

DynamicHealth™

<https://www.dynahealth.com/skills/t1585330762233-teaching-patients-about-covid-19-coronavirus>

Patient Instruction Skills

Teaching Patients About COVID-19 (Coronavirus)

Procedure

PROCEDURE STEPS

1. Develop a comprehensive teaching plan tailored to specific learning needs and divided into segments to avoid overwhelming patient.⁷
2. Provide timely, relevant, individualized education about COVID-19 infection. Use:
 - Simple, nonmedical language all patients can understand^{7 9 10}
 - [High-quality teaching tools](#) that are aligned with learning characteristics and support [health literacy](#).^{7 9 11}
 - Appropriate [teaching/learning strategies](#).^{7 9}
3. Explain COVID-19 virus is similar to common cold and describe its transmission, including how it:
 - Spreads via respiratory droplet (cough or sneeze) and during the prodromal (presymptomatic) period.^{12 13 14}
 - Lives on surfaces for hours to days, but it is unclear if the virus can be transmitted this way.¹⁵
 - Has an average [incubation period](#) of about 2-14 days.¹⁶
 - May be spread by asymptomatic carriers.²
4. Describe typical [signs/symptoms of COVID-19](#). Instruct patients to seek emergency care or to contact health care provider immediately if they develop [signs of severe COVID-19 infection](#).
5. Describe diagnostic testing that may be ordered, including [reverse transcriptase polymerase chain reaction \(RT-PCR\)](#) and types of specimens collected for test, including:¹⁶
 - Upper respiratory specimens using a nasal and/or oropharyngeal swab
 - Sputum, if productive cough is present
 - Bronchoalveolar samples, if patient is on a ventilator
 - Other tests include blood tests, chest x-ray, or chest CT scan.²

6. Explain results are typically available in 4-6 hrs.
7. Instruct patients with [suspected exposure](#) to take steps to [self-quarantine](#) for 14 days if either of the following criteria are met:^{16 17}
 - Recent proximal exposure (6 feet or 2 meters) to someone suspected of or diagnosed with COVID-19, including health care providers
 - Return from a country with a [level 3 travel advisory](#).
8. Educate patients about [how to self-isolate](#) if they are asymptomatic or have mild symptoms and to treat symptoms at home per clinician order. If [signs of severe infection](#) develop, instruct to call treating clinician immediately.
9. Instruct patients with suspected or probable infection to isolate until either of the following conditions are met:^{18 19}
 - 1-2 Negative RT-PCR test result(s) are returned, depending on clinician order.
 - Fever and symptoms have been resolved for at least 72 hours (without medication) **and** 7 days have passed since symptoms began.
10. Instruct patients with [positive infection](#) to isolate until either of the following conditions are met:^{18 19}
 - Fever and symptoms have resolved **and** 2 negative RT-PCR tests taken more than 24 hours apart are returned.
 - Fever and symptoms have been resolved for at least 72 hours (without medication) **and** at least 7 days have passed since symptoms began.
11. Review [risk factors for complications of COVID-19 infection](#).^{1 3 4 16 20 21}
12. Explain [treatments for COVID-19](#). At this time, steroid medications, such as prednisone, and NSAIDS, such as ibuprofen, are to be avoided.^{3 4 6 13 22 23}
13. Describe techniques to prevent disease spread to others, including:
 - Practicing [proper hand hygiene](#) ¹⁶
 - [Social distancing](#)
 - Cough etiquette
 - [Cleaning/disinfecting the home](#)¹⁵
14. Offer referrals to online counseling therapy or support groups to help manage stress and alleviate anxiety.

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