

## **COVID-19 – Considerations when having treatment**

### **PATIENT INFORMATION LEAFLET**

#### **What is a COVID-19:**

Human Coronavirus 19 was first discovered last year. It can cause a spectrum of conditions from a mild sore throat to a severe respiratory illness. At present there is no cure and no vaccine for the virus. The prevalence of the virus in society is currently reducing, but could go up at any stage.

#### **How can you prevent COVID-19?**

Currently the best way to protect yourself from getting Covid 19 is to self-isolate. However, as the disease is mild in most people simple measures such as social distancing (keeping 2m away from other people), frequent hand washing and avoiding busy indoor places will all reduce your risk of contracting the disease.

A small group of people in the UK have particular medical issues, which means that they should self-isolate and they will have received a letter from the NHS advising them of this. These people are not suitable for surgery at this stage.

#### **What precautions are you putting in place to reduce the risk of Covid 19?**

We have looked at all aspects of how we deliver care and made numerous changes including:

1. Carrying out virtual consults to reduce the numbers of patients coming to the clinic
2. Stopping non-surgical treatments to reduce footfall in the clinic, until it is safer to do so
3. Giving more time for procedures/consultations and time between cases to reduce the numbers in the clinic
4. Testing all patient for Covid 19
5. Testing all staff weekly for Covid 19
6. Not doing more complex surgeries at present until the risk is less
7. Asking you to self-isolate prior to and after your surgery

## Will Covid 19 be severe in me?

We know that certain factors are associated with a poor outcome if you get coronavirus. These are:

1. Age As you get older your risk of getting sever Covid 19 increases. However, even in those aged 60-69 your risk of dying if you get Covid 19 is 3.6%

| AGE                    | DEATH RATE confirmed cases | DEATH RATE all cases |
|------------------------|----------------------------|----------------------|
| <b>80+ years old</b>   | <b>21.9%</b>               | <b>14.8%</b>         |
| <b>70-79 years old</b> |                            | <b>8.0%</b>          |
| <b>60-69 years old</b> |                            | <b>3.6%</b>          |
| <b>50-59 years old</b> |                            | <b>1.3%</b>          |
| <b>40-49 years old</b> |                            | <b>0.4%</b>          |
| <b>30-39 years old</b> |                            | <b>0.2%</b>          |
| <b>20-29 years old</b> |                            | <b>0.2%</b>          |
| <b>10-19 years old</b> |                            | <b>0.2%</b>          |

For this reason, we have decided not to treat any patients over the age of 50 at present, however we will change this as more evidence becomes available

2. Men Men have an increase risk from Covid 19
3. Other medical conditions including
  - a. Asthma - Moderate to severe only
  - b. Chronic Lung disease – COPD. Pulmonary Fibrosis, Cystic Fibrosis
  - c. Diabetes
  - d. Serious Heart Conditions – Heart Failure, coronary artery disease, congenital heart disease, cardiomyopathy,
  - e. Chronic kidney Disease – Dialysis
  - f. Severe obesity – BMI > 40

- g. Immunocompromised – Cancer treatment, transplant including bone marrow, immune deficiency, HIV with low CD4, medication causing immunosuppression including long term steroids.
- h. Liver disease – Cirrhosis

If any of these conditions apply to you, please bring this to the attention of your practitioner, as it may be better to delay your procedure

### **Does Getting Covid 19 just before or after surgery make it worse?**

At present there is evidence that if you have a long operation (over 3.5 hours), if you have a highly invasive operation, such as a hip replacement or a bowel removal and get Covid 19 it can lead to a worse outcome including death.

At Elanic we will not be carrying out excessively long or complex surgeries initially, until more information become available on them. We do know that having a short and straight forward operation in a young age group does not make your infection worse.

### **What if I test positive for Covid 19, or start displaying symptoms?**

If you start to get symptoms we will not test you. You should contact the NHS for a test kit. We will presume you are positive.

If you haven't yet had your surgery, this will be postponed for 6 weeks. You may require to see one of our anaesthetists before proceeding if you have a complex case of Covid 19 or required to go to hospital.

If you have already had your surgery then all further post op checks will be carried out virtually, unless you have an emergency and need urgent attention. In this case and at the discretion of the Medical Director and Clinical Manager you will either be seen in the clinic, or in the local Private Hospital or NHS facility.

### **Can I delay my procedure?**

If you are anxious regarding the information contained within this information leaflet, please bring this to the attention of your Doctor or nurse. We are happy for you to postpone or cancel your surgery, if you feel the risk to yourself is too great at present.