



TO: DDG: Chief of Operations

Chief Directors: MHS, RHS, STRATEGY

Directors: EMS, FPS, SPC, HIA, Clinical Service Improvement, Medicine Management, Substructures, Districts

Head of Institutions

Director: City Health

FOR ATTENTION: FACILITY MANAGERS, PHARMACISTS, PHARMACY ASSISTANTS, MEDICAL OFFICERS, CLINICAL NURSE PRACTITIONERS, NIMART NURSES

Circular H .158./2021

UPDATED PACK ADULT GUIDE– 2021

The PACK Adult Guide is being implemented within primary health care facilities throughout the Western Cape Province by the Western Cape Department of Health in collaboration with the Knowledge Translation Unit (KTU). PACK is revised annually to reflect new policies.

The 2021 edition includes the following updates and additions:

- ❖ General alignment with the Primary Health Care Standard Treatment Guidelines and Essential Medicine List, 2020, 7th edition.
- ❖ The following pages have been adapted from the PACK COVID-19 Guide:
 - New page providing an approach to identifying and triaging suspected cases of COVID-19.
 - New page on how to diagnose COVID-19 and identifies clients eligible for COVID-19 testing.
 - New page adapted from the PACK COVID-19 Guide.
 - New page on how to take swab(s) needed for COVID-19 testing including guidance on storage and documentation.
 - New page on the approach to interpreting results from different types of COVID-19 tests.
 - New page providing guidance on how to assess, advise and treat a client with COVID-19.
 - New page providing guidance on the management of the client with COVID-19 whose symptoms have persisted for more than 10 days.
 - New page providing an approach to the asymptomatic close contact of someone with COVID-19.
 - New page providing guidance on the management of health worker exposure to suspected/confirmed COVID-19.
 - New page providing an approach to the client previously diagnosed with COVID-19 whose symptoms have continued for more than 4 weeks.

- New section that gives practical advice on how health workers can protect themselves, their clients, and their families from COVID-19.
- New page that provides guidance on how to safely handle the body of a deceased client with COVID-19.
- New section that explains how to record the notification of the death of a deceased client with COVID-19.
- ❖ New section providing guidance on how to assess the need for, advice on and administer HIV pre-exposure prophylaxis, adapted from the PACK Adolescent Guide.
- ❖ HIV section revised to align with the following guidelines and circulars:
 - The Western Cape Consolidated Guidelines for HIV Treatment: Prevention of Mother- to-Child Transmission of HIV (PMTCT), Children, Adolescents and Adults 2020.
 - Flowchart response to eGFR after TEE to TLD switch.
 - Circular H84 of 2021 - Updates of WC consolidated ART Guideline June 2021.
 - Circular H92 of 2021 - Update - Dolutegravir DTG used in Pregnant women and women of Child-Bearing Potential WOCP.
 - Circular H181 of 2020 - Updates to WC ART guidelines, DS-TB initiation, NDOH RR-TB guideline. September 2020.
 - Circular H83 of 2021- National Clinical Guidelines of Post-Exposure Prophylaxis (PEP) in occupational and non-occupational exposures 2021.
- ❖ Asthma section revised to align with circular H 1 of 2021 Changeover of inhaled corticosteroids.

The Standard Treatment Guidelines (STG) and the Essential Medicines Lists (EML) for South Africa as determined by the Essential Medicines Programme, as well as the Provincial Code List and Supplementary Lists and their updates have been complied with. PACK should be read and used in conjunction with the latest edition of the Primary Healthcare Level STG & EML.

All medications have been carefully coded to indicate the prescriber level of the medication for that dose and indication. The medications in the PACK Adult Guide may be prescribed by a doctor and/or a Clinical Nurse Practitioner (CNP) who is an authorised prescriber and/or Professional Nurse (PN) who is an authorised prescriber in accordance with his/her scope of practice within a specified field. The CNP with the registered post basic qualification, Diploma in Clinical Nursing Science, Health Assessment and Treatment Care (South African Nursing Council Government Notice No R48) or the S1444 Certificate will be the primary Nurse Prescriber for nursing. Both the CNP and PN must be authorised in terms of Section 56 (6) of the Nursing Act, No 33 of 2005 and be found competent after completion of said qualification or the required training to perform the duties and work within the scope as a competent Nurse Prescriber in a respective clinical field.

A training programme in PACK accompanies the further roll out of trainers who will continue to train and update our health care providers with the support of the Provincial PACK coordinator in consultation with the relevant district manager. Clinical Governance is established through

multidisciplinary teams. A governance structure at district and provincial levels guides and oversees implementation.

PACK is improved every year using valuable feedback received from end-users.

Please send your feedback: www.knowledgetranslation.co.za/feedback.

Thank you for your continued support of the PACK programme as we strive to provide high quality care to the clients we serve.

Yours sincerely



JO Arendse

Chief Director: ECSS

DATE: 25 Sep 2021