YNHHS guidance on discharging confirmed COVID19 patients, including back to skilled nursing facilities

**Situation:** More clarity is required on how to rapidly transition patients recovering from COVID19 who no longer require hospitalization

**Background:** Patients known or suspected to have COVID-19 may still be contagious despite clinical improvement.

**Assessment:**
1. Clinical decision-making on appropriateness for patients with COVID-19 to be discharged home or to a nursing facility should focus the patient’s ability to convalesce back to their baseline, either at home or in a facility.

2. Clinical teams are encouraged to think creatively with care management to get patients back to their home setting, and only consider a skilled nursing facility when absolutely necessary.

3. Since patients recovering from COVID-19 may still be contagious, clinicians should consider patients’ abilities to follow self-isolation instructions after discharge.

4. Patients requiring transition to nursing facilities must undergo testing to determine that they are no longer positive for the SARS-COV2 virus, which causes COVID-19.

**Recommendation/Procedure:**
1. Patient discharge to home
   a. Identify if hospital clinical endpoints have been met. If yes:
   b. Determine if patient requires ongoing self-isolation post-discharge. (see #3 below)
   c. If patient requires ongoing isolation, assess whether the patient’s home situation is compatible with self-isolation.

2. Patient discharge to a nursing facility
   a. Identify if hospital clinical endpoints have been met. If yes:
   b. Determine if patient requires ongoing self-isolation post-discharge. (see #3 below)
   c. If the patient requires ongoing isolation, in collaboration with Care Coordination, determine if the nursing facility can meet isolation needs.
   d. If the facility cannot meet isolation needs, test the patient for continued presence of SARS-CoV-2.
      i. If the test is negative, repeat the test 24 hours later.
      ii. If the second test is negative, the patient may be safely discharged to the nursing facility without need for isolation for COVID-19.

3. Self-isolation after hospital discharge is indicated for patients meeting one or more of the following criteria;
   a. 7 or fewer days since the onset of illness
   b. 3 or fewer days since the resolution of fever and respiratory symptoms
References:


