

First Remote Patient Records and 12 Clinic Questions During the Epidemic of COVID-19

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Abstract: Covid-19 is a statutory infectious disease, which has become pandemic in many countries around the world. Many countries have to lockdown the city, lockdown the country and isolate between people. During the Covid-19 period, due to the special situation of CM in the United Kingdom, the CM clinics could only be 'closed' and turned online to help the patients who seek CM treatment services in the United Kingdom. CM clinic online service is a new thing. In order to have a more detailed record of patient information, avoid unnecessary economic and legal disputes, and enable later research conclusions, we have designed "'First Remote Patient Records During the Epidemic of COVID-19" and "Remote 12 Clinic Questions During the Epidemic of COVID-19" and "Remote Clinic 12 Questions During the Epidemic of COVID-19" We hope this will help CM practitioners who can provide remote online services during Covid-19 period.

Epidemic and infectious Covid-29 has become prevalent in many countries around the world since December 2019. The World Health Organization (WHO 2020) announced that the disease caused by the infection of the new coronavirus (2019-nCoV) will be officially named "COVID-19". On the same day, the International Committee for Classification of Viruses declared that the new coronavirus that caused the disease was named "SARS-CoV-2" 【1】. The Covid-19 is highly contagious and has a high mortality rate (Johns Hopkins University, USA, 2020), as of April 4, 2020, the number of confirmed cases of global new Covid-19 has reached 1,094,068 cases, and the cumulative death cases are 51,485. A total of 225,519 cases were cured. A total of 38,168 cases were diagnosed in the UK, and a total of 3,605 deaths 【2】. Chinese medicine plays an important role in preventing and treating Covid-19's anti-epidemic. In Chinese National

Guidelines for the Prevention and Treatment of Covid-19 Diseases clarify the clinical treatment and prescriptions of the fourth stage by using CM (China National Health and Health Commission, 2020) **[3]** .

In the UK so far, because of the special situation of CM in the UK, no CM has been involved in the treatment of the Covid-19 in National Health Service at hospitals. And according to the Covid-19 regulation of the UK the CM clinics in the UK should be closed. However, the CM practitioners in the UK actively participated in the remote consultation of the 'Volunteer Expert Groups ' during the epidemic of the Covid-19 period in the UK, including telephone, email, WebChat , etc., to serve patients in the UK seeking CM help.

Remote consultation is a new form of CM treatment. This is in order to relieve the pressure on CM practitioners and CM applicants, to query and record more systematically within a limited time, to avoid unnecessary disputes, and to enable scientific statistics, analysis and summary. According to the characteristics of the Covid-19 period, the Research Committee of the Associated Traditional Chinese Medicine and Acupuncture UK has designed the "First Remote Patient Records During the Epidemic of COVID-19" and "Remote 12 Clinic Questions During the Epidemic of COVID-19 "as follows:

See Annexe 1 First Remote Patient Records During the Epidemic of COVID-19

See Annexe 2 Remote 12 Clinic Questions During the Epidemic of COVID-19

Since the aetiology and pathology of the Covid-19 is still being explored and studied, it is unpredictable how long the Chinese medicine clinic will be "closed". Due to time constraints, we have designed the "Remote Patient First Records During the Epidemic of COVID-19" and "Remote Clinic 12 Questions During the Epidemic of COVID-19". If there are any deficiencies, please point them out and give us your suggestions. We will also update it according to the time changes of the covid-19 and the need for remote diagnosis and treatment of CM.

References:

1. WHO 2020. 11 February 2020. Available from:

https://www.thepaper.cn/newsDetail_forward_5941844 [3rd April 2020].

2. Johns Hopkins University, USA. 2020. 4th April 2020. Available from: [http / m.hxnews.com / news / gj / gjxw / 202004/04 / 1880891.shtml](http://m.hxnews.com/news/gj/gjxw/202004/04/1880891.shtml) [4th April 2020].

3. China National Health Commission 2020. 4th March 2020. "New Coronavirus Pneumonia Diagnosis and Treatment Program (Trial Version 7)" Available from:

<http://health.people.com.cn/nl/2020/0304/c14739-31616706.html> [3th April 2020]

Annexe 1

First Remote Patient Records During the Epidemic of COVID-19

ATCM Research Committee March 2020

Surname _____ First Name _____ Ethnic group _____

Age _____ Sex _____ Date of birth _____ Profession _____

Marital Status _____ Telephone Number _____

Address _____ Postcode _____

Email _____ GP' name _____ Clinic Date _____

Main complaint _____

Present History of Illness (diseases), (contact Covid-19 history? Visit Doctor? medicine?)

Past History of Illness

Family History

Allergy History

On Examination

General Condition _____ Height _____ Weight _____ BP _____

P _____ Temp _____ Sweat _____ Drink _____ Appetite _____

Bowel _____ Urination _____ Sleep _____ Mood _____

Gynae _____ COVID-19 Test _____

X-ray or CT _____

Related lab Tests _____

Tongue(photos) _____ Pulse _____

The Differences between COVID-19, Flu and Cold

Symptoms	Fever	Cough	Running nose	Sneeze	Sore throat	Throat discomfort	Purulent	Shortness breath	Vomit	Diarrhoea	Tiredness	Muscle ache	X-ray CT (lung)
COVID-19	Y	Y					Yellow Green	Y			Y		Y
Flu	Y	Y	Y	Y					Y	Y		Y	
Cold		Y		Y	Y	Y	Y						

Symptoms	Fever	Cough	Running nose	Sneeze	Sore throat	Throat discomfort	Purulent	Shortness breath	Vomit	Diarrhoea	Tiredness	Muscle ache	Others

Diagnosis of WM

Diagnosis of CM

Principle of Treatments

Signature of Patient (agreement for the treatments and the cost) _____

Signature of Consultants _____

Annexe 2

Remote 12 Clinic Questions During the Epidemic of COVID-19

Research Committee of Associated Traditional Medicine and Acupuncture UK 2020 March

1. Have YOU ever suffered from any of the following?

Epilepsy: Y/N Glaucoma: Y/N Raised blood pressure: Y/N

Diabetes: Y/N Stroke: Y/N Heart Attack: Y/N

Asthma: Y/N Cancer: Y/N AIDS: Y/N

2. Do you have any other medical illness you need to mention?

3. Do you have a fever (Y/N)?

Yes , what is your temperature

No

4. Do you have symptoms as followed?

Fatigue Yes No

Dry cough Yes No

Phlegm Yes No

If Yes:-

- amount ?

- what colour ?

Any blood ? Yes No

The amount ?

Is it easy to be bring out ? Yes No

Nasal congestion ? Yes No

Runny nose ? Yes No

Sore throat ? Yes No

Shortness of breath ? Yes No

Respiratory distress ? Yes No

- low spirits ? Yes No
- Myalgia ? Yes No
- Vomiting? Yes No
- Diarrhoea ? Yes No
- Headache ? Yes No
- Insomnia ? Yes No
- Lack of appetite ? Yes No
- Cold feeling ? Yes No
- Constipation ? Yes No
- Change of colour in urine ? Yes No
- Any other symptoms ?
- Yes
- No

5. Have you been seeing your doctor?

- Yes No

6. Do you have some medical check results?

- Yes No

7. Have you done the test for COVID-19 nucleic acid?

- Yes Positive or negative? No

8. Do you have blood test results?

- Yes No

9. Do you have specific antibody test results?

- Yes No

10. Do you have X ray or CT scan results?

- Yes No

11. Do you have specific antibody test results?

- Yes No

12. Can you upload the image of your tongue ?