



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20220119

Active Covid cases in country highest in 232 days

India reports 2.83 lakh new Covid cases, 441 more deaths (The Tribune: 20220119)

Active Covid cases in country highest in 232 days

With 2,82,970 new coronavirus infections being reported in a day, India's total tally of Covid cases rose to 3,79,01,241, which includes 8,961 cases of the omicron variant, according to the Union Health Ministry data updated on Wednesday.

The active cases have increased to 18,31,000, the highest in 232 days. The active cases stood at 18,95,520 on May 31 last year.

The death toll has climbed to 4,87,202 with 441 fresh fatalities, the data updated at 8 am stated.

There has been a 0.79 per cent increase in omicron cases since Tuesday, the ministry said.

The active cases comprised 4.83 per cent of the total infections, while the national Covid recovery rate had decreased to 93.88 per cent, the ministry said.

An increase of 44,952 cases has been recorded in the active Covid caseload in a span of 24 hours.

The 441 new fatalities include 122 from Kerala, 53 from Maharashtra and 34 from West Bengal.

A total of 4,87,202 deaths have been reported so far in the country, including 1,41,885 from Maharashtra, 51,026 from Kerala, 38,465 from Karnataka, 37,038 from Tamil Nadu, 25,425 from Delhi, 22,984 from Uttar Pradesh and 20,155 from West Bengal.

Delhi govt deploys nodal officers to monitor Covid patient care, vaccination at pvt facilities

Government hospitals have also been asked to find suitable replacement for retired and transferred nursing personnel

Vaccination Facilities

The Delhi government deployed senior nursing officers from public hospitals as nodal officers to monitor the management of Covid patients and vaccination at private facilities. (The Tribune: 20220119)

<https://www.tribuneindia.com/news/nation/delhi-govt-deploys-nodal-officers-to-monitor-covid-patient-care-vaccination-at-pvt-facilities-362596>

Government hospitals have also been asked to find suitable replacement for retired and transferred nursing personnel.

"The competent authority is pleased to deploy senior nursing officers as nodal officers in various private health care facilities from Delhi government hospitals to monitor management of Covid patients along with monitoring of Covid vaccination," read an order issued by the health department on Tuesday.

Delhi on Tuesday logged 11,684 fresh Covid cases and 38 more deaths due to the viral disease, while the positivity rate declined to 22.47 per cent, according to a bulletin issued by the health department.

The national capital had reported 12,527 fresh Covid cases and 24 deaths due to the disease on Monday, while the positivity rate stood at 27.99 per cent.

A total of 2,730 patients are admitted to hospitals, including 139 on ventilator.

TB

Go for test for TB, other conditions if cough persists for more than 2-3 weeks: Revised clinical guidance for Covid patients (The Tribune: 20220119)

<https://www.tribuneindia.com/news/nation/go-for-test-for-tb-other-conditions-if-cough-persists-for-more-than-2-3-weeks-revised-clinical-guidance-for-covid-patients-362338>

No evidence of injectable steroids benefitting Covid patients not requiring oxygen supplementation or in continuation after discharge, says union health ministry

Go for test for TB, other conditions if cough persists for more than 2-3 weeks: Revised clinical guidance for Covid patients

A medic conducts Covid-19 testing of healthcare workers at a government hospital, in Hyderabad on Tuesday. PTI photo

The Union Health Ministry has advised Covid patients to go for tests for tuberculosis and other conditions if cough persists for more than 2-3 weeks.

The revised 'Clinical Guidance for Management of Adult Covid-19 Patients' issued by AIIMS, ICMR-Covid-19 National Task Force and Joint Monitoring Group (DGHS) under the health ministry on Monday underlined there is no evidence of injectable steroids benefitting Covid patients not requiring oxygen supplementation or in continuation after discharge.

Anti-inflammatory or immunomodulatory therapy, such as steroids, can have the risk of secondary infection like invasive mucormycosis, when used too early, at higher dose or for longer than required, they highlighted.

If cough persists for more than two-three weeks, one should opt for investigation for tuberculosis and other conditions, the revised guidelines stated.

The revised guidelines continue to recommend emergency use authorisation (EUA) or off-label use of remdesivir in patients with "moderate to severe" disease and those with no renal or hepatic dysfunction within 10 days of the onset of any symptom.

It warned against use of the drug for patients who are not on oxygen support or in home settings.

According to the guidelines, EUA or off-label use of the tocilizumab drug may be considered for use in the presence of severe disease, preferably within 24 to 48 hours of onset of severe disease or intensive care unit (ICU) admission.

Tocilizumab may be considered for patients with significantly raised inflammatory markers, and not improving despite use of steroids with there being no active bacterial, fungal or tubercular infection, they stated.

Coronavirus patients have been classified into those affected by mild, moderate and severe disease, the guidelines stated.

Injection methylprednisolone 0.5 to one mg/kg in two divided doses, or an equivalent dose of dexamethasone, can be given usually for 5-10 days in moderate cases, the guidelines stated. The same drug in two divided doses of one to two mg/kg can be given for same duration in severe cases.

“Inhalational budesonide (given via metered dose inhaler/dry powder inhaler) at a dose of 800 mcg BD for five days can be given in mild cases if symptoms (fever and/or cough) are persistent beyond five days of disease onset,” it was stated in the guidelines.

According to the guidance note, upper respiratory tract symptoms without shortness of breath or hypoxia has been categorised as mild disease and have been advised home isolation and care. Those suffering from mild Covid should seek medical attention if they have difficulty in breathing, high grade fever, or severe cough lasting for more than five days.

Those having breathlessness with SpO₂ fluctuating between 90-93 per cent, can get admitted to a ward, and they will be considered moderate cases. Such patients should be given oxygen support and awake proning should be encouraged in all patients requiring supplemental oxygen therapy, in sequential position changes every two hours, the guidelines stated.

Respiratory rate over 30 per minute, breathlessness or SpO₂ lower than 90 per cent on room air should be considered as severe disease and such patients have to admitted to an ICU as they will need respiratory support, they said.

Such patients should be put on respiratory support. Non-invasive ventilation (NIV) -- helmet or face mask interface depending on availability—may be considered in those with increasing oxygen requirements if work of breathing is low.

High flow nasal cannula should be considered in patients with increasing oxygen requirements. Intubation should be prioritised in patients with high work of breathing if NIV is not tolerated and institutional protocol for ventilatory management should be used when required, the new guidelines stated.

Those aged above 60 years, or those having cardiovascular disease, hypertension and coronary artery disease diabetes mellitus and other immunocompromised states, such as HIV, active tuberculosis, chronic lung, kidney or liver disease, cerebrovascular disease or obesity are at high risk for severe disease and mortality, the guidelines stated.

Covid-19 forces

Covid-19 forces massive cut in R-Day ceremony (Hindustan Times:20220119)

<https://epaper.hindustantimes.com/Home/ArticleView>



Fewer spectators to attend parade
The spectator count at the R-Day parade will be curtailed this year due to Covid-19 restrictions

5,000 to 8,000
People to be allowed entry to Rajpath

125,000 Were allowed in pre-pandemic times

OTHER CHANGES THIS YEAR

- Only double vaccinated adults, single vaccinated children to be allowed
- Celebrations to begin on Jan 23 to mark Subhas Chandra Bose's birth anniversary instead of Jan 24

Beating Retreat: A 10-minute show with 1,000 drones will mark the culmination of the celebrations on Jan 29

The spectator count at India's biggest ceremonial event, the Republic Day parade, will be massively curtailed this year due to Covid-related restrictions with only 5,000 to 8,000 people allowed entry to Rajpath to witness the spectacular display of the country's military might and cultural heritage, top officials familiar with the matter said on Tuesday.

"We do not want the parade to become a superspreader event in the midst of the third Covid wave. The number of spectators has been significantly curtailed. We are still working on the final numbers but it's going to be between 5,000 and 8,000 people" said one of the officials cited above. Only double vaccinated adults and single vaccinated children of age 15 and above will be allowed entry.

The January 26 parade was attended by around 25,000 spectators amid the ebbing second wave, compared to around 125,000 people who typically turned up to watch the event in the pre-pandemic era.

A new show with 1,000 drones is expected to add sparkle to the Beating Retreat ceremony on January 29, which marks the culmination of the Republic Day celebrations.

"This 'Make in India' initiative (drone show) has been organised by a startup, Botlab Dynamics, supported by Indian Institute of Technology, Delhi and the department of science and technology. Only the US, Russia and China have the capability for a show with 1,000 drones," the official said. The duration of the show will be 10 minutes.

The parade will begin at 10.30 am, instead of the traditional timing of 10 am, for better visibility to the parade and the fly past --- the highlight of the event.

The fly past, comprising 75 aircraft in India's 75th year of Independence, will feature flying formations to commemorate some moments of India's decisive victory over Pakistan in the 1971 war, including the historic Tangail airdrop and the Meghna heli-borne operation.

The defence ministry has conceptualised a raft of new events to mark the celebrations as the country is also observing the 75th year of its Independence, a second official said.

This year onwards, Republic Day celebrations will begin on January 23, the birth anniversary of the iconic freedom fighter Subhas Chandra Bose, instead of January 24, and culminate on January 30, Mahatma Gandhi's death anniversary.

This year marks Bose's 125th birth anniversary. On January 23, Prime Minister Narendra Modi will present the Subhas Chandra Bose Aapda Prabandhan Puraskar for outstanding work in disaster management at a ceremony to be held at India Gate, said a third official.

On January 26, the National Cadet Corps (NCC) will launch a programme called Shaheedon ko Shat Shat Naman, as part of the Azadi ka Amrit Mahotsav, to honour the sacrifices of fallen heroes. "The next of kin (NOK) of around 5,000 fallen heroes will be presented the 'Plaque of Gratitude,' by NCC cadets. Each plaque signed by the PM. This activity will be carried out around the same time when the PM pays homage at the National War Memorial in New Delhi," the first official said.

This will mark the beginning of the programme, which will carry on till August 15, 2022 by when the cadets would have felicitated the NOKs of all 26,466 fallen heroes whose names are inscribed on the memorial.

Huge scrolls, measuring 75 metres by 15 feet each, will serve as view cutters in the spectator stands along Rajpath. "Ten scrolls were prepared taking inspiration from the unsung heroes of the freedom struggle," the official said.

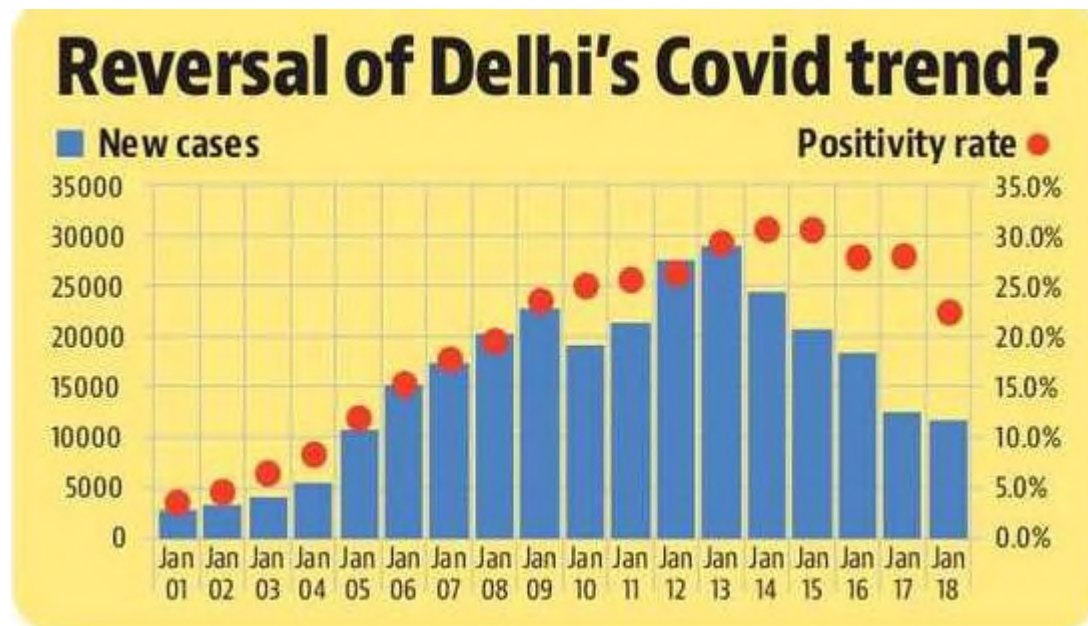
For the first time, dancers taking part in the cultural segment of the parade have been selected through a nation-wide competition called 'Vande Bharatam,' which ended with the selection of 600 dancers. The aim of the competition was to hunt for dancing talent from across the country and provide equal opportunity to all to perform at the parade, the officials said.

Ten large LED screens, five on either side of Rajpath, will be installed for a better viewing experience. The invitation cards for the parade will be different too this year. The seeds of medicinal plants such as ashwagandha, aloe vera and amla will be embedded in the invites for people to plant them later.

This year, the government has also reserved seats for people who usually do not get an opportunity to witness the parade. Seats have been earmarked for autorickshaw drivers, construction workers, safai workers and frontline health workers at both the parade and the Beating Retreat ceremony.

Daily cases, positivity dip sharply in Capital

Daily cases, positivity dip sharply in Capital (Hindustan Times:20220119)



The Capital added 11,684 new cases of Covid-19, according to the health bulletin released on Tuesday that showed a drastic drop in the share of tests turning positive, reinforcing signs that the outbreak may have begun to taper.

Officials aware of the matter said they will continue to watch these trends further to take any decision on restrictions, while experts separately said Omicron is now virtually the only variant causing infections in the city, which has helped keep hospitalisation rates low.

Senior officials of Delhi's government's health department said the share of Omicron variant in community samples sent for genome sequencing has been consistently increasing, reaching nearly 95% in the last week, up from 62% in the last week of December.

SK Sarin, director of the Institute of Liver and Biliary Sciences (ILBS) said similar trends were seen at his facility with nearly 90-95% samples among the total samples tested in Delhi turning out to be of the Omicron variant. P3

Cases, positivity rate

Cases, positivity rate decline but restrictions may remain (Hindustan Times:20220119)

<https://epaper.hindustantimes.com/Home/ArticleView>



A doctor checks a patient at the Covid-19 care centre at Shehnai Banquet in central Delhi. Even as number of daily cases has dropped, officials said they are monitoring the situation. sanchit khanna/ht

There are no plans yet to rollback some of the Covid-19-related restrictions on activities and movement of people, Delhi government officials privy to discussions said on Tuesday, even as the number of new cases grew at a significantly slower pace and the share of tests that turned positive also dropped.

There were a little under 12,000 cases on Tuesday, the second day this was under 15,000, and the positivity rate clocked in at 22.47%. Last week, Delhi's health minister Satyendar Jain earlier this week said some curbs, like the weekend curfew, could be rolled back if new cases stay under 15,000.

An official aware of the planning said the situation will be monitored further before relaxations are made. "There is going to be no relaxation in the ongoing restrictions in Delhi this week. Restrictions will continue till the situation comes in grip. The weekend lockdown will continue this weekend (January 22-23)," said this person, a senior official, who asked not to be named.

The decisions on restrictions are taken by the Delhi Disaster Management Authority (DDMA), which is headed by lieutenant governor Anil Bajjal. A second senior official said no meeting of the DDMA has been scheduled this week so far. "It is likely that status quo will be maintained on all the previous DDMA orders this week. In all likelihood, the matter may be reviewed early next week ahead of Republic Day (January 26)," said this person, asking not to be named.

A third official, from the health department, too said they will wait to see how the trend in cases holds. “We will be assessing the situation for a few more days,” this person said, while adding that if a recommendation will then be sent to the DDMA accordingly.

Chief secretary Vijay Dev directed all concerned teams to increase Covid-19 testing from Wednesday, the first official quoted above added. The directive came after the ministry of health, in a letter dated January 17 (Monday), asked all states and Union Territories (UTs) to immediately increase testing in a strategic manner.

The Centre said it seemed from data that testing declined in many states and UTs, although the drop likely took place due to a change in guidelines that said people without symptoms need not be tested.

A host of restrictions are in place in Delhi, including a weekend curfew, a night curfew and a ban on high-risk, non-essential activities such as dining at a restaurant or going to a cinema.

Shops and malls are allowed to operate only on odd-even basis on weekdays and restaurants can only offer take-out meals.

These rules have been criticised by businesses, which say that they are excessive since the city’s health infrastructure has adequate capacity to deal with even larger numbers of cases as the variant now causing infections is less likely to lead to serious disease.

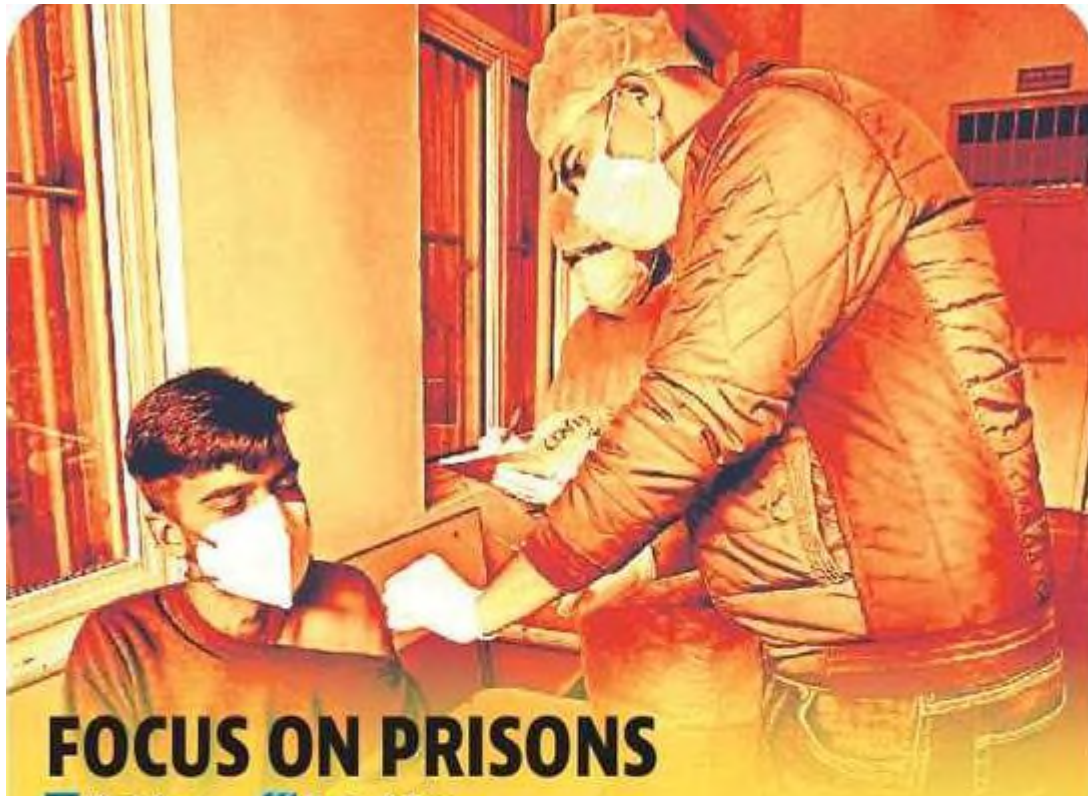
The New Delhi traders’ association (NDTA) on Tuesday wrote to chief minister Arvind Kejriwal urging him to allow all shops to operate on all weekdays till 8 pm. They requested that the existing rule of running shops in markets and malls in odd-even manner be lifted.

“Please note that by adopting an odd-even process, the crowd increases in front of a shop. Crowds will only reduce if all shops are allowed to open regularly till 8 pm,” wrote Atul Bhargava, president of the association.

Covid vaccine net

With special drive, Delhi’s 3 jails race to bring inmates under Covid vaccine net (Hindustan Times:20220119)

<https://epaper.hindustantimes.com/Home/ArticleView>



FOCUS ON PRISONS

■ First dose ▨ Second dose

Jail	Prisoners	First dose	Second dose
Tihar	12,500	4,850	11,200
Mandoli	3,959	2,137	3,321
Rohini	1,805	529	1,543

THE HURDLES

- Discrepancy in count as those jabbed before landing in jail are not immediately counted as vaccinated. With new inmates arriving each day, the total count keeps fluctuating. Efforts underway to immediately update vaccination status of prisoners upon arrival in jail.
- Though resistance towards vaccination is negligible, a group of 150 Nigerian inmates at Rohini Jail are refusing to take the Covid-19 vaccine.
- Inmates without Aadhaar card are being vaccinated by creating special session sites on Co-WIN portal.

Prisoners released before the second dose will be given certificates for the first dose, which will help them in getting their second shot

Source: Delhi govt | Data till January 18 in Mandoli Jail, till January 17 in Tihar and Rohini

A majority of inmates lodged inside the Capital's, including those undergoing life sentences, have been inoculated under the Delhi government's special vaccination campaign for prisoners, officials said Tuesday.

In Delhi's largest jail--Tihar--almost 90% of the inmates have received the first Covid vaccine dose, while 85% of the inmates in Rohini Jail have received the first dose. In Mandoli Jail, almost 84% of the inmates have received the first dose, according to jail authorities.

Delhi's three prison complexes have been badly hit during the current wave of the pandemic (dominated by the Omicron variant of coronavirus) as well as in the past. The jails can accommodate 10,024 inmates, but currently house around 18,000 inmates, thus making social distancing challenging.

Vaccination against Covid-19 is crucial for protection from the virus, according to experts and real-world evidence from many countries. There has been negligible resistance towards vaccination from inmates, but a group of 150 Nigerian inmates in Rohini Jail are refusing to take the jab and authorities said they are still trying to convince them.

Women inmates, including those pregnant and lactating, have also been administered the vaccine, and there has been no side effect so far, officials said.

According to authorities, prisoners released before being administered the second dose of the vaccine are given certificates of the first dose to help them get their second dose.

"The jails are very close to achieving 100% first-dose coverage. Since new inmates arrive every day and the total number of inmates constantly changes, 100% vaccination coverage is challenging. Inmates jabbed in the jails are counted as vaccinated, while those vaccinated before arriving in jail are not immediately counted as vaccinated -- thus the vaccination coverage as compared to the total inmate population keeps changing on a day-to-day basis...Efforts are being made to immediately update the vaccination coverage status of prisoners upon arrival," a Delhi government official, who did not want to be named, said.

A North district administration official said the district administration is coordinating with the Rohini Jail officials to complete 100% first-dose vaccination as soon as possible. "A vaccination camp is being organised in the jail premises on Wednesday where we will try to vaccinate as many people as possible," the official said.

Since the prisoners do not have access to mobile phones, and some do not have ID proof either, jail authorities create special session sites on Co-WIN by using the identities and mobile phone numbers of medical officers to vaccinate such inmates.

An official from the West district, where Tihar Jail is located, said since inmates are not allowed mobile phones, "it was decided to vaccinate the prisoners by using the 'facilitator option' in Co-WIN. Vaccination for prisoners started on March 23, 2021, and since then we have administered over 16,000 doses -- around 11,200 first doses and 4,850 second doses. The prisoners also include women... About 428 women prisoners have been vaccinated, of whom two were pregnant and four were lactating mothers," the official said.

In Tihar Jail, booster doses are also being administered to those eligible-- so far 625 doses have been administered, authorities said.

An official said that the Rohini Jail authorities, with the assistance of the district magistrate (North), are taking all steps to ensure all inmates are vaccinated as soon as they enter the jail. "Since April 2021, nearly 84% of the inmates have been vaccinated with single doses. Vaccination camps are organised to vaccinate the inmates regularly," the official said.

Dr Jugal Kishore, head of the department of community medicine at Safdarjung Hospital, said vaccinating jail inmates is important because they are living in overcrowded and poor hygienic conditions.

“Such inmates should be vaccinated on priority. However, they should be encouraged to adopt Covid-appropriate behaviour, and should be asked to quit tobacco, and exercise and meditate regularly,” said Dr Kishore.

Dr Lalit Kant, former head of the epidemiology and communicable diseases department in Indian Council of Medical Research (ICMR), said it was imperative to be careful of an outbreak of cases in jails. “Compared with the general population, the number of Covid-19 cases in jails is almost 5-6 times higher... providing Covid-19 vaccine would be beneficial to the inmates,” Dr Kant said.

Domestic Violence (The Asian Age:20220119)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16108349>

MADHYA PRADESH

Govt aid for victims of domestic violence

RABINDRA NATH CHOUDHURY
BHOPAL, JAN. 18

Madhya Pradesh government on Tuesday announced financial aid for women victims of domestic violence in the state.

The decision to provide succour to the victims of domestic violence was taken by the state cabinet which met here under the chairmanship of chief minister Shivraj Singh Chouhan.

Briefing the reporters after the cabinet meeting, state home minister Narottam Mishra said that the financial aid of ₹2 lakh would be given to the domestic violence victims, who had suffered injuries up to 40% to their bodies.

The woman, who is rendered physically

▶ THE WOMAN, who has been rendered physically incapacitated due to the domestic violence, will be provided ₹4 lakh as amount of succour

incapacitated due to the domestic violence, will be provided ₹4 lakh.

The state government will bear all expenses for treatment of the victims of domestic violence.

Madhya Pradesh has topped in cases of domestic violence among all states and union territories in the country in the year 2020, the latest report of National Crimes Record Bureau (NCRB) said.

Of the total cases registered under the Protection of Women from Domestic Violence Act, 2005, in the country in 2020, almost 41% were from Madhya Pradesh.

Mental health

How to look after your mental health if you're at home with Covid-19 (The Indian Express:20220119)

<https://indianexpress.com/article/lifestyle/health/mental-health-home-covid-19-pandemic-anxiety-7731036/>

When living in a time of great uncertainty and threat, it can be difficult to remember and practice simple strategies to maximise wellness

omicron, covid anxiety Follow these simple tips to manage your anxiety. (Source: Getty Images/Thinkstock)

For many of us, catching COVID and isolating at home can be a lonely, scary and distressing experience. For those with a pre-existing mental illness, it can be even more difficult.

The following strategies are designed to help you look after your mental health if you get COVID and are isolating at home.

Remember the basics

When living in a time of great uncertainty and threat, it can be difficult to remember and practice simple strategies to maximise wellness.

If you're isolating at home with COVID, it's important to:

- manage fever and other symptoms like aches, pains and sore throat with paracetamol or ibuprofen.
- maintain a healthy diet
- keep your fluid intake up, particularly if you have a fever

Time to practise what we preach': Therapists on taking care of their mental health amid pandemic

- stop exercise for at least 10 days, and depending on the severity of your symptoms, return to exercise slowly (if you have any questions about returning to exercise, ask your GP)
- deep breathing, which can help lung function and help you stay calm during isolation and recovery, but this should be done in consultation with your doctor
- practise mindfulness to help cope with the inevitable anxiety around illness and isolation

— find distractions like reading, watching movies or doing a creative activity, which can help keep your brain from fixating on worry (this is particularly important for children)

mental health Time to talk about mental health amid the pandemic (Source: Pixabay)

— and stay connected with friends and family, online or over the phone.

It's important to monitor your COVID symptoms. The Royal Australian College of General Practitioners has a useful symptom diary to assist with this. Or use the Healthdirect symptom checker to decide whether you need medical help.

If you live alone, you should arrange for someone to contact you regularly to make sure you are managing.

Some coping strategies to avoid

During times of anxiety and uncertainty, such as isolating at home with COVID, it's understandable people may turn to drugs and alcohol, unhealthy eating, gambling, or other addictions to manage psychological discomfort.

These strategies may temporarily alleviate stress. But they can cause more mental health issues in the longer term.

It's also important to avoid 'doom scrolling', which is the tendency to continue to scroll through bad news on your mobile phone, even though the news is saddening, disheartening or depressing.

You might want to disengage from mainstream or social media if it has become harmful to your mental health.

ALSO READ |How does a cluttered house affect your mental health? A psychologist explains

It's been extra hard for those with mental illnesses

The pandemic has made living with mental illness even more difficult.

The last few years have been challenging and exhausting for many. People with mental illnesses, and other chronic conditions, have had to adapt their normal management strategies to cope, shifting care and some forms of therapy online.

Recovery from, and management of, mental illness often involves activities like exercise, positive social engagement and therapy all of which may be limited due to COVID restrictions, financial constraints and staff shortages.

Acute services, including hospitals and general practice, are struggling to meet demand.

Isolation can be particularly difficult for people who don't have a safe and secure home.

People experiencing domestic violence have more difficulty accessing care as they may not be safe interacting with health professionals in their homes.

Children are at increased risk of harm if they live with domestic violence. They may have no safe places to go when schools or childcare facilities are closed, so family, friends and services like Kids Helpline play an important role in supporting children.

Health Ministry revises guidelines for management of adult Covid-19 patients

Health Ministry revises guidelines for management of adult Covid-19 patients; know more here

Dr Shuchin Bajaj said that in the latest guidelines, all previous medicines like Ivermectin, oral steroids, and oral antivirals and plasma therapy, have completely been removed (The Indian Express:20220119)

<https://indianexpress.com/article/lifestyle/health/health-ministry-revises-covid-19-guidelines-latest-medicines-isolation-remdesvir-use-7729425/>

Covid preparedness, COVID-19, COVID-19 things to do at home, basic tips for patients being treated at home, safety tips, home care for COVID-19 patients, health, indian express news Here's what the revised guidelines say (Photo: Pixabay)

The Ministry of Health and Family Welfare has shared revised guidelines for management of adult Covid-19 patients. According to the same, if cough persists for more than two-three weeks, it is necessary to check for tuberculosis and other conditions in Covid-19 patients.

The revised guidelines, which have been issued amid rising Covid cases in the country, also suggest that there is no evidence of benefit for injectable steroids in those not requiring oxygen supplementation, or on continuation after discharge in moderate risk category

Covid-19 home care guideline |Covid-19 revised guidelines for quarantine: Your complete guide to caring for someone at home

It states that anti-inflammatory or immunomodulatory therapy (such as steroids) can have risk of secondary infection such as invasive mucormycosis when used too early, at higher dose, or for longer than required — which was the case during Delta Plus-driven second Covid wave.

The guidelines, drafted by experts from the Indian Council of Medical Research-Covid19 Task Force, AIIMS, and Directorate General of Health Services, continue to not recommend medicines like antibiotics doxycycline and azithromycin, and antiparasitic Ivermectin for mild cases of Covid-19, which are to be managed at home in isolation.

Dr Shuchin Bajaj, founder director, Ujala Cygnus Group of Hospitals told indianexpress.com that in the latest guidelines, all previous medicines like Ivermectin, oral steroids, oral antivirals and plasma therapy, etc, have completely been removed.

All the drugs that were included before or that were being prescribed all this while, including antibiotics like Doxycycline, Azithromycin which actually work on bacteria and not on virus, said Dr Trupti Gilada, infectious disease specialist, Masina Hospital, Mumbai.

“Ivermectin which is a anti worm medicine and doesn’t work on the virus again so these three medicines have been excluded and have got no role in management of mild COVID. The other drugs that do not find their place in the guidelines are Favipiravir; the recently approved Molnupiravir about which ICMR did express its concerns over adverse effects, so those have not been included in the guideline and therefore, should not be prescribed the way they still are being prescribed extremely commonly. The third important drug that is excluded from the guidelines but is still being prescribed is monoclonal antibody cocktails – they are effective only in those individuals who have high risk of progression from a moderate to a severe disease and have not had previous immunity and most importantly if it is a delta variant, monoclonal antibody cocktails have no role in the management of Omicron and we all know the vast majority of cases we are seeing currently are Omicron,” said Dr Gilada.

For mild cases, the guidelines state home isolation with physical distancing, indoor mask use, and strict hand hygiene. It is paramount to seek immediate medical attention if there is difficulty in breathing or oxygen saturation drops below 93, or high grade fever/severe cough last for more than five days, the guidelines states.

Moderate patients will have to be admitted in ward if the oxygen levels of SpO₂: 92-96 per cent (88-92 per cent in patients with COPD) is not met.

Covid-19 is classified mainly into three types: mild cases — one without breathlessness and no oxygen requirement; moderate — breathlessness or oxygen requirement of SpO₂ level 90 to 93 per cent, and severe — patient with respiratory distress or SpO₂ level less than 90 per cent. “Hospital care is required for patients with moderate and severe disease. Patient with mild disease can be managed with symptomatic treatment and home isolation with regular monitoring of temperature and oxygen saturation,” said Dr Rakesh Rajpurohit MD, consultant pulmonologist and critical care medicine, Jain multi speciality Hospital Mira Road.

-Preferred devices for oxygenation: non-rebreathing face mask

– Awake proning is encouraged in all patients requiring supplemental oxygen therapy (sequential position changes every 2 hours).

The guidelines continue to recommend emergency use of remdesivir in moderate to severe disease level of patients with 10 days of onset of symptoms. However, the patients should not be on IMV or ECMO which require supplemental oxygen support. “Even remdesivir has been given only a very extremely limited role to be given in some selected patients. It’s not to be given freely. Only inhalational and injectable steroids should be given in severe cases,” said Dr Bajaj.

covid Not all cases require hospitalisation (Source: Express Photo by Amit Mehra)

The guidelines mention

Consider remdesivir for five days to treat hospitalised patients with Covid-19 (No evidence of benefit for treatment more than 5 days)

*Not to be used in patients who are not on oxygen support or in home setting.

*Monitor for RFT and LFT (remdesivir not recommended if eGFR5times UNL)(not an absolute contraindication).

Recommended dose: 200 mgIV on day1 followed by 100mg IV OD for next four days.

The most commonly reported symptoms of Covid-19 are:

*Dry cough, cold, sore throat

*Fever or chills

*Fatigue, tiredness, muscle or body aches

*Headache

*Congestion or runny nose

*Shortness of breath or difficulty breathing

*Loss of appetite/taste/smell

Experts say that the severity and duration of symptoms for people who have Covid-19 can vary; for most people, usually the symptoms take 7-14 days to subside. Some people may have no symptoms while others may require hospitalisation. Recovery from symptoms varies from person to person.

So, what is the takeaway from the latest guidelines?

The most important takeaway from the current guidelines is that almost all cases with mild Covid-19 can be managed without using too many drugs and just giving symptomatic treatment. “This means paracetamol for fever, decongestants for congestion, and cough syrup for cough. It can also be managed without doing too many investigations. So there is no role of doing blanket CT Scans or blanket blood tests or blanket X-Rays for every individual that come in with Covid-19. These patients can be managed just the way other viral fevers are managed with symptomatic treatment without doing too many investigations or no investigations at all,” asserted Dr Gilada.

Food and Nutrition

Nutritionist shares simple trick to plate your meals in a healthy, balanced way(The Indian Express:20220119)

<https://indianexpress.com/article/lifestyle/health/nutritionist-create-balanced-meal-weightloss-protein-carbs-fats-diet-7695889/>

"A meal which is delicious, packed with nutrients, and fills you up are three main factors you should be looking at while plating," said nutritionist Nancy Dehra

dietHere's what to know about a balanced meal. (Source: Getty Images/Thinkstock)

Consuming a well-balanced meal not only keeps unnecessary hunger pangs away, but also helps sustain energy levels throughout the day. But, despite knowing the many benefits of a balanced, portioned meal, we are far from eating right, say experts.

ALSO READ |Are your meals well-balanced? Here's what you need to know

“A lot of us struggle completing our daily protein intake. Protein is required by our body to do a variety of functions. Hence, fulfilling protein needs can actually mean preserving good organ health. Now creating a balanced meal would mean better understanding of your food choices. A meal which is delicious, packed with nutrients, and fills you up are three main factors you should be looking at while plating your meal,” explained nutritionist Nancy Dehra in an Instagram post.

COVID-19 health emergency

COVID-19 health emergency could be over this year, WHO says (The Hindu:20220119)

<https://www.thehindu.com/sci-tech/health/covid-19-health-emergency-could-be-over-this-year-who-says/article38289812.ece>

“We have a chance to end the public health emergency this year if we do the things that we've been talking about,” Dr. Michael Ryan said

The worst of the coronavirus pandemic — deaths, hospitalisations and lockdowns — could be over this year if huge inequities in vaccinations and medicines are addressed quickly, the head of emergencies at the World Health Organisation (WHO) said on January 18.

Dr. Michael Ryan, speaking during a panel discussion on vaccine inequity hosted by the World Economic Forum (WEF), said “we may never end the virus” because such pandemic viruses “end up becoming part of the ecosystem”. But “we have a chance to end the public health emergency this year if we do the things that we've been talking about”, he said.

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Please write complete sentences. Do not type comments in all capital letters, or in all lower case letters, or using abbreviated text. (example: u cannot substitute for you, d is not 'the', n is not 'and').

We may remove hyperlinks within comments.

Please use a genuine email ID and provide your name, to avoid rejection.

Trending in Health

Students pose for photographs after COVID 19 vaccination at a school in Kochi. A moment to savour for India's public health system

A year after the launch of the COVID vaccination drive, a look at the challenges that were overcome

ICMR

The revised testing strategy of the ICMR(The Hindu:20220119)

<https://www.thehindu.com/sci-tech/health/the-revised-testing-strategy-of-the-icmr/article38285562.ece>

Why is there a change in testing protocol? How is the spread of Omicron going to be monitored?

The story so far: With the highly transmissible Omicron variant now recorded in most States, and given the mild symptoms seen in people who are fully vaccinated, the Indian Council of Medical Research (ICMR) has issued a revised testing strategy advisory on January 10. The new advisory replaces the one last issued on September 4, 2020.

Pregnancy

जिलास्तर पर बनाए जाएंगे पिक बूथ, महिलाओं को टीका लगवाने से बच्चों को नुकसान नहीं इसके बारे में जागरूक करेंगेसुविधा : गर्भवती को घर पर ही टीका लगेगा(**Hindustan :20220119**)



राजधानी में

लोगों को कोरोना से बचाने के लिए टीकाकरण जारी है। लक्ष्मी नगर स्थित एक टीकाकरण केंद्र पर मंगलवार को टीका लगाती स्वास्थ्यकर्मी। • संचित खन्ना

तैयारी

4000 आशा और आंगनबाड़ी
वर्कर जागरूकता के
लिए लगाई जाएंगी।

11 जिले में महिलाओं के लिए पिंग
वैक्सीनेशन बूथ बनाएं जाएंगे।

1.22 करोड़ डोज महिलाओं
को लगाई गई है।

1.20 करोड़ दूसरी डोज
लगाई गई है।

6.49 लाख टीका 15 से
17 आयु वर्ग वालों
को लग चुका है।

आशा और आंगनबाड़ी वर्कर जागरूक करेंगी

02 लाख गर्भवती महिलाओं को
कोविड टीका लग चुका है।

500 सहेली समन्वय केंद्र की भी
मदद ली जाएगी।

1.61 लाख बूस्टर डोज
लगाई जा चुकी है।



1.66 करोड़ पहली डोज लगाई गई है।

कोविड टीकाकरण

2.88 करोड़ से अधिक डोज दिल्ली में लोगों को दी जा चुकी है।

1.64 करोड़ डोज पुरुषों को लगाई गई है।

टीकाकरण केंद्र का निरीक्षण

नई दिल्ली (प्र.सं)। नई दिल्ली नगर पालिका परिषद उपाध्यक्ष सतीश उपाध्याय ने मंगलवार को किशोरों के टीकाकरण केंद्र का जायजा लिया। इस दौरान उन्होंने अभिभावकों से बच्चों को टीकाकरण करने के लिए प्रेरित करने का आह्वान किया।

एनडीएमसी उपाध्यक्ष दिन में अटल आदर्श विद्यालय मोतीबाग पहुंचे। यहां 15 से 18 वर्ष के किशोरों के लिए टीकाकरण केंद्र बनाया गया है। उपाध्याय ने बताया कि एनडीएमसी के अंतर्गत सात कोविड टीकाकरण केंद्र, दो कोविड परीक्षण केंद्र और दो कोविड मोबाइल इकाइयां चलाई जा रही हैं। केंद्रों पर अबतक दो लाख 43 हजार 701 का टीकाकरण किया जा चुका है। यहां मंगलवार को तीन हजार 671 किशोरों ने टीकाकरण की पहली खुराक ली।

कोरोना के 11684 नए मामले आए, 38 की मौत

तारीख सक्रिय मामले

3 जनवरी 10986

4 जनवरी 14889

5 जनवरी 23307

6 जनवरी 31498

7 जनवरी 39873

8 जनवरी 48178

9 जनवरी 60733

10 जनवरी 65806

11 जनवरी 74881

12 जनवरी 87445

13 जनवरी 80417

14 जनवरी 89417

15 जनवरी 93407

16 जनवरी 89819

17 जनवरी 83982

18 जनवरी 78112

(स्रोत : दिल्ली सरकार)

संक्रमण दर घटकर 22.47 फीसदी पर पहुंची

दिल्ली में कोरोना की जांच के लिए सोमवार को 52002 टेस्ट हुए जिसमें 22.47 फीसदी लोग संक्रमित पाए गए। इन जांच के लिए आरटीपीसीआर से 38849 और रैपिड एंटीजन से 13153 टेस्ट

हुए। दिल्ली में अभी तक 34156827 टेस्ट हो चुके हैं। दिल्ली में घटते मामलों के बीच कंटेन्मेंट जोन की संख्या बढ़कर 37540 हो गई है।

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी दिल्ली में मंगलवार को कोरोना के मामले घटने से साथ ही संक्रमण दर में भी गिरावट देखी गई है। हालांकि, मंगलवार को कोरोना संक्रमित 38 लोगों की मौत हो गई। दिल्ली में कोरोना से ठीक होने वाले मरीजों की संख्या भी बढ़ गई है।

दिल्ली के स्वास्थ्य विभाग के अनुसार, मंगलवार को दिल्ली में कोरोना के 11684 नए मामले सामने आए। वहीं, 17516 मरीजों को छुट्टी दी गई, जबकि 38 मरीजों ने कोरोना के कारण दम तोड़ दिया।

दिल्ली में अबतक 1734181 लोग कोरोना से संक्रमित हो चुके हैं। वहीं, इनमें से 1630644 मरीज ठीक हो गए, जबकि 25425 मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना से मृत्युदर घटकर 1.47 फीसदी रह गई है।

सक्रिय मरीज घटकर 78 हजार हुए : स्वास्थ्य विभाग के अनुसार दिल्ली में कोरोना के 78112 सक्रिय मरीज हैं। इनमें से होम आइसोलेशन में 63432 मरीज भर्ती हैं। वहीं, कोविड केयर सेंटर में 402, कोविड मेडिकल सेंटर में चार और दिल्ली के विभिन्न अस्पतालों में 2590 मरीज भर्ती हैं।

विभाग के अनुसार, दिल्ली के अस्पतालों में 2730 मरीज भर्ती हैं। इनमें से कोरोना लक्षण के साथ 140 और कोरोना संक्रमित 2590 मरीज भर्ती हैं। कोरोना संक्रमित मरीजों में से 837 मरीज आईसीयू पर, 871 मरीज ऑक्सीजन सपोर्ट पर और वेंटिलेटर पर 139 मरीज भर्ती हैं।

Testing

चिंता:मेट्रो स्टेशन और रेलवे स्टेशन पर नहीं हो रही जांच, होम किट से जांच के आंकड़े भी नहीं जुड़ रहेदिल्ली में जांच घटी, कई केंद्र बंद(Hindustan :20220119)

इस तरह हुई जांच



सलाह

राज्य कोविड जांच बढ़ाएं : केंद्र

जांच में कमी की खबरों के बीच केंद्रीय स्वास्थ्य मंत्रालय ने राज्यों को पत्र लिखकर कहा कि वह ज्यादा जांच करें। खतरे वाले लोगों के साथ-साथ घनी आबादी वाले क्षेत्रों में भी जांच हों ताकि संक्रमण के नए वलस्टर न बनें। बढ़ते संक्रमण के मद्देनजर जांच महत्वपूर्ण प्रक्रिया है।



संकेत

तीसरी लहर के अंत की शुरुआत इसी हफ्ते

भारतीय स्टेट बैंक (एसबीआई) के एक शोध के अनुसार, तीसरी लहर के अंत की शुरुआत इसी हफ्ते हो जाएगी। मुंबई में सात जनवरी को कोरोना से जुड़े मामले शिखर पर थे। इसके दो से तीन हफ्ते के भीतर देश में भी इसका पीक आने की उम्मीद है।

➤ ब्योरा पेज 15



सुखद



संकेत



15 से 18 वर्ष के 50 फीसदी किशोरों को टीका लगाया गया

केंद्रीय स्वास्थ्य मंत्री मनसुख मंडाविया ने मंगलवार को बताया कि देश में 15-18 वर्ष उम्र वाले 50 लोगों का टीकाकरण हो गया है। यह बड़ी उपलब्धि है। उन्होंने ट्वीट किया, कोरोना से लड़ाई का बड़ा दिन। 15-18 आयु वर्ग के हमारे 50 से अधिक लोगों को पहली खुराक मिल चुकी है। टीकाकरण के प्रति आपका उत्साह पूरे भारत के लोगों को प्रेरणा दे रहा है।

सभी का टेस्ट जरूरी नहीं

- भारतीय आयुर्विज्ञान अनुसंधान परिषद के नए दिशानिर्देशों के अनुसार मरीजों के संपर्क में आए सभी को जांच की जरूरत नहीं है
- सिर्फ उन लोगों को ही जांच कराने की सलाह है, जिनकी उम्र अधिक है या उन्हें कोई गंभीर बीमारी है

राज्य कोविड जांच बढ़ाएं : केंद्र

जांच में कमी की खबरों के बीच केंद्रीय स्वास्थ्य मंत्रालय ने राज्यों को पत्र लिखकर कहा कि वह ज्यादा जांच करें। खतरे वाले लोगों के साथ-साथ घनी आबादी वाले क्षेत्रों में भी जांच हों ताकि संक्रमण के नए क्लस्टर न बनें। बढ़ते संक्रमण के मद्देनजर जांच महत्वपूर्ण प्रक्रिया है।

तीसरी लहर के अंत की शुरुआत इसी हफ्ते

भारतीय स्टेट बैंक (एसबीआई) के एक शोध के अनुसार, तीसरी लहर के अंत की शुरुआत इसी हफ्ते हो जाएगी। मुंबई में सात जनवरी को कोरोना से जुड़े मामले शिखर पर थे। इसके दो से तीन हफ्ते के भीतर देश में भी इसका पीक आने की उम्मीद है। **ब्योरा**