnel daily and update of their health status should be maintained. A kit consisting of self help booklet, medications like Zinc, Vitamin-C, Anti-tussives, paracetamol, Vitamin-D, Kadha (if required) and containing other medication as per need must be given to all the patients being managed on home isolation.
7. **Duty Roster:** The State has issued advisories for managing health care workers in COVID and non-COVID areas of the hospital and the latest advisory in this regard has been issued on 28th August, 2020 wherein it has been clearly mentioned that the institutional duty roster shall be followed for rotation of duties. However, it has been observed that the rotation of Doctors on COVID-19 duties is not optimal resulting in overload of work on some doctors and paramedical staff while other are availing light duties. All nodal officers of COVID care facilities are directed to ensure rotation and

rationalization of all medical and paramedical staff for COVID related responsibilities as per guidelines.

These instructions are to be followed by all concerned in letter and spirit.


Secretary (Health) to the
Government of Himachal Pradesh


Endst. No. As above.

Dated Shimla-9 the

Copy to:



1. The Chief Secretary to the Govt. of Himachal Pradesh for information please.
2. The Private Secretary to the Hon'ble Chief Minister Himachal Pradesh for information please.


Secretary (Health) to the
Government of Himachal Pradesh