



BC Care Bundle for Supporting High-Risk* Patients During COVID-19 Pandemic and Influenza Season



IDENTIFY PATIENTS

Review current patient roster and identify patients deemed to be high risk¹ for complications from COVID-19, influenza, and pneumococcal disease.



ENHANCE IMMUNIZATION

Assess influenza and pneumococcal immunization status of high-risk patients² and ensure immunizations are up to date. Where possible, provide/recommend immunizations to occur at the time of an existing medical visit or health care encounter³. Discuss the importance of ensuring close contacts are also immunized.



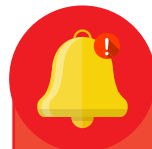
PREPARE FOR INFLUENZA

Monitor local influenza rates⁴. Consider antiviral prescription (e.g. oseltamvir) within 12 hours of onset of symptoms if clinically indicated based on local influenza rates and clinically-compatible symptoms or severity.



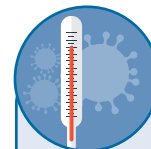
REVIEW GOALS OF CARE

Review goals of care and advanced care directives with patient and family. Where relevant, identify alternate decision-makers. Ensure patients have access to palliative care supports as required⁵.



CONFIRM ACTION PLAN

With the patient and care provider, review self-preparedness⁶ and action plan for intercurrent illness and potential for underlying disease decompensation, including: adequate food & medication supply, social supports/buddy system, disease-specific triggers, symptoms, escalation pathways, and appropriate emergency contacts (i.e., condition-specific clinic, emergency room).



FLU/COVID-19 SYMPTOMS?

Determine need for in-person assessment and care management plan based on underlying condition and as clinically appropriate. Consider initiating influenza antiviral⁷ and send for COVID-19 testing⁸. If COVID-19 positive, suggest stopping antiviral in accordance with current BC-CDC guidance⁹.



REVIEW MEDICATIONS

With the patient and caregiver, discuss current medications (especially those associated with respiratory illness) and review current supply levels, individual sick-day rules¹⁰, and the benefits of medication adherence¹¹.



EMOTIONAL WELL-BEING?

Isolation, economic hardship, and disruptions of daily routine can have an impact on psychological and emotional well-being¹². Consider a discussion with patient and caregiver regarding coping mechanisms and review access to additional support services.



DISCUSS DIET & EXERCISE

Diet and physical activity can be impacted by pandemic restrictions and/or intercurrent illness¹³. Patients may find value in discussions regarding self-management approaches for diet and exercise.

*High-risk based on: 1) potential for serious consequences from COVID-19, influenza, and pneumococcal disease, and 2) potential for clinical deterioration of underlying chronic condition due to the direct or indirect consequences of the COVID-19 pandemic. Conditions include: Chronic Lung Disease, Chronic Heart Disease, Hypertension, Diabetes, Chronic Kidney Disease, Liver Disease, Dementia, Stroke, Immunocompromised Systems (due to Cancer, Chemotherapy, or Transplant), Obesity, or >65 yrs.



Context

Chronic diseases may increase a person's risk of infection or increase a person's risk of more severe disease should infection occur. Individuals with chronic disease are at higher risk of COVID-19, influenza, invasive pneumococcal disease (IPD), and related complications. Influenza and COVID-19 can present with similar symptoms, and can mimic many other illnesses such as the common cold or exacerbation of underlying respiratory conditions. To protect this high risk patient population and to conserve health system capacity during the COVID-19 pandemic, maximizing immunization uptake and optimizing management of patients with chronic conditions need to be an integral component of current care planning.

References and Resources

1. High Risk Population

[People who are at high risk for severe illness from COVID-19 - Government of Canada](#)
[BCCDC Health Information for People with Chronic Conditions](#)

2. Vaccination Eligibility

[BCCDC Clinical Resources for Health Professionals – Vaccines in BC](#)
[BCCDC Seasonal Influenza Eligibility](#)
[National Advisory Committee on Immunization - Government of Canada](#)
• COVID-19 Subsection

3. Optimizing Uptake

[BCCDC - Continuity, Prioritization and Safe Delivery of Immunization Services during COVID-19 Response](#)
[BCCDC – Guidance for Influenza Vaccine Delivery in the Presence of COVID-19](#)

4. Antiviral

[BC influenza surveillance reports](#)
[AMMI Canada – Up to date practice guidance on use of antivirals](#)

5. Review Goals of Care:

[BC MOH Advanced Care Planning](#)
[Providence Health Care – COVID Serious Illness Conversations and Treatment](#)
[Fraser Health Advance Care Planning resources for serious illness](#)
[UBC Palliative Care – Coronavirus Response](#)
[Center to Advance Palliative Care – COVID-19 Resource Hub](#)
[The Conversation Project – Being Prepared in the Time of COVID-19](#)
[NICE COVID-19 guideline – Managing symptoms \(including End of Life\) in the community](#)

6. Confirm Action Plan

[Public Health Agency of Canada – Be Prepared](#)
[Public Health Agency of Canada – Measures to reduce COVID-19 in your community](#)
[BCCDC – Recommendations for People with Chronic Conditions](#)

7. Symptom Management

[AMMI Canada – Up to date practice guidance on use of antivirals](#)
[CDC - Influenza Antiviral Medications Summary for Clinicians](#)

8. BC COVID-19 Testing Protocols

[BCCDC – Current COVID-19 Testing Guidance](#)

9. Stopping Antiviral

[BCCDC - Recommendations for Specific Therapies](#)

10. Sick day rules

[HealthLinkBC - Sick-day guidelines for people with Diabetes](#)
[Sick Day Medication Handout](#)
[Cardiac Medications during intercurrent illness](#)

11. Medication Adherence

[Medication Adherence – It's importance in Cardiovascular Outcomes](#)
[Medication Adherence – WHO Cares?](#)
[Impact of medication adherence on clinical outcomes of CAD](#)

12. Emotional Well-Being

[CMHA – Take Care of Yourself](#)
[Family Caregivers of BC Resource](#)
[BC MOH Virtual Mental Health Supports](#)
[BCCDC Mental Well-Being During Covid-19](#)
[WHO – Mental Health and psychosocial considerations during COVID-19 outbreak](#)
[Depression and Medication Adherence in the Treatment of Chronic Disease](#)

13. Diet and Exercise:

[Potential impact of COVID-19](#)
[Diabetes and COVID-19 – Diabetes Care](#)

Acknowledgements:

This document was developed with input and guidance from: Provincial Health Services Authority Clinical Policy, Planning, and Partnerships portfolio, medical leadership of BC chronic disease groups, and a Primary Care Working Group through the BC Ministry of Health.

BC Public Health guidance is continuously evolving. Current BC recommendations and accurate sources of public health information can be found at www.bccdc.ca.