

1 July 2009

Dear Valued Clients

Latest MOH Guidelines on the Management of H1N1 Cases

With effect from 1st July 2009, there will be changes to the management of H1N1 suspected cases at all medical clinics, hospitals and healthcare institutions in Singapore as the country transits from containment to mitigation phase.

Latest MOH Guidelines on the Management of H1N1 Cases

- 1) Patients would be classified as a suspected H1N1 case if he develops influenza like illness (i.e. fever and flu symptoms) and has positive contact history over the last 7 days such as:
 - a. Travel to affected countries
 - b. Contact through local H1N1 clusters
 - c. Contact with confirmed H1N1 patients
- 2) Suspected cases will be treated according to MOH guidelines. These are:
 - a. Start on antiviral treatment and given medical leave to stay home if patient belongs to high risk group i.e.
 - i. Age > 65 yrs old
 - ii. Age < 5 yrs old
 - iii. History of lung or heart diseases
 - iv. History of chronic diseases such as diabetes and blood disorders
 - b. The following groups of patients will be referred to their attending specialists for management:
 - i. Pregnant
 - ii. Immunocompromise from medication or infection
 - iii. Undergoing renal dialysis
 - iv. <1 yr old



Patients may be put through a diagnostic H1N1 test and the results will be available in 48 hours. The consulting physician will determine the application of antiviral on the patient where necessary.

- c. Given medical leave without antiviral if patient does not belong to above category
- d. Transfer to restructured hospital for treatment if patient is seriously ill via 995 ambulance; the patient will be treated at the hospitals, which may include Nasal Swab tests and/or antiviral medication and hospitalisation, depending on the clinical discretion of attending physicians.



- 3) Currently MOH recommends that patients treated at home, either with antiviral or not, should be given 7 days medical leave for adults and 10 days medical leave for children <13 yrs old due to the potential shedding of the virus during this period of time. If you have any queries regarding the medical leave, feel free to call us and we will be glad to attend to you.

In summary, the behaviour of H1N1 is similar to the seasonal influenza where the majority of patients will recover with ample rest and symptomatic medication, whilst a small number might experience complications especially if they are in the high-risk category.

For more information on H1N1 updates by WHO - <http://www.who.int/csr/don/en/>

For more information on H1N1 updates by MOH - <http://www.moh.gov.sg/mohcorp/default.aspx>

For more information on H1N1 updates by RMG -

<http://www.rafflesmedicalgroup.com/web/Contents/Contents.aspx?ContId=1194>

Warmest Regards,

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