



Rugby Development Department

Medical Guidelines Covid-19 Case Management

Prepared by: Dr. Scott Xu Cunzhi
SRU Deputy Chief Medical Officer
January 2021

Medical – COVID-19 Fast Facts

- Transmission
 - droplets – *Masks crucial in prevention!*
 - Indirect contact with contaminated surfaces – *Sanitize equipment!*
- Incubation period typically 4-5 days, up to 14 days
- Health implications
- COVID-19 vaccine
 - Pzifer BioNTech
 - 2 doses, 3 week interval
 - 95% effective
 - Uncommon adverse effects
 - Pain at injection site
 - Muscle aches, headache
 - fever

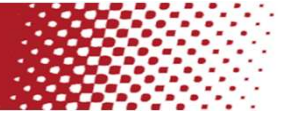
Asymptomatic

Mild Disease

- Common Cold
- Gastroenteritis

Severe Disease

- Lung
 - Pneumonia
 - Respiratory failure
- Heart
 - Myocarditis
 - Arrhythmias
 - Heart failure
- Kidney Injury



- **COVID19 Notification Flow**
 1. Confirmation of COVID19 case
 2. Contact tracing by MOH
 3. Identification of close contacts
 - Symptomatic -> medical evaluation
 - Asymptomatic -> quarantine order
 4. Close contact of persons under quarantine order
 - Monitor health closely
 - Seek medical attention if symptomatic
 - Call clinic ahead to inform

Medical

- Seeking Help
 - PHPC, polyclinics, Emergency Departments



<https://www.todayonline.com/singapore/covid-19-gp-clinics-may-be-forced-reduce-hours-use-fewer-doctors-under-new-moh-guidelines>



<https://polyclinic.singhealth.com.sg/patient-care/shp-bedok>






<https://blog.seedly.sg/24-hour-clinics-fees-singapore/>

- Support Services
 - Those with general anxiety or stress may call the National CARE Hotline (Tel: 6202-6868) for support.
 - Those experiencing marital or parenting stress may wish to contact CPH Online Counselling at www.cponlinecounselling.sg.
 - *Live chat: Mon-Fri 9am-9pm*
 - *Email: Anytime, counsellor will respond within 3 working days*

Medical – Return to Play

CLINICAL RECOMMENDATIONS FOR RETURN TO PLAY DURING THE COVID-19 PANDEMIC



GROUPS:

- GROUP 1** NO symptoms or evidence of COVID-19
- GROUP 2** ASYMPTOMATIC with a positive COVID-19 test
- GROUP 3** MILD symptomatic COVID-19 disease needing only outpatient treatment and self-isolation
- GROUP 4** MODERATE symptoms requiring inpatient treatment
- GROUP 5** SEVERE symptoms requiring inpatient treatment in intensive care **WITHOUT** artificial respiration
- GROUP 6** SEVERE symptoms requiring inpatient treatment in intensive care **WITH** artificial respiration

Löllgen H, Bachl N, Papadopoulou T, et al. Infographic. Clinical recommendations for return to play during the COVID-19 pandemic. *Br J Sports Med* 3 Sept 2020. doi:10.1136/bjsports-2020-102985

January 2021

Singapore Rugby Union

ASSESSMENT ACCORDING TO GROUP:

	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
HISTORY	✓	✓	✓	✓	✓	✓
SYMPTOM FREE	✓	✓	✓	✓	✓	✓
EXAMINATION	✗	✓	✓	✓	✓	✓
RESUMPTION AFTER 14 DAYS QUARANTINE	✗	✓	✓	✓	✓	✓
FURTHER 2 WEEKS SOCIAL DISTANCING	✗	✗	✓	✓	✓	✓

✓ MANDATORY
 ✗ NOT MANDATORY
 ■ IF CLINICALLY INDICATED

	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
RESTING 12 LEAD ECG	✗	✓	✓	✓	✓	✓
BLOOD TESTS (CRP, BNP, TROPONIN)	✗	✗	■	■	✓	✓
ECG STRESS TEST	✗	■	■	■	✓	✓
CARDIAC ECHO	✗	■	■	■	■	■
CARDIAC MRI + CARDIOLOGIST	✗	✗	✗	■	■	■

Standard PPE for ALL ATHLETE CONTACT AND ASSESSMENT

	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
SPIROMETRY BLOOD GAS ANALYSIS	✗	■	■	✓	✓	✓
SPIROERGOMETRY (CARDIOPULMONARY EXERCISE TESTING)	✗	■	■	✓	✓	✓
CHEST X-RAY	✗	✗	✗	✓	✓	✓
CT THORAX + LUNG SPECIALIST	✗	✗	✗	■	■	■

NOTE
Consider wider health issues

Reference: By Löllgen H, Bachl N, Papadopoulou T, et al. *BMJ Open Sport & Exercise Medicine* 2020

Designed by Andrew Shafik & Theodora Papadopoulou

@aashafik & @Dora_Sportmed

Medical - Return to Play

GRADUATED RETURN TO PLAY PROTOCOL

UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	RETURN TO COMPETITION IN SPORT SPECIFIC TIMELINES
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE, NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PRRS, RPE	

ACRONYMS: I-PRRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)

NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

Elliott N, Martin R, Heron N, et al. Infographic. Graduated return to play guidance following COVID-19 infection. *Br J Sports Med* 2020;54:1174–1175.



- Useful resources
 - www.moh.com.sg
 - www.sportsingapore.gov.sg
 - www.ica.gov.sg
 - <https://playerwelfare.worldrugby.org/covid-19-courses>