



MOUNT CARMEL COLLEGE, AUTONOMOUS

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HOME ICU

CONTACT DETAILS OF HOME ICU PROVIDERS (BANGALORE)

1. **Health heal** - 088800 04422

(They are providing with two types of services where one is equipment and also other service along with a registered nurse)

Website Link - <https://www.healthheal.in/services/home-hospitalisation/icu-at-home>

2. **Portea** - 1800 121 2323

Website link - <https://www.portea.com/critical-care/>

3. **Nightingales** – 1800 103 4530

Website link - <https://www.nightingales.in/services/long-term-nursing-care/home-icu-care>

4. **Daniel** - 7708638625

5. **Prakruti** - +91-9060922064 / +91 6366724001

Website link - <https://www.prakrutihomehealthcare.in/icu-at-home.html>

Following is the detailed video on Doctor's DIY home ICU tips

This cardiologist from Sunshine Hospital, Gachibowli is demonstrating how you can set up an 'ICU' at home for Covid-19 patients.

https://youtu.be/e_fKMNZdFU8



Setting up an ICU at home for COVID-19 patients is recommended in extreme situations. Here is everything you need to know about it.



Several hospitals and private medical agencies have now come up with home ICU setup for COVID-19 and package services to treat patients with moderate and critical symptoms. These are often combined with strict supervision of a trained nurse and in some cases on-call doctors, to keep track of the patient's recovery and constantly check on the vitals.

Who needs ICU care at home?

For patients suffering from COVID-19, the requirement of ICU depends on the severity of the symptoms and comorbidities that may need to be supervised. This could be a critical case of pneumonia along with other terminal illnesses. However, a home ICU setup during COVID-19, is being advised only as a last resort, in case the hospitals are unable to provide ICU care to the patient in their own premises. Also, as intensive care treatment at home is a highly skilled task, it has to be provided by an expert medical team only.

Also, patients who have moderate COVID-19 symptoms can opt for screening packages, where home isolation wards are created, with proper arrangements and essential medical equipment, such as pulse oximeter, oxygen machine, BiPAP, nebulizer, etc.

- By Dr Rahul Saxena, a practicing chest specialist and on-duty doctor for COVID-19 wards

What is included in the home ICU set up for COVID-19 patients?

- While there are several packages available now, which cater to the requirements of COVID-19 patients, an individual assessment has to be made by the doctor, to suggest what medical ICU setup equipment will be required for the care. The standard ICU at home services for COVID-19 patients includes:
- Medical equipment: Since an ICU setup requires technologically-advanced medical equipment, the

need may vary from patient to patient. Usually it requires a para monitor, suction machine, alpha mattress, nebulizer, DVT pump, IV stand and an oxygen cylinder or oxygen concentrator. In specialized cases, ventilator and BiPAP machines are also provided in the ICU set up.

- Critical care staff: Depending upon the requirement and criticality of the situation, nursing staff are provided, to take care of the patient's daily medical needs like administering injections and medicines, handling medical equipment, consultation with doctors, etc. You may also hire your own nursing staff and not depend on the agencies for providing the team.
- ICU bed: All ICU packages come with specialized beds that are important to avoid bedsores, as it can result in severe infection hindering the recovery process.
- Power backup: Usually the backup machines are provided by the agencies setting up the ICU but due to the ongoing pandemic, there is a huge shortage of equipment. This may have to be arranged by the patient's family and it would be mandatory, in case the household encounters electricity cuts.

Tips for setting up ICU at home for COVID-19 patients

- Ensure that the nursing staff is certified and has undergone training in ICUs in major hospitals. They should be able to handle emergency situations and have vital supplies and medications with them.
- opt for an agency that can provide 24×7 ambulance services at the time of emergency and give access to empaneled doctors, who can provide the right treatment to the patient without losing precious time.
- The room where the patient is kept and ICU setup is done, has to be cleaned at least twice a day and proper hygiene must be maintained at all times. Proper precautions have to be taken to keep the patient isolated.
- ICU beds should have an alpha mattress, to avoid bedsores. This is usually included in the package.

DOCTOR'S DIY HOME ICU TIPS

- ❖ With the help of a pulse oximeter check the saturation level of the infected patient.
- ❖ Note down the saturation level: incase it is below 90(inserted for at least 30-45seconds) the patient is to be hospitalized or in case of unavailability of bed the below following steps can be followed to create home ICU.
- ❖ Isolate the patient in a separate room for next 14days.
- ❖ Note- while attending the patient the attendee is required to strictly wear a mask or a pp kit, sanitize hands (both the patient and attendee) and maintain social distance at all times.
- ❖ While providing healthcare to the patient, attendee should wear gloves (disposable-disposed or cloth-requires to be sanitized), use disposable paper plates and glasses
- ❖ If the patient has fever along with deteriorating saturation, then leave the oximeter attached to his finger and immediately get a Oxygen cylinder which comes with a knob showing the O2 pressure.
- ❖ When pressure is 5l then nasal prongs should be given to patient and then again check the oximeter reading.

If the reading is still below 90 it means the patient has hypoxemia-in this case Immediately but an oxygen mask through which 10l oxygen can be given to the patient using the nasal prongs

Wait for 5min and monitor the O2 level again.

If the oxygen levels still don't improve then high flow mask is the last option.

In this case there's is a balloon attached to the mask which when connected to the O2 cylinder it can provide upto 15l of oxygen.

Once the balloon inflates give it to the patient.

Insert oximeter and check level of saturation once it's above 90 leave it on.

Patient can use this mask 3-4 times a day and move to Small masks as mentioned once the condition starts to

improve.

OTHER POINTS

- The bed of the patient is to be elevated
 - Mop the floor with antiseptic
 - Throw the disposable gloves in the bin
 - Leave the gown and face shields in the isolated room
 - Wash your hands before leaving the room
 - Take medicines only after doctor consultant
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