



प्राचार्य का कार्यालय
OFFICE OF THE PRINCIPAL
वर्धमान महावीर मेडिकल कॉलेज एवं सफ़रजंग अस्पताल
VARDHMAN MAHAVIR MEDICAL COLLEGE & SAFDARJUNG
HOSPITAL
नई दिल्ली - 110029
NEW DELHI - 110029


स्वास्थ्य सेवा महानिदेशालय, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार
गुरु गोबिंद सिंह इंद्रप्रस्थ विश्वविद्यालय, दिल्ली से संबद्ध
Directorate General of Health Services, Ministry of Health & Family Welfare, Govt of India
Affiliated to Guru Gobind Singh Indraprastha University, Delhi

Ref.No 1-11/06, VMMC

Dated: 11th/04/2023

General instructions and mandatory guidelines for MBBS students

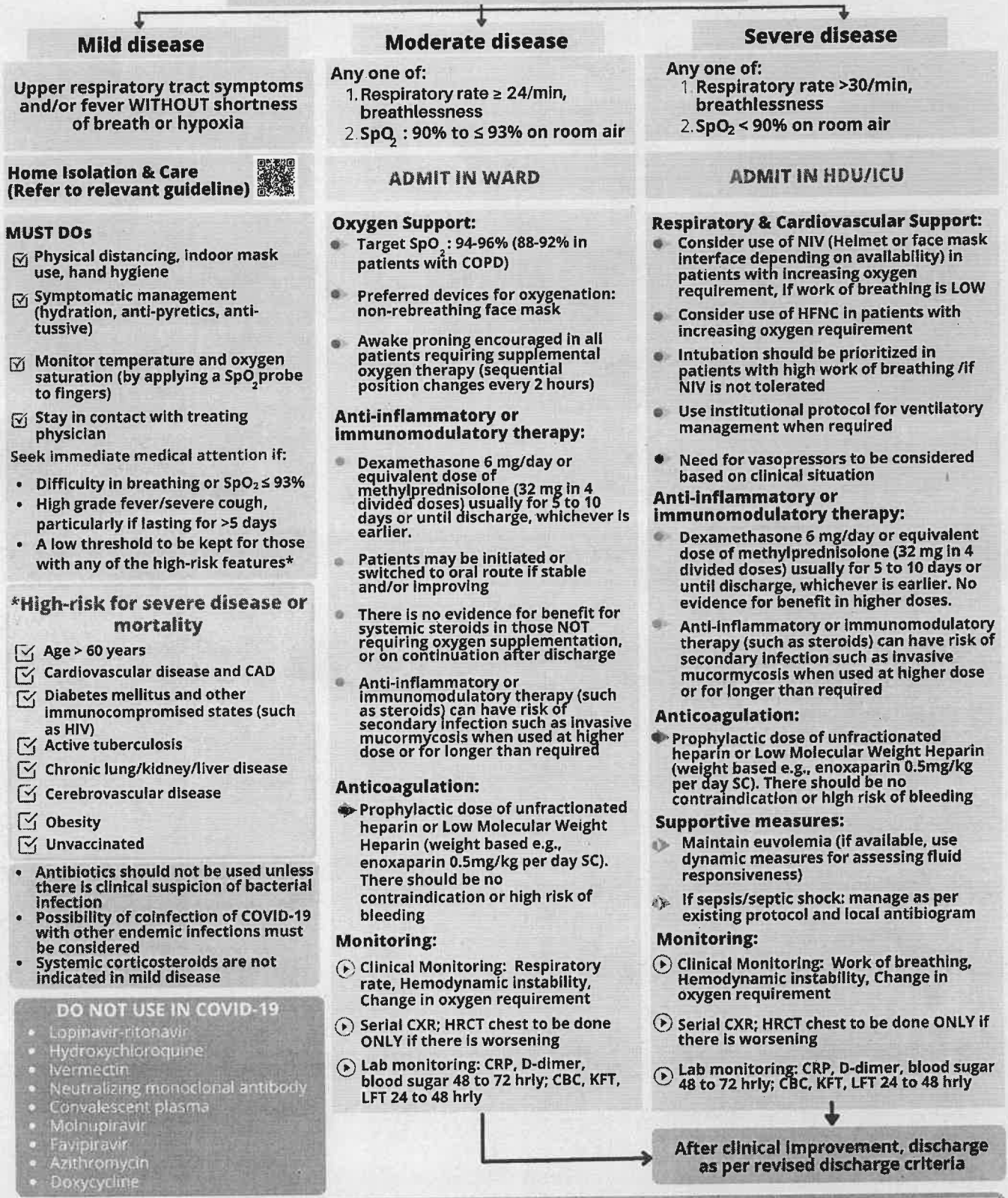
1. All students must wear a mask.
2. Respiratory etiquettes are to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly. Spitting shall be strictly prohibited.
3. Physical distancing to be followed as far as feasible.
4. Practice frequent hand washing with soap (for at least 30-40 seconds) even when hands are not visibly dirty.
5. Use alcohol-based hand sanitizers (for at least 20 seconds).
6. Self-monitoring of health and reporting any illness at the earliest to the **Warden/ Designated Nodal Officer.**
7. Students with any symptoms of INFLUENZA LIKE ILLNESS (fever, cough, sore throat, malaise & diarrhea) will immediately report to the Nodal Officer/Warden/ UG Incharge.
8. Dr. Nishanth Dev, Associate Professor & Dr. Shivani Sharma, Asst. Prof., Dept. of Medicine will be designated as Nodal Officers for coordination.
9. Contact persons: Dr. Manish Kumath (Boys Hostel warden-9868984826), Dr. Rekha Bharti (Girls Hostel Warden-9871394999), Dr. Nishanth Dev (M: 9717283133) and Dr. Shivani Sharma (8447569303).
10. All students are advised to refer to the COVID-19 guidelines issued by MOHFW available on college & MOHFW website.


Principal, VMMC & SJH



AIIMS/ ICMR-COVID-19 National Task Force/ Joint Monitoring Group (Dte.GHS)
Ministry of Health & Family Welfare, Government of India
CLINICAL GUIDANCE FOR MANAGEMENT OF ADULT COVID-19 PATIENTS
 Revised on 05/01/2023

Adult patient diagnosed with COVID-19



Additionally in moderate or severe disease at high risk of progression

Consider Remdesivir for up to 5 days (200 mg IV on day 1 followed by 100 mg IV OD for next 4 days)

- To be started within 10 days of onset of symptoms, in those having moderate to severe disease with high risk of progression (requiring supplemental oxygen), but who are NOT on IMV or ECMO
- No evidence of benefit for treatment more than 5 days
- NOT to be used in patients who are NOT on oxygen support or in home setting
- Monitor for RFT and LFT (remdesivir not recommended if eGFR $<$ 30 ml/min/m²; AST/ALT $>$ 5 times UNL) (not an absolute contraindication)

Additionally in rapidly progressing moderate or severe disease

Consider Tocilizumab preferably within 24-48 hours of onset of severe disease/ ICU admission [4 to 6 mg/kg (400 mg in 60 kg adult) in 100 ml NS over 1 hour] if the following conditions are met:

- Rapidly progressing COVID-19 not responding adequately to steroids and needing oxygen supplementation or IMV
- Preferably to be given with steroids
- Significantly raised inflammatory markers (CRP and/or IL-6)
- Rule out active TB, fungal, systemic bacterial infection
- Long term follow up for secondary infections (such as reactivation of TB, flaring of Herpes)