



Literature Review: COVID-19 Management at Family Medicine Outpatient Clinics

Hamad Abdulaziz AlSubaie^{a*}, Mansour AlNaim^b, Sara AlSubaie^c

^a*Family Medicine Department, King Abdulaziz Hospital, Kingdom of Saudi Arabia, Eastern Region, AlHassa*

^b*Family Medicine, King Abdulaziz Hospital, AlHassa*

^c*Family Medicine, Primary Health Center of National Guard Health Affair, AlHassa*

^a*Email: Hamad.alsubaie@hotmail.com*

Abstract

COVID-19 is a worldwide medical problem affecting majority of people with different age groups, where family medicine outpatient clinics is the first line in detecting and managing this medical issue, we tried to put our hands to explore the way of management of COVID-19 at the family medicine outpatient clinics where it's containing mainly supportive treatment in addition to Paxlovid, Molnupiravir as required and as needed according to the patient and his medical condition.

Keywords: Covid19; corona; family medicine; outpatient clinics; management.

1. COVID-19 Management at Family Medicine Outpatient Clinics

The severity of COVID-19 bears on the approach taken in its management. Thus, the first step in the management of COVID-19 in patients who have been diagnosed with the condition is determining the severity of the symptoms [1]. Since outpatient clinics lack the facilities to hospitalize patients, any patient who is determined to require hospitalization should be referred to a facility with inpatient facilities.

Provision of supportive care forms the basis of COVID-19 management in patients with mild illness. Supportive care targets pain relief, management of cough, enough fluid intake, and rest [2]. It is equally important to ensure that the patient is furnished with adequate information on how to avoid spreading the illness to others while they rest at home [2].

* Corresponding author.

Some of the measures that can be taken include using a separate bedroom, wearing masks around people, and isolating as much as possible from people and pets. Self-care and stress management are also vital in this stage. The patient should be advised to eat healthy meals, get enough sleep, get physical activity, try relaxation exercising, avoid too much news, connect with family and friends, and do activities that one enjoys [3].

For patient that are deemed to be at higher risk of serious illness, some FDA-approved medications should be considered in addition to supportive care. Paxlovid should be considered if the patient is at least 12 years old and is at a higher risk of serious illness [4]. However, if the patient is an adult and cannot take Paxlovid, Molnupiravir should be administered [5]. Drugs used in the management of hospitalized COVID-19 with severe illness such as corticosteroid dexamethasone and remdesivir should not be considered when managing COVID-19 in a family medicine outpatient context [6,7]. Thus, only those medications approved for use in mild-to-moderate cases of non-hospitalized COVID-19 patients should be considered in outpatient family clinics.

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