



PMB definition guideline: COVID-19 v4

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*Disclaimer:*

*This document may change as guidance from the National Institute of Communicable Diseases (NICD), World Health Organisation (WHO) and Department of Health (NDOH) evolves. The contents are up to date as at the time of publishing. Please always check for updates on the [National Institute for Communicable Diseases](#) (NICD) and the National [Department of Health](#) (DOH) websites.*

*Major Changes in this version*

- Inclusion of palliative care*
- Recommendation on corticosteroid use, remdesivir, chloroquine or hydroxychloroquine prophylaxis, convalescent plasma*
- Funding of PPE for confirmed cases*
- Emphasis on blood saturation results not gases for oxygen funding*
- Amendment to radiology codes*
- Inclusion of non-invasive ventilation*

## 1. Introduction

The World Health Organization (WHO) was alerted of a cluster of pneumonia of unknown aetiology in patients in Wuhan City, Hubei Province of China on 31 December 2019.

The respiratory tract infection was identified as being caused by a coronavirus, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and the illness was named coronavirus disease 2019 (COVID-19) on 11 February 2020. The following month, the WHO declared the outbreak as a pandemic and on 15 March 2020, a National State of Disaster was declared in South Africa.

The National Department of Health (NDoH), in collaboration with the National Institute for Communicable Diseases (NICD), has been providing the nation with guidance in respect of the management of the COVID-19 pandemic within the Republic of South Africa.

The Minister of Health approved a submission from the Council for Medical Schemes (CMS) for the inclusion of COVID-19 as a Prescribed Minimum Benefit (PMB). As such, on 7 May 2020 the Minister of Health, in terms of section 67 of the Medical Schemes Act, 1998 (Act No. 131 of 1998), published an amendment to the Medical Schemes Act Regulations in Notice 515 in Government Gazette 43295.

The amendment includes an insertion of the Diagnosis and Treatment Pair (DTP) in the list of PMBs under the heading "Respiratory System". The treatment component includes screening, clinically appropriate diagnostic tests, medication, medical management including hospitalisation and treatment of complications, and Rehabilitation of COVID-19." The Regulations came into effect on 7 May 2020.

For this reason, this guideline seeks to clarify PMB entitlements of medical scheme beneficiaries within the context of the pandemic, ensuring that there is uniform interpretation amongst all stakeholders. It sets out recommendations for the screening, diagnosis, treatment and care of individuals with suspected and confirmed COVID-19 as per WHO case definitions.

## 2. Scope and purpose

- 2.1. The WHO has published ICD-10 codes to be used for the COVID-19 and CMS recommends that correct coding be used to enable correct identification and reporting thereof.
- 2.2. The surveillance for COVID-19 is essential to permit early recognition of suspected cases, early diagnosis, containment and prevention of onward transmission.
- 2.3. It is also important to note that COVID-19 is a Category 1 Notifiable Medical Condition that requires immediate reporting by the most rapid means available upon diagnosis followed by a written or electronic notification to the Department of Health within 24 hours of diagnosis by health care providers, private or public health laboratories.
- 2.4. Medical schemes are also required to notify and submit COVID-19 related information to the CMS, consistent with [Circular 29 of 2020](#).

Table 1: Possible ICD-10 codes for identifying COVID-19

ICD-10 code	WHO description
U07.1	COVID-19, virus identified
U07.2	COVID-19, virus not identified

Source: WHO list of official ICD-10 updates: <https://www.who.int/classifications/icd/icd10updates/en/>

2.5. The ICD-10 code U07.2 includes the following:

- Clinically-epidemiologically diagnosed COVID-19
- Probable COVID-19
- Suspected COVID-19

2.6. Below are the updated NICD case definitions published on the 25 May 2020.

Confirmed cases	A confirmed case is a person with laboratory confirmation (RT -PCR assay) of infection with the COVID-19 virus, irrespective of clinical signs and symptoms. Symptomatic cases are considered infectious from 2 days before symptom onset to 14 days after symptom onset.
Suspected case <i>i.e.</i> <i>A person to be tested for COVID-19</i>	<p>A suspected COVID-19 case includes any person presenting with an acute (<math>\leq 14</math> days) respiratory tract infection or other clinical illness compatible with COVID-19, or an asymptomatic person who is a close contact to a confirmed case*.</p> <p>In the context of COVID-19, the key respiratory syndrome consists of ANY of:</p> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Sore throat</li> <li>• Shortness of breath</li> <li>• Anosmia (loss of sense of smell) or dysgeusia (alteration of the sense of taste) with or without other symptoms (which may include fever, weakness, myalgia, or diarrhoea).</li> </ul> <p>*Note: Asymptomatic close contacts should not be routinely tested despite meeting the suspected case definition. However, testing may be indicated in certain circumstances (e.g. institutions such as care homes)</p>

2.7. A close contact is defined by NICD as:

A person having had face-to-face contact ( $\leq 1$  metre) or having been in a closed space with a confirmed COVID-19 case for at least 15 minutes. This includes, amongst others:

- All persons living in the same household as a COVID-19 case, and people working closely in the same environment as a case.
- Healthcare workers or other people providing direct care for a COVID-19 case while not wearing recommended personal protective equipment (PPE) (e.g., gowns, gloves, N95 respirator, eye protection).
- A contact in an any mode of transportation where passenger details are captured sitting within two seats (in any direction) of the case, travel companions or persons providing care, and crew members serving in the section where the case was seated.

2.8. NICD had previously defined high-risk persons separately to the suspected case definition. CMS has noted that high-risk persons are now included in the new definition with the exception of people who are admitted with pneumonia.

### 3. Epidemiology

- 3.1. Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. These viruses cause illness ranging from the common cold to more severe diseases such as bronchitis, pneumonia and respiratory and multi-organ failure. Coronaviruses are also responsible for previous epidemics including severe acute respiratory syndrome (SARS) and middle east respiratory syndrome (MERS).
- 3.2. These viruses were originally transmitted between animals and people. In the case of SARS, viruses were transmitted from civet cats to humans while in MERS, the infection travelled to humans from a type of camel.
- 3.3. In the case of COVID-19, scientists have pointed to infected animal species, including pangolins and bats as the original source of the virus. While it is suspected that the initial COVID-19 epidemic started through animal-to-human transmission, the current epidemic is being fuelled by human-to-human transmission and the virus has spread to more than 208 countries and territories, including South Africa.
- 3.4. As of 20 July 2020, there were 14,655,217 confirmed cases globally with 609,112 deaths and 8,742,250 recoveries.
- 3.5. Data from 20 July 2020 showed that South Africa had conducted 2,471,747 tests, 364,328 confirmed as positive, 191,059 people had recovered, and 5,033 deaths were reported.
- 3.6. Additionally, the mortality rate in South Africa is currently at 1,38%, lower than the global mortality of 4,16%.

### 4. Route of transmission from COVID-19 patients

- 4.1. New evidence on the transmission has been evolving and there is evidence on the following modes of transmission
  - Symptomatic: Data from published epidemiology and virologic studies provides evidence that COVID-19 is primarily transmitted from symptomatic people to others who are in close contact through respiratory droplets, by direct contact with infected persons, or by contact with contaminated objects and surfaces.
  - Pre- symptomatic: The incubation period for COVID-19, which is the time between exposure to the virus (becoming infected) and symptom onset, is on average 5-6 days, however, this period can take up to 14 days. During this period, also known as the “pre-symptomatic” period, some infected persons can be contagious. Therefore, transmission from a pre-symptomatic case can occur before symptom onset.
  - Asymptomatic: There are few reports of laboratory-confirmed cases who are truly asymptomatic, and to date, there has been no documented asymptomatic transmission. This does not exclude the possibility that it may occur. Asymptomatic cases have been reported as part of contact tracing efforts in some countries. The proportion of asymptomatic carriers is currently unknown.
- 4.2. According to the WHO, the reproductive number for the virus is approximately 2.2 (meaning that on average each person spreads the infection to two others).

- 4.3. The latest update from the WHO, published on 29 March 2020, included an analysis of some scientific evidence which suggested the possibility of airborne transmission. Ultimately, the WHO concluded that the evidence to date was not yet conclusive.
- 4.4. The World Health Organization (WHO) has acknowledged that there is "evidence emerging" of the airborne spread of the novel coronavirus, after a group of scientists urged for an update to its guidance on how the respiratory disease passes between people especially in closed, poorly ventilated spaces.

## 5. Risk factors

Risk factors for acquiring the infection include:

- Individuals with a recent travel history to high-risk countries
- History of exposure to individuals infected with COVID-19

Risk factors for severe disease once infected include:

- Individual 60 years and older: Among more than 44,000 confirmed cases of COVID-19 in China, the case fatality rate was highest among older persons:
  - ≥80 years: 14.8%
  - 70–79 years: 8.0%
  - 60–69 years: 3.6%
  - 50–59 years: 1.3%
  - 40–49 years: 0.4%
  - <40 years: 0.2%.
- Individuals who live in a nursing home or long-term care facility
- People with severe obesity (body mass index [BMI] of 40 or higher)
- Individuals at any age with underlying comorbidities, particularly if not well controlled. Patients with no reported underlying medical conditions have had an overall case fatality of 0.9%, but case fatality was higher for patients with comorbidities
  - Cardiovascular disease
  - Diabetes mellitus
  - Hypertension
  - Chronic respiratory disease
  - Immunosuppression: this could be due to cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - People with chronic kidney disease undergoing dialysis
  - People with liver disease

Disease in children appears to be relatively rare and mild with approximately 2.4% of the total reported cases reported amongst individuals aged under 19 years. A very small proportion, that is 2.5% of those aged under 19 years have developed severe disease while only 0.2% became critical.

## 6. Signs and symptoms

- 6.1. Eighty percent of symptomatic patients develop mild disease, an estimated 15% develop severe disease (with hypoxaemia, dyspnoea and tachypnoea) while 5% become critically ill (with respiratory failure, septic shock and/or multiorgan dysfunction).
- 6.2. The most common presenting symptoms have been:
- Fever (~90%, but only present in 44% on admission).
  - Dry cough (68%)
  - Anosmia and ageusia (30%)
  - Fatigue (38%),
  - Sputum production (34%)
  - Shortness of breath (19%),
  - Myalgia or arthralgia (15%),
  - Sore throat (14%),
  - Headache (13.6%)
  - Chills (12%)
- 6.3. Gastrointestinal symptoms such as nausea or vomiting (5.0%) and diarrhoea (3.8%) appear to be uncommon.
- 6.4. In addition to the above symptoms, it has been observed that children between the ages of 2 – 15 years are at risk of developing Paediatric Inflammatory Multisystem Syndrome (PIMS) associated with COVID-19, which may include some of the following symptoms:
- abdominal pain
  - skin rash
  - red, cracked lips
  - red eyes
  - swelling of the hands or feet
  - reddish, swollen toes ('COVID toes')
  - swollen glands on one or both sides of the neck
  - vision problems
  - paleness

## 7. Diagnostic workup

### 7.1. Consultations

- 7.1.1. Given the modes of transmission discussed earlier, surveillance for COVID-19 is essential to permit early recognition of suspected cases, early diagnosis, containment and prevention of further cases.
- 7.1.2. Screening is questionnaire based and may be part of virtual or face to face consultation. The consultation for screening by a healthcare worker (nurses or doctors) for COVID-19 is recommended as PMB level of care. Some of the questions that can be asked by the healthcare worker during screening include:
- § Recent travel to a high-risk country (in the last 14 days)
  - § Any contact with anyone with confirmed COVID-19 (in the last 14 days)
  - § Any history of visiting live animal markets
  - § Any history of attending or working at a facility where COVID-19 patients were being treated
  - § Any symptoms such as fever, sore throat, cough and difficulty in breathing

- § Any underlying condition (including high blood pressure, diabetes, asthma, respiratory illnesses, systemic illnesses)
- § Any medications being taken (including immunosuppressive therapy)
- 7.1.3. RT-PCR testing for COVID-19 is PMB level of care upon referral from a health care worker (doctor or nurse) who has screened a patient. Patients to be tested are individuals who meet the criteria for a person under investigation. The criteria for suspected case are provided in section 2.5 and 2.6.
- 7.1.4. To further reduce the person to person risk of transmission and reduce the number of patients at doctors rooms, the CMS recommends that telehealth delivered through online platforms be reimbursed as PMB level of care in line with the latest Health Professions Council of South Africa (HPCSA) communication  
["Notice to amend clause \(b\) & \(c\) of the guidance on the application of telemedicine guidelines during the COVID-19 pandemic."](#)
- 7.1.5. In accordance with the HPCSA recommendations, *"Telehealth should preferably be practiced in circumstances where there is an already established practitioner-patient relationship. Where such a relationship does not exist, practitioners may still consult using Telehealth provided such consultations are done in the best clinical interest of patients."*
- 7.1.6. In addition, HPCSA, emphasise that *"Although practitioners may charge fees for consultations undertaken through Telehealth platforms, the Council [HPCSA] strongly cautions against practices that may amount to over-servicing, perverse incentives and supersession."*
- 7.1.7. In the out of hospital setting, no prior authorisation is required for telehealth consultations with a general practitioner, specialist consultations may require pre-authorisation.
- 7.1.8. Schemes can develop screening pre-risk assessment tools and use designated service providers (DSPs).

## 7.2 Laboratory workup

- 7.2.1 From the South African Health Products Regulatory Authority (SAHPRA) report, two different types of in-vitro tests are possible, molecular tests and serological tests.
- 7.2.2 Molecular tests detect the presence of the SARS-CoV-2 virus' genetic material (nucleic acid) and are performed on material obtained by means of nasopharyngeal and oropharyngeal swabs. Such tests are good at detecting the virus early in the infection and can detect the virus in a person before they become symptomatic. The NICD guidelines recommends the use of molecular testing for diagnosis of SARS-CoV-2 virus.
- 7.2.3 Serological tests are tests that detect antibodies to the SARS-CoV-2 virus and are conducted on samples likely to have antibodies, such as finger-pick blood samples. Serological tests are conducted at the point-of-care and detect the presence of immunoglobulin M (IgM) and/or immunoglobulin G (IgG) antibodies to SARS-CoV-2.
- 7.2.4 According to the latest guidance by SAHPRA, diagnosis of SARS-CoV-2 virus is ONLY confirmed by the reverse transcriptase polymerase chain reaction (RT-PCR) test and not the serological tests as the period between acute infection and detection of antibodies is unknown at this time.
- 7.2.5 In addition, the WHO also states that "the role of rapid disposable tests for antigen detection for COVID-19 needs to be evaluated and is not currently recommended for clinical diagnosis pending more evidence on test performance and operational utility."
- 7.2.6 The RT-PCR test is therefore recommended as PMB level of care for the investigation and/or diagnosis of COVID-19.

- 7.2.7 SAHPRA has provided a list of tests that are registered in South Africa and this is available on their website.
- 7.2.8 In addition to a RT- PCR, and where clinically indicated, the following laboratory investigations are also recommended as PMB level of care for confirmed cases depending on the severity of symptoms:
- Full blood count including differential count
  - Nasopharyngeal swabs or aspirates and oropharyngeal swabs for detection of viral and atypical pathogens
  - Sputum for MCS and Mycobacterium tuberculosis detection (GeneXpert MTB/RIF Ultra)
  - Other adjunct investigations that may be clinically appropriate or indicated will require motivation e.g. liver function tests, renal function tests, CRP, glucose, D-dimer levels, prothrombin, blood gas, and urine for lipoarabinomannan (LAM) test if HIV positive.

#### Funding of RT-PCR test

- 7.2.9 The RT-PCR test should be funded from the risk benefit irrespective of the RT-PCR result.
- 7.2.10 A single positive RT-PCR test is sufficient proof of COVID-19 infection, and there is no role of repeat confirmatory test. A repeat confirmatory RT-PCR test is not PMB level of care.
- 7.2.11 An RT-PCR test can however be falsely negative due to factors such as sampling technique or timing of the test. If alternative diagnosis has been explored and there is still clinical suspicion of COVID-19, a motivation should be submitted to the scheme for a repeat test.
- 7.2.12. According to the WHO, as of 24 April 2020, no study had evaluated whether the presence of antibodies to SARS-CoV-2 confers immunity to subsequent infection by this virus in humans. There is currently no evidence that people who have recovered from COVID-19 and have antibodies are protected from a second infection. As such CMS does not recommend capping the number of RT-PCR tests per member; if a member presents with COVID-19 symptoms, and meets the NICD case definition, a RT-PCR test is recommended.
- 7.2.13. As per NICD guidance, asymptomatic people should not be routinely tested. CMS therefore recommends discretionary funding for the testing of asymptomatic people. This includes asymptomatic people who are returning to work.

#### 7.3 Imaging radiology

- 7.3.1 Imaging modalities are not recommended as PMB level of care for screening or diagnosis of COVID – 19, as the definitive test for SARS-CoV-2 is the RT-PCR.
- 7.3.2 Chest X-ray is recommended as PMB level of care for patients with confirmed COVID-19.
- 7.3.3 CT scan is recommended as PMB level of care in patients presenting with features indicating worsening respiratory function. CT scan is also recommended in COVID-19 patients with functional impairment and/or hypoxemia after recovery from COVID-19.

#### 8. Management of suspected and confirmed cases with mild to moderate disease

- 8.1. The clinical management of a suspected or a confirmed COVID-19 case depends on the severity and the presenting symptoms and not the risk of deterioration. High risks patients who present with mild symptoms should therefore be managed based on their symptoms.

- 8.2. Suspected and confirmed cases who are medically well, or who have mild disease may be managed at home.
  - 8.3. It is important to note that, at the time of publishing this document, treatment for COVID-19 is supportive and there is no cure or recommended vaccination for COVID-19.
  - 8.4. There is no specific antiviral treatment available, however, various antivirals are being tested in clinical trials globally. Remdesivir has recently received an Emergency Use Authorisation (EUA) from the Food and Drug Association (FDA) for the treatment of severe hospitalised COVID-19 patients.
  - 8.5. Given that in South Africa, it is now flu season, a neuraminidase inhibitor (e.g. oseltamivir) may be considered for patients with influenza or at high risk for severe disease.
  - 8.6. Although antibiotics do not treat viral infections, empiric treatment for secondary bacterial and fungal infections might be required.
  - 8.7. All underlying pre-existing comorbid chronic conditions such as diabetes, HIV, asthma etc, should be managed as per the corresponding Diagnostic Treatment Pair (DTP) and/ or Chronic Disease List (CDL) are deemed PMB level of care.
  - 8.8. Treatment and care for the management of mild to moderate disease is PMB level of care.
  - 8.9. Cough suppressants, such as codeine-containing cough mixtures, are not indicated, and are not available in public sector health facilities. These cough mixtures are not recommended as PMB level of care for COVID-19.
  - 8.10. Given that the scheme is notified of all positive cases of COVID-19 irrespective of the severity, medication prescribed by the doctor for COVID-19 confirmed patients should be funded as PMB level of care. The provider should include the correct ICD 10 code (U07.1) on the prescription. To reduce the administrative burden, and given that this is not a chronic condition, no prior authorisation is required. Generic substitution is permissible, unless provider instructs otherwise.
9. Management of severe cases
    - 9.1. Patients with severe disease are closely monitored and any signs of clinical deterioration (e.g. respiratory failure and sepsis) are managed appropriately.
    - 9.2. Based on clinical diagnosis, treatment of co-infections with empiric antibiotics is recommended and this may include treatment of pneumocystis pneumonia (PCP), influenza and atypical bacterial pathogens.
    - 9.3. Supportive treatment includes oxygen therapy in patients who are short of breath. The target oxygen saturation (SpO<sub>2</sub>) rates are ≥90% in non-pregnant adults and SpO<sub>2</sub> ≥92-95 % in pregnant patients.
    - 9.4. Funding of oxygen for COVID-19 is recommended based on the oxygen saturation results. Given the pandemic and limited health resources, blood gases are not a pre-requisite for oxygen funding. The only recommended criterion for COVID-19 is for a patient to meet the oxygen saturation required.
    - 9.5. As with patients with suspected or mild disease, a neuraminidase inhibitor (e.g. oseltamivir) may be considered.
    - 9.6. Patients with severe disease are generally hospitalised and the cost of their management must be funded according to the PMB Regulations.
    - 9.7. Patients might be admitted to the intensive care unit (ICU) and the use of mechanical ventilators where indicated is PMB level of care.
    - 9.8. If clinical setting is appropriate and there is provider preference, non- invasive ventilation is recommended as PMB level of care in line with the NICD guidelines. In the absence of an indication for endotracheal intubation, a trial of high-flow nasal oxygen (HFNO), continuous positive airway pressure (CPAP), synchronized inspiratory positive airway pressure (SiPEP) or other non-invasive ventilation (NIV) technique may be considered for adults with COVID-19 and acute hypoxaemic respiratory failure failing standard oxygen therapy.

- 9.9. The NEMLC Subcommittee recommends the use of a short duration of low-dose systemic corticosteroids in hospitalised severe COVID-19 patients receiving respiratory support (as either invasive mechanical ventilation or non-invasive oxygen supplementation). Hospitalised patients not on respiratory support should not routinely be administered systemic corticosteroids, unless indicated for another reason such as an acute exacerbation of asthma or chronic obstructive pulmonary disease. Systemic corticosteroids may also be considered in COVID-19 patients with septic shock.
  - 9.10. The NEMLC Subcommittee suggests that remdesivir not be recommended for treatment of hospitalised patients with COVID-19 requiring oxygen or ventilation. The committee shows that studies suggest some benefit for remdesivir compared with placebo for time to recovery in severe COVID-19 disease and no significant difference in mortality. Remdesivir is currently available as a section 21 medicine and is not recommended as PMB level of care. CMS recommends that remdesivir be funded based on scheme rules.
  - 9.11. NEMLC Subcommittee recommends that hydroxychloroquine/chloroquine not be used for the prevention of COVID-19, unless there is new evidence of efficacy that shows benefit; hence this is not currently recommended as PMB level of care.
  - 9.12. Convalescent plasma is currently not recommended as PMB level of care based on the NEMLC subcommittee recommendation of insufficient evidence to recommend its routine use.
10. Palliative care for COVID-19
- 10.1. Palliative care is a multifaceted, integrated approach to improving the quality of life of adults and paediatric patients, and their families facing the problems associated with life-threatening illness such as COVID-19. CMS is cognisant of the WHO definition of palliative care. However, the recommendation for PMB level of care for confirmed cases of COVID-19 is for patients presenting with severe disease.
  - 10.2. Palliative care includes but not limited to:
    - complex symptom management
    - advance care planning or goals of care conversations
    - complex discussions with patient, and more often with family:
      - § diagnoses and current/future care plans,
      - § when a patient's condition deteriorates or withdrawal of treatment decisions needs to be made
      - § family's own (mental)health
    - integration of psychosocial support especially for families on the outside:
      - § isolation causing mayor distress and mental health issues with patients and families
      - § primary physicians do not have capacity to always keep loved ones updated or discuss when difficult decisions need to be made quickly
    - bereavement support to families
  - 10.3. Palliative care includes a multi-disciplinary team approach. The team may consist of doctors (GPs and specialists), psychologists, social workers, palliative care home nurses.. Palliative care can be provided in different settings including:
    - in the home (even if severe and patient so wishes e.g. frail elderly or people with dementia),
    - long term care facilities,
    - hospices,
    - and in hospital including general ward, ICU and high care
  - 10.4. CMS recommends the funding of palliative care. Where a multi-disciplinary team is involved in the treatment and care of COVID-19 patients, the primary provider should submit an initial treatment plan

to the scheme for pre-authorisation and weekly updates to allow the scheme to make informed continued funding decisions.

## 11. Management of COVID-19 in special populations – children, newborns, pregnant and breastfeeding women and people living with HIV

### 11.1. Management of children

11.1.1. Although the understanding of COVID-19 related symptoms continues to evolve, the current guidance from NICD states that the clinical presentation and case definition of adults and children are the same.

11.1.2. All suspected children with an acute respiratory infection should be tested for COVID-19.

### 11.2. Management of newborns

11.2.1. The case definition is the same as adults and children, although atypical presentation is expected in neonates.

11.2.2. COVID-19 should be included in differential diagnosis of any neonate presenting with acute respiratory symptoms and such neonates should be tested for COVID-19.

11.2.3. Babies in good health, who are born from a COVID-19 infected mother do not need a COVID-19 test, and such testing is therefore not PMB level of care.

11.2.4. Unwell or symptomatic babies should have a COVID-19 test on day 3 of life if the case definition is met, or at another time if clinically indicated.

11.2.5. According to the NICD guidelines, tests done before 72 hours may give a false negative result and should be repeated on day 5 of life if the first test is negative.

### 11.3. Management of pregnant and breastfeeding

11.3.1. According to the NICD guidelines, there is currently no indication that pregnant women are at higher risk of either contracting COVID-19 or of worse maternal outcomes with COVID-19.

11.3.2. Pregnant women with COVID-19 can have a vaginal delivery. COVID-19 is not an indication of caesarean section.

## 12. Funding of PPE

The department of Labour has issued [guidance](#) on workplace preparedness for COVID-19 and employers are obligated to provide their workers with personal protective equipment (PPE) needed to keep them safe while performing their duties. The types of PPE required during a COVID-19 outbreak will be based on the risk of being infected with SARS-CoV-2 while working and tasks that may lead to exposure. PPE for non-healthcare workers is currently not recommended as PMB level of care irrespective of the level of risk and these costs hence cannot be transferred to members or schemes.

PPE for health workers who are treating and managing suspected and confirmed COVID-19 patients may claim for the PPE as part of the consumables for the patients and included in the PMB level of care. Claims may be backdated to 7 May 2020, when the PMB regulations for COVID-19 were promulgated.

## 13. Off label medication

There is consensus in literature as reported by the WHO and SAHPRA, that currently there are no pharmaceutical products that have shown to be safe and effective for the treatment of COVID-19. CMS recommends discretionary funding of off-label use of medications that show clinical benefit. The NDoH acknowledges that investigational medicines should be used in the realm of a clinical trial, but given the nature of the pandemic, a pragmatic approach

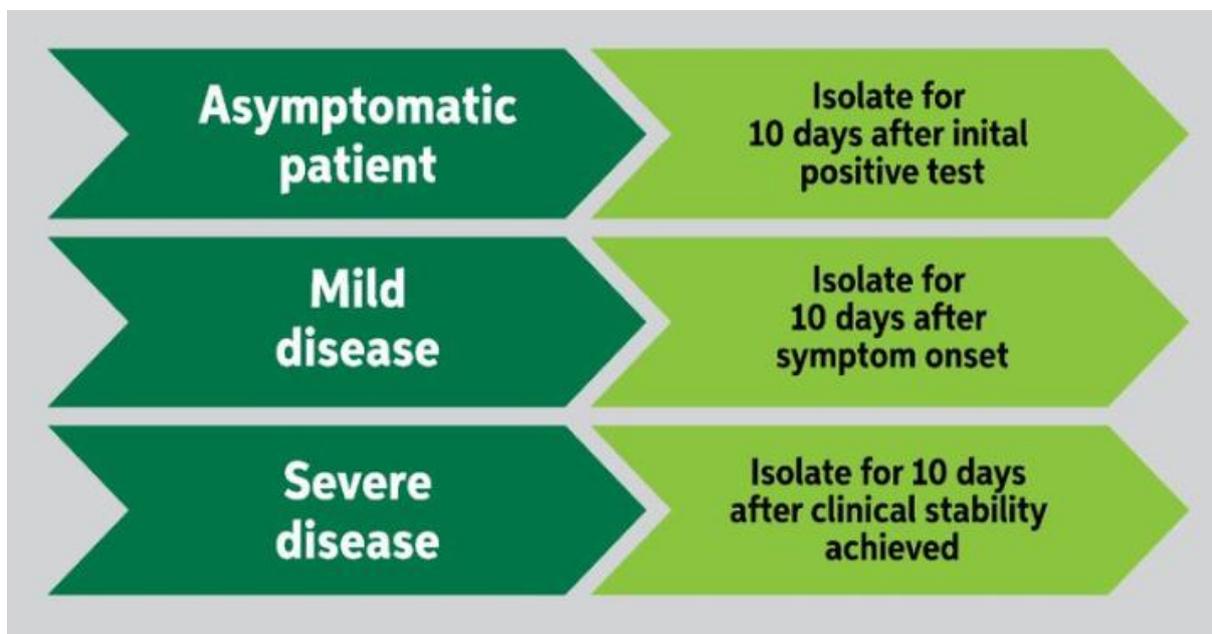
might be required, and such medicines should be used under the Monitored Emergency Use of Unregistered Interventions (MEURI) framework.

Any medicines, including vaccines that become available for COVID-19 and listed on the national essential medicines list are recommended as PMB level of care.

#### 14. Follow up care

Patients may continue to be PCR positive after clinical resolution, although for how long such virus is viable (and thus infectious) remains to be determined. A repeat RT-PCR test to ensure that the patient is no longer positive will be funded at the discretion of the scheme based on the scheme rules.

A patient can de-isolate after the recommended period without further testing. Health minister Dr Zweli Mkhize, announced on 17 July 2020 that the isolation period had been reduced to 10 days from 14 days on condition that the patient does not have a fever and the symptoms are improving.



On referral by the treating provider, chest physiotherapy and other rehabilitative modalities such as psychotherapy are also PMB level of care for confirmed COVID-19 cases.

#### 15. What is not PMB level of care for COVID-19

The following is not recommended as PMB level of care:

- Follow-up treatment and care for any person (symptomatic) who tests negative for COVID-19 (RT-PCR test).
- Follow-up care for any person (asymptomatic) who tests negative for COVID-19 (RT-PCR test).
- Routine RT-PCR testing of asymptomatic, unscreened and unreferral patients which turns out negative is based on scheme rules.
- Routine preadmission (including elective admissions) RT-PCR testing for asymptomatic patients which turns out negative is based on scheme rules.
- Off label medication is not PMB level of care
- Serological and point of care testing for COVID-19 is not currently PMB level of care.

- Testing of asymptomatic people returning to work is not PMB level of care.
- Remdesevir is not PMB level of care.
- Prophylaxis with chloroquine or hydroxychloroquine is not recommended as PMB level of care.
- Convalescent plasma is not PMB level of care.

Applicable codes in relation to COVID-19 funding

Consultation codes	Diagnosis Related information		Treatment	
	Laboratory	Imaging	Procedure Codes	ATC codes
0130	U07.1		Evidence of payment for COVID related Procedures	Evidence of payment for COVID related medicines
0132	U07.2	30100 X-ray of the chest, single view		
0133	Z11.5			
0145	3755 - Full blood count including differential count			
0146		30110 X-ray of the chest two views, PA and lateral		
0147				
0149				
0190	3891 / 3892 / 3893 /	30120 X-ray of the chest complete with additional views		
0191	3894 / 3895 / 3896 /			
0192	3897 - Blood cultures			
0197		30130 X-ray of the chest complete including fluoroscopy		
0198	3867 / 3895 - Sputum for MCS			
0199				
0201		30300 CT of the chest, limited study		
Inpatient Codes	3915 / 3919 / 3920 / 4655 / 4656 / 4657 - Mycobacterium tuberculosis detection	30310 CT of the chest uncontrasted		
0109				
1204				
1205				
1206	4434 / 3930 (GeneXpert MTB/RIF Ultra)	30320 CT of the chest contrasted		
1207				
1208				
1209		30330 CT of the chest, pre and post contrast		
1210	4130 / 4131 - Liver function tests			
1211				
1212		30340 CT of the chest, limited high resolution study		
1213	4137 - Lactate dehydrogenase			
1214		30350 CT of the chest, complete high resolution study		
	3856 - D-dimer levels			
	3974 – Polymerase chain reaction	30355 CT of the chest, complete high resolution study with additional prone and expiratory studies		
		30360 CT of the chest for pulmonary embolism		

		30370 CT of the chest for pulmonary embolism with CT venography of abdomen, pelvis and lower limbs		
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Additional resources

- NICD website on COVID-19: <http://www.nicd.ac.za/diseases-a-z-index/covid-19/>
- National Department of Health: <https://www.gov.za/>; <https://www.gov.za/coronavirus/guidelines>; <https://www.sacoronavirus.co.za/>
- The WHO website: [www.who.int/emergencies/diseases/novel-coronavirus](http://www.who.int/emergencies/diseases/novel-coronavirus)
- Medicine rapid reviews <http://www.health.gov.za/index.php/national-essential-medicine-list-committee-nemlc/category/633-covid-19-rapid-reviews>

## Appendix 1: Prioritisation of testing by providers

The prioritisation has no implications on funding, as all screened patients are funded as PMB level of care. This has included in the document as the providers may follow the approach below in prioritising the cases that require testing for COVID-19.

### Prioritisation of testing

#### Priority 1:

- Hospitalised patients (including admissions for elective surgery)
- Healthcare facility workers with symptoms

#### Priority 2:

- Patients in long term care facilities with symptoms
- Patients aged 65 years and above with symptoms
- Patients with underlying conditions with symptoms
- First responders (e.g. paramedics) with symptoms
- Those that have been identified as contacts through contact tracing systems

#### Priority 3:

- Critical infrastructure with symptoms
- Individuals who do not meet above criteria with symptoms
- Healthcare facility workers and first responders
- Individuals with mild symptoms in communities experiencing a high number of COVID-19 hospitalisations

#### Priority 4:

- No symptoms

### Prioritising of asymptomatic beneficiaries

Asymptomatic beneficiaries will still need to be listed for discretionary testing. The providers may consider a phased approach, commencing with essential frontline workers and people in congregate settings who are in high-risk environments.

Stage 1: Essential frontline workers in medical, retail, security and agricultural industries

Stage 2: Residents and workers at long-term care / group-living facilities, including care homes and prisons

Stage 3: Employees providing services in industries where social distancing may not be possible, including fisheries, manufacturing, clothing and textiles.

Stage 4: Underserved populations, including schools, tertiary organizations and informal townships (where applicable)

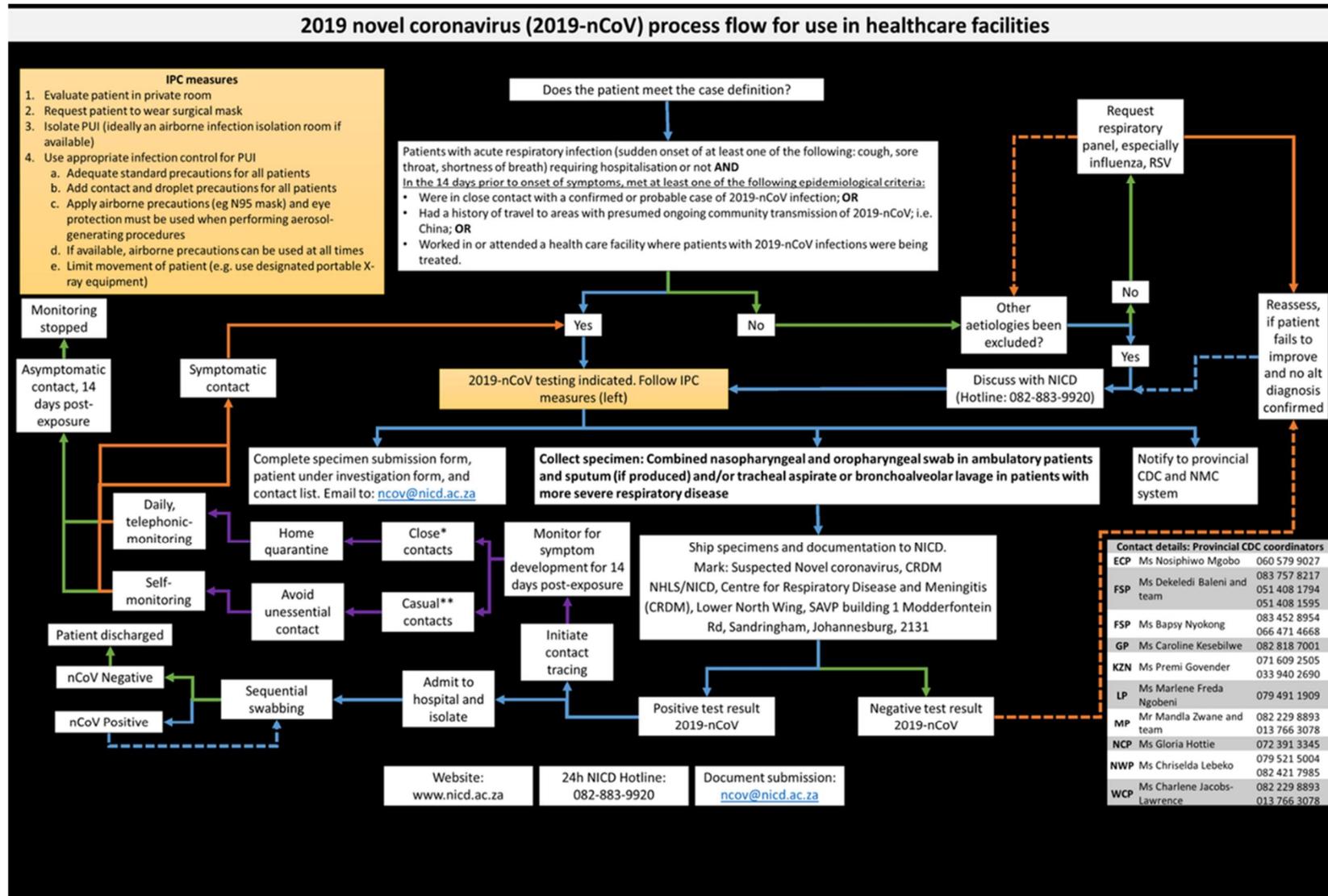
Frequency of testing for asymptomatic patients

The frequency of testing asymptomatic patients will be determined by disease prevalence in geographic area where individual spends >75% of their time, as well as level of exposure to potential COVID-19 cases.

Prevalence <20% - every 6 months	Level 1 (infrequent exposure <1 per month) - every 6 months
Prevalence 21% – 49% – every 3 months	Level 2 (frequent exposure >1 per month) – every 3 months
Prevalence 50% – 79% – every 6 weeks	Level 3 (very frequent exposure >1 per week) – every 6 weeks
Prevalence >80% - every 4 weeks	Level 4 (Imminent exposure >1 per day) - every 4 weeks

*\*where there is a discrepancy between prevalence & level of exposure, it is advised that level of exposure take precedence.*

Appendix 2: Summary of the process flow for the 2019 novel coronavirus in healthcare facilities



Website: [www.nicd.ac.za](http://www.nicd.ac.za)

24h NICD Hotline: 082-883-9920

Document submission: [ncov@nicd.ac.za](mailto:ncov@nicd.ac.za)

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