

**Government of West Bengal**  
**Health & family Welfare Department**  
**Swasthya Bhawan, Block GN-29, Sector V**  
**Salt Lake City, Kolkata – 91**

**Memo No: HPH/10P-03/2018/622**

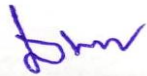
**Dated: 14.11.2020**

**To, The Principal, Medical College and Hospital, Kolkata / Murshidabad Medical College and Hospital**  
**The Chief Medical officer of Health (All District and Health District, West Bengal)**  
**The Superintendents (All Covid Hospitals, West Bengal)**  
**The Director / CEO / Medical superintendent (All Private COVID Hospitals, West Bengal)**  
**Sub: Advisory on Protocol Management for COVID – 19 Patients**

The experts from the Protocol Monitoring Team as deputed by the Department of Health and Family Welfare, Government of West Bengal visited some COVID hospitals and noted certain lacunae in practice which need urgent rectification. On the basis of their observations, following recommendations are made:

1. SARS-CoV2 infection and disease can be approximately divided into three phases: I. an asymptomatic phase with or without detectable virus; II. a non-severe symptomatic phase with upper airway involvement; and III. a severe, potentially lethal disease with hypoxia, 'ground glass' infiltrates in the lung, and progression to acute respiratory distress syndrome (ARDS) with or without high viral load. Available evidences indicate that the so called "cytokine storm", an uncontrolled over-production of soluble markers of inflammation which, in turn, sustain an aberrant systemic inflammatory response, is a major responsible for the occurrence of several organ involvement and multi organ failure.
2. During the hyper-inflammatory state or Cytokine storm, which is expected to happen on Day 5 - Day 10, increase in the inflammatory markers such as raised ESR and CRP, increase in the levels of IL-6, ferritin, LDH and D-dimer etc are seen. So these parameters should be used to predict the disease progression.
3. Although for most people, Covid-19 is a brief and mild disease but some are left struggling with symptoms including lasting fatigue, persistent pain and breathlessness for months, sometimes collectively called as "Long Covid". Hyperinflammatory state may give rise to long term multi organ dysfunction. Close monitoring of lung function, diabetes, Kidney function, Cardiological function should be necessary during post covid follow up.

These recommendations, if properly practised, will improve patient outcome. During subsequent visits teams will specifically check if these suggestions have been implemented.



**Director of Medical Education**  
**Government of West Bengal**  
**Memo No: HPH/10P-03/2018/622(7)/1**



**Director of Health Services**  
**Government of West Bengal**  
**Dated: 14.11.2020**

Copy forwarded for kind information and necessary action:

1. The Mission Director, NHM, Department of Health & Family Welfare, Govt of West Bengal
2. The Medical Superintendent cum Vice Principal (All)
3. The DDHS (Admin), Department of Health & Family Welfare, Govt of West Bengal (He is requested to inform the Clinical establishments).
4. DDHS (PH), Department of Health & Family Welfare, Govt of West Bengal
5. The Dy Chief Medical Officer of Health – II (All Districts and Health Districts)
6. The Senior PA to the Secretary, Department of Health & Family Welfare, Govt of West Bengal
7. Office Copy



**Director of Medical Education**  
**Government of West Bengal**



**Director of Health Services**  
**Government of West Bengal**