

PATIENT INFORMATION

COVID-19 Patient Information Sheet

Most people with COVID-19 have mild symptoms and will recover.

Unfortunately some people will experience more severe symptoms and need more medical care to help them manage the illness.

We are encouraging you to think about and put in writing what your wishes may be if you did become significantly unwell. This would enable those caring for you to support you with your individual needs and wishes. The following guides you about how to do this.

What is a COVID-19 Advance Care Plan?

This is a page of information created by you, with your family or friends (or somebody else if you need help).

It outlines the decisions you have made about your treatment and the support you need if you develop severe COVID-19 symptoms and need to contact emergency services or be admitted to hospital.

In these circumstances you are likely to be separated from people who usually support you or speak on your behalf, or COVID-19 may make you too breathless to speak. This plan is a way to capture and share, in an urgent situation, the advance decisions you have made around the care and treatment you would like. It would be kept with you at home but it would also be useful to share this information with your GP.

Completing a TEP form

Your health care professional may also discuss the option of completing a Treatment Escalation Plan (TEP). This is a way of your doctor recording your individual treatment plan, describing which treatments may or may not be most helpful for you. A variety of treatments can be considered, such as antibiotics, artificial feeding or ventilation of your lungs. The option of whether it would be helpful or not to admit you to hospital for further treatments will be discussed in your plan.

In addition, the TEP form also looks at the important issue of cardiopulmonary resuscitation, also known as CPR. CPR is a medical treatment that can be used to try to restart the heart and lungs if they suddenly stop working. While resuscitation can be successful for some people, for others it is very unlikely to work. The process of CPR can be very traumatic and it is not a suitable treatment for everybody. The TEP form can be used to document the resuscitation decision that is right for your individual circumstances and your healthcare professional can guide you through these decisions together.

Please do not hesitate to discuss this with the doctors and nurses caring for you.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

Working with you, for you