



**HOME BASED ISOLATION AND CARE IN
MANAGEMENT OF COVID-19 IN KENYA**
BY DR. JUDITH AWINJA

Thursday, 23rd July 2020
3:00-4:30pm

WHAT IS HOME BASED ISOLATION AND CARE

HBIC is the seclusion and care of persons extended from the health facility to the patient's **home**/household through family participation and community involvement within available resources and in collaboration with **health care** workers.

PATIENTS ELIGIBLE FOR HOME BASED CARE

Patients who meet the criteria below will be considered for home based care:

- Laboratory Confirmed COVID 19.
- Asymptomatic patients or patients with mild symptoms of COVID 19.
- Absence of co-morbidities.
- Access to a suitable space for home based care (see next slide)

FEASIBILITY OF HOME-BASED CARE

Residential setting should be suitable for providing care by confirming if:

- ❖ The patient is stable enough to receive care at home.
- ❖ Appropriate caregivers are available at home.
- ❖ There is a separate bedroom or isolation space where the patient can recover without sharing immediate space with others.
- ❖ If possible, a separate toilet and bathroom facility for the patient, from the rest of the household.
- ❖ Resources for access to food and other amenities and basic necessities are available.

REFERRAL SYSTEM FOR PATIENT IF PROGRESSION OF SYMPTOMS IS NOTED

In case of any queries or worsening of symptoms, patients or caregivers are advised to call 719 immediately or send a short message (SMS) to *719#.

The patient or caregivers should further notify the designated Health Care Worker

The HCW will then assess the patient and take appropriate measures for referral if necessary

5

RESPONSE WHEN THE CAREGIVER OR HOUSEHOLD CONTACT DEVELOPS SYMPTOMS

When the caregiver or a member of the household develops COVID 19 symptoms, the following action should be taken

The care giver should immediately notify the designated Health Care Worker

The HCW will notify the Rapid Response Team (RRT) within their jurisdiction

The RRT will conduct an assessment and recommend the necessary measures including testing.

The contact should avoid taking public transport to a health facility;

6

WHEN TO END HOME-BASED ISOLATION AND CARE

Asymptomatic patients – at least 14 days have passed since the date of their first COVID 19 test and they have not developed symptoms since their positive test.

Symptomatic patients - no fever for at least 72 hours (that is 3 full days of no fever without using medicines that reduce fevers)

AND

other symptoms have improved (for example, when cough or shortness of breath has improved)

AND

at least 14 days have passed since their symptoms first appeared

If testing is available to determine if a patient is still infectious, then isolation can stop two consecutive COVID 19 negative tests, 24 hours apart.

7

CAREGIVER ROLES

General health care: overseeing medication and prescriptions usage, appointment reminders and administering medicine – In case of preexisting condition

Emotional support: being a stable companion and supporter in all matters personal, health-related and psychosocial support

Back-up care (or respite) services: providing other caregivers a break

Basic food preparation: preparing meals, shopping, housekeeping, laundry, and other errands.

Health monitoring: following a care plan and noticing any changes in the individual's health, recording and reporting any differences

Monitoring patient condition: Using the appropriate tools and reaching out to a designated health care workers if patient condition changes

8

