

COVID-19: ADMISSION, STAY AND DISCHARGE TO A RESIDENTIAL CARE CENTRE

INFORMATION FOR THE PATIENT AND FAMILY

VERSION OCTOBER 2020

You or a member of your family has been admitted for care on a ward as a result of a coronavirus infection.

To prevent the potential spread of the virus as much as possible, we want to ask you to read the guidelines below carefully and bear them in mind.

HOSPITAL STAY: PRACTICAL ARRANGEMENTS

Visitors and contact

- The patient is **not allowed to receive visitors** during his stay on the ward.
- Every room has a phone.
- You can also communicate with the patient via his own **smartphone, tablet or laptop** (e.g. on Skype). There is a limited availability to borrow a smartphone or tablet on the ward.
- **Within your family you appoint one contact person.**
 - The contact details of that person will be added to the patient's record.
 - When the patient is admitted, arrangements are made about when the contact person can call the ward on tel. **016 3** (ward **E**).

We want to ask you to respect these arrangements.

 - The contact person informs the other family members about the condition of the patient.

Personal items for the patient

- **The amount of personal items is limited to a minimum.**
 - Only the essentials (e.g. toiletries, nightwear, laptop) are allowed on the ward.
 - Don't bring any medication. All the necessary medication will be ordered by the ward.
 - Bringing your own towels and flannels is not necessary.
 - It is not allowed to bring food, with the exception of kosher meals.
- You can bring personal items for the patient in a closed, clean bag to the to-and-from desk in the reception hall (entrance east) of the Gasthuisberg campus.
- All personal items brought to the ward will stay there until the patient is being discharged.

DISCHARGE TO THE RESIDENTIAL CARE CENTRE

Collecting the patient from the hospital

The patient will be escorted to the parking area for ‘gepland patiëntenvervoer’ (planned patient transport), where he can be picked up by family at the agreed time, or the patient is taken to the residential care centre in an ambulance.

Concrete transport arrangements will be made by the hospital’s social services department.

WHEN PERSONALLY PICK UP YOUR RELATIVE FROM THE GASTHUISBERG CAMPUS:

- Follow the signs to ‘spoed’ (ER) on the Gasthuisberg campus ringroad.
- Enter the ER parking and take the first exit right to ‘zone gepland patiëntenvervoer’ (planned patient transport area), up to the barrier.
- Announce yourself via the intercom at the barrier.
- Park your car on the reserved parking spaces behind the barrier. They are marked ‘voorbehouden afhalen patiënt’ (reserved for patient pick-up).
- Take the entrance for ‘planned patiëntenvervoer’ (planned patient transport). Follow the signs to ‘afhalen patiënt’ (patient pick-up) to the central dispatch desk for planned patient transport and give the name of the patient..
- Go back to the car and wait until the patient arrives.

Guidelines for personal items and clothes that have been in the hospital room

- Personal items and clothes will be returned home in a big pink bag. Leave the bag unopened for three days.
- Documents and forms will be returned home in a small pink bag. This you can open rightaway. Wash your hands thoroughly afterwards.

THE PATIENT'S PERSONAL **LAUNDRY** PICKED UP BY THE FAMILY

- Do not re-use the plastic bags of the dirty laundry.
Do not shake the laundry when putting it in the washing machine.
- Use the warmest appropriate setting for washing clothes (preferably 60°C).
- Dry the laundry preferably in tumble dryer.
- Always apply hand hygiene: wash your hands with water and soap or use a hydroalcoholic solution (of at least 60% alcohol). Washing your hands takes at least 30 seconds.
- Put clean laundry in a clean plastic bag. If necessary the clean laundry can be taken to the patient's residence (follow the applicable guidelines).

THE PATIENT'S PERSONAL **ITEMS** PICKED UP BY THE FAMILY

- Disinfect personal items with water that contains 1% of bleach: put 10 ml (1 table spoon) in a 1 litre bottle and fill it with tap water. If the equipment is not designed to withstand this, you can also use an alcohol solution.
- Wash your hands after handling personal items.

PERSONAL **DOCUMENTS** VAN DE PATIËNT PICKED UP BY THE FAMILY

- Documents that the patient has touched can also be handled by other people. Thoroughly wash your hands afterwards.

DO YOU STILL HAVE QUESTIONS RELATED TO TO YOUR OR YOUR
RELATIVE'S ADMISSION TO THE COVID-19 WARD AFTER HIS
DISCHARGE?

CALL THE UZ LEUVEN **SOCIAL SERVICES DEPARTMENT** ON
TEL. **016 34 86 20**.

AFTER DISCHARGE FROM THE HOSPITAL: SELF-ISOLATION MEASURES FOR THE PATIENT IN THE RESIDENTIAL CARE CENTRE

Start of your symptoms: (to be completed by the physician)

Self-isolatatie until: (to be completed by the physician)

- The self-isolate date above is just a guideline, based on the guidelines issued by the government and Sciensano.
- The decision to stop the self-isolation can only be taken by your physician. For this you must have reached the date of a minimal isolation term (7 days from the start of the symptoms) AND be at least fever-free for three days AND you must have seen an important improvement in the symptoms.
- Make sure to call your attending physician in case your symptoms get worse.

PATIENT: FOLLOW-UP OF YOUR SYMPTOMS

Use the table below to follow-up on your symptoms during the time of self-isolation.

- If necessary the care provider of the residential care centre can fill out the table for you.
- In the first column, tick the symptoms you have at the start of the registration (yes/no). For the following days, please register every morning and every evening whether your symptoms have increased, decreased or stayed the same. Encircle the appropriate symbol for every symptom.
- For 'temperature' fill out the exact value, up to 1 decimal point.
- If a particular symptom has completely disappeared, you can cross out the box for that particular symptom.
- Physicians and care providers can use this info for future care management.

Date	/ /		/ /		/ /		/ /	
	Symptom at day 1 of registration		morning	evening	morning	evening	morning	evening
Temperature	°C		°C	°C	°C	°C	°C	°C
Short of breath	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Coughing	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Phlegm	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Pain	yes	no	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓

Date	/ /		/ /		/ /		/ /	
	morning	evening	morning	evening	morning	evening	morning	evening
Temperature	°C	°C	°C	°C	°C	°C	°C	°C
Short of breath	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Coughing	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Phlegm	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
Pain	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓

After 3 days without symptoms you can stop filling out the table.

If the patient returns to the hospital within 2 weeks after the start of the corona infection:
Have the patient wear a face mask and report that he is/has been infected with the corona virus.

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For temperature, fill out the exact value in the first column, up to 1 decimal point. After increased (↑), have remained the same (=), or have decreased (↓).

particular date.

/ /		/ /		/ /		/ /		/ /	
morning	evening	morning	evening	morning	evening	morning	evening	morning	evening
°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
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/ /		/ /		/ /		/ /		/ /	
morning	evening	morning	evening	morning	evening	morning	evening	morning	evening
°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓	↑ = ↓
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SELF-ISOLATION POLICY IN THE RESIDENTIAL CARE CENTRE

- IN LIGHT OF THE DISCHARGE PREPARATION, THE HOSPITAL WILL DISCUSS THE SELF-ISOLATION POLICY WITH THE ATTENDING PHYSICIAN OF THE RESIDENTIAL CARE CENTRE.
- THE RESIDENTIAL CARE CENTRE WILL DECIDE ON SELF-ISOLATION MEASURES AS WELL AS THE DURATION.
- IF YOU HAVE QUESTIONS ABOUT THE SELF-ISOLATION POLICIES IN THE RESIDENTIAL CARE CENTRE WHERE YOUR RELATIVE IS STAYING, IT IS BEST TO CONTACT THE (ATTENDING PHYSICIAN OF) THE RESIDENTIAL CARE CENTRE.

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