

COVID 19 PANDEMIC: STRATEGIES FOR CROWDED OPDS.

Here are a few suggestions:-

- We should never allow more than 5-10 people at any given time waiting for their turn in the OPD halls. Patients need to sit in the OPD at their allotted time slot given by the receptionist.
- Discourage healthy patients from coming to the clinic for routine check-up/ immunizations for the next 2 weeks.
- Among the mildly sick patients allot a different time & a separate place to sit for patients with features of a respiratory (flu-like) illness (patient identification & triaging).
- Encourage your patients to call up over the phone for any mild respiratory illness. Many can be treated with simple remedies...(hopefully we'll be protected from medicolegal issues of phone consultations).
- Limit the number of persons who accompany the patients to the OPD clinics. No senior citizens to accompany patients to the OPD.
- No medical representatives to visit doctors for two weeks.
- No visitors for the inpatients.
- Avoid crowding at near-by canteens/ pharmacies while waiting.
- Patients to wash their hands with soap and water before entering the OPD hall. Patients with a cold, cough to wear a mask, having posters of hand hygiene, cough etiquette, corona disease, and warning about asymptomatic carriers, pasted at appropriate places in the hall.
- Encourage cashless transactions. People at cash counters to frequently scrub hands with sanitizers/ sterilium.
- Having a person standing at the entrance spraying sanitiser/ spirit over the hands of all who come to the OPD.
- Focus on cleaning in OPD (Use 1% hypochlorite solution freshly prepared) - Every 4 hrs: railings, doorknobs, surfaces (reception desk, doctors table) - Floor every 24hrs - Stethoscope and thermometer (prefer axillary) between every patient.
- All doctors in OPD and front desk receptionists, nurses to wear a mask.
- Doctors, nurses change dress when going home, clean fomites (Mobile phones, stethoscope) before going home).
- Having a well-ventilated OPD waiting hall.
- OPD timings avoid overcrowding.