

Boston Medical Center
Guidelines for Hospital Admission from the Emergency Department
for Patients with Presumed or Confirmed COVID-19

Consider hospital admission for the following findings:

- (1) Any patient with dyspnea or increase respiratory rate (≥ 30 breaths per min)
- (2) Any patient with oxygen saturation $\leq 94\%$ on RA or decrease in saturation to $< 90\%$ with ambulation
- (3) Overall clinical concern by ED attending for risk of outpatient failure based on high risk for complications from severe COVID-19

Patients at high risk for complications from severe COVID-19

- Established risk factors:
Age 65 years or older, serious cardiovascular disease (heart failure, coronary artery disease, cardiomyopathies), chronic obstructive pulmonary disease, diabetes, malignancy, obesity (BMI ≥ 30 kg/m²), chronic kidney disease, immunocompromised state with solid organ transplantation, recipient of immunosuppressive therapy, pregnancy and sickle cell disease.
- Possible risk factors:
Asthma (moderate to severe), cerebrovascular disease

Criteria for safe discharge to home from the ED:

None of admission criteria listed above AND

- Reliable phone number where the patient could be reached for post-discharge follow-up
- Ability to understand and follow self-isolation recommendations
 - Patient and family members with access to face covering at home
 - Food security (enough for time in isolation, or ability to have someone procure it)
 - Ability to care for own ADLS without assistance from someone outside their household
- No household members who are either pregnant, immunosuppressed or have a history of end-stage renal disease
- Meds-to-bed for required medications (new or chronic meds needing extra doses)

If the patient is being discharged and you would like the patient to be contacted by the COVID-infected follow up monitoring program, please select "COVID-19 Follow Up" under the "Nurse Follow Up" section of DISPO.

If the patient does not meet criteria for safe discharge home, please contact Social Work for help with disposition planning.