



Examination- How?

During these times doctors can protect by taking history by maintaining the social distance and mask and averse the risk. But while examining there will be some potential risk for transfer of SARS Co-2 infection if the patient is harboring. How can we minimize the risk?

BLOOD PRESSURE RECORDING



by **DrAbdul Khaliq** on September 21 st April 2020

Either tissue paper or newspaper cut into long strips for wrapping around the arm before taking blood pressure.

WEIGHT RECORDING



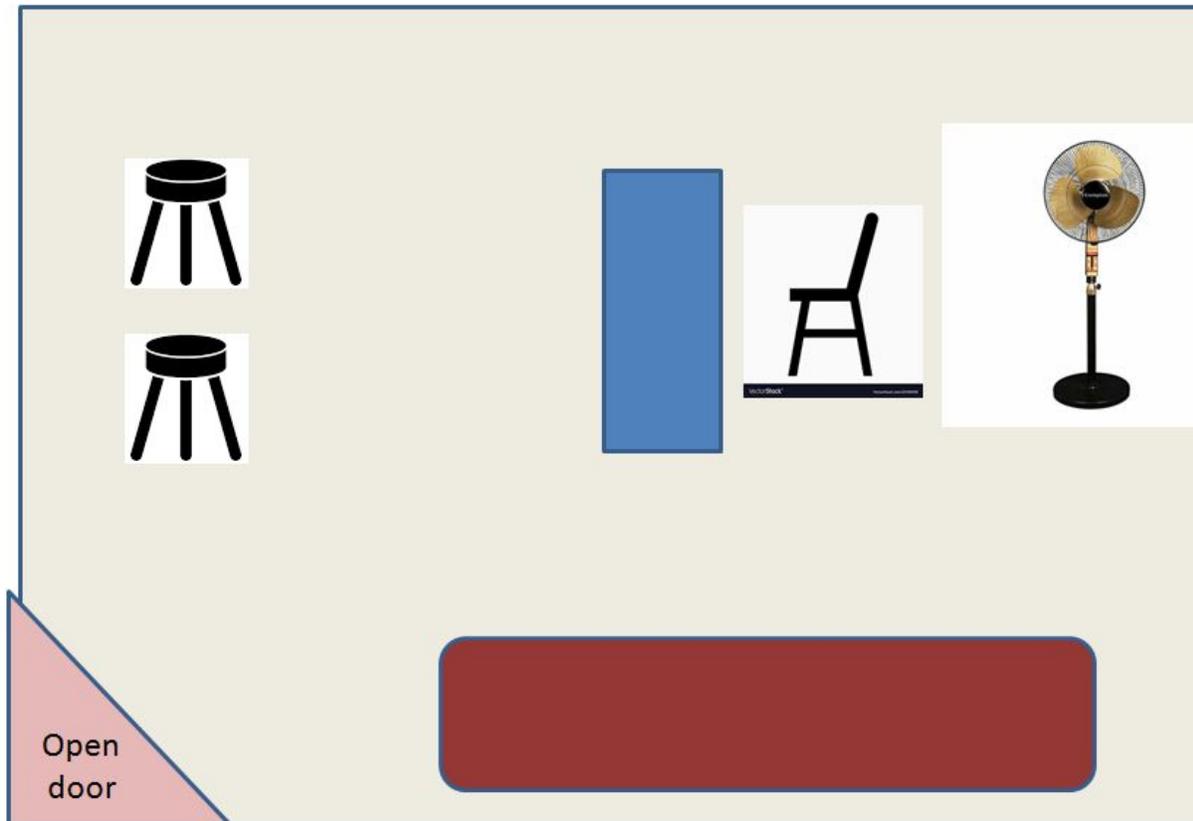
Such a foot soles printout on the paper of the size of normal feet can be placed on a weighing machine and this paper can be disposed of.

PULSE OXIMETER



Pulse oximeters with bluetooth or wifi enabled sending of reports are available in the market and should be used. Sanitizing this pulse oximeter is difficult on the innerside. We can either use a swab or ear bud dip into spirit and sanitize. Get one readymade mannequin or prepare one by placing cement in the glove and once the mannequin is prepared. It can be dipped into spirit or spirit well applied on it and then pulse oximeter can be placed on it after use for disinfecting.

CONSULTATION CHAMBER



Doors are open.

Only one attendant

Patient and attendant with a mask- 3 ply mask

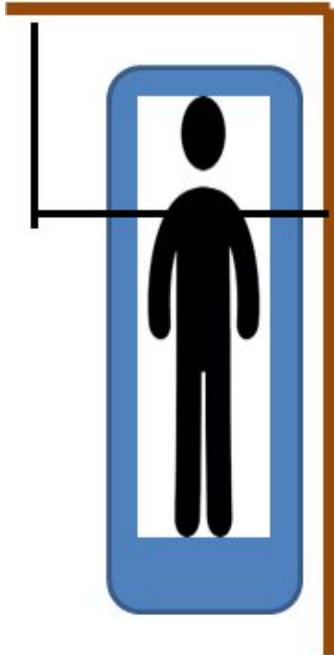
Stools or chairs which can be easily disinfected rather than cloth made.

Minimum of 6 feet distance between patient and doctor while taking history

Fan behind doctor pointing air towards patient so that aerosols do not reach while patient speaks

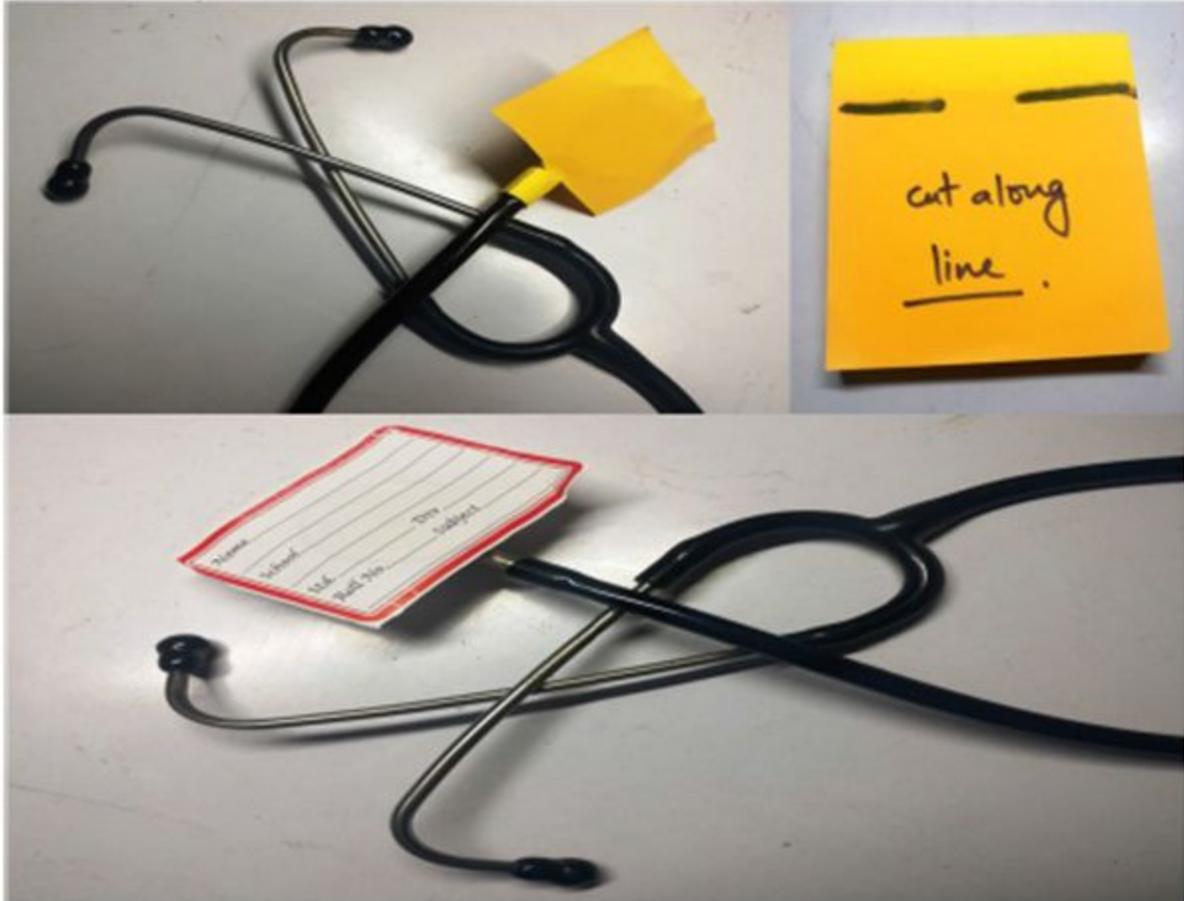
No bedsheet on the examination couch. Or disposable bed sheet or bed sheet made of rexine which can be easily disinfected

Examination couch:



At least two rods are placed on the wall with hangers for transparent sheets as shown in the picture. If not placing a rod two screens can be used . The transparent sheet should be thick as used in bathrooms. The sheets should be well covering the patient's upper chest and should be made gap free by removing wrinkles on the lower end of the transparent sheet . In this way general physical examination, near inspection, palpation of chest, abdomen, auscultation of the whole chest and abdomen can be safely done.

Auscultation :



Either cleaning the diaphragm after each and every auscultation by spirit. The other options are using a notes label or stick ons as shown. These can be easily discarded.

Double glove of different colours



One inside color as permanent for the session. The outside gloves can be removed after examination of each patient.

DOUBLE MASK:



I prefer wearing two masks, inside is the N95(FFP-2) mask. On top of it I wear a three ply mask. Two reasons for it. The tree ply mask I will be removing before leaving the hospital and will remove my N95 outside the hospital in a glass box with a tight container. The second reason is we will be reusing this mask. The durability of the mask will increase if particles do not clog the outer surface. So breathability and durability will increase.

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UMDAA HEALTH CARE