

Treatment modalities of home isolated COVID-19 patients in India: Lessons learnt

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Supplementary Tables

Table 1 — Demographic profile of Indian medical professionals treating the home isolated COVID-19 patients who participated in the survey (n=201)

Characteristics	Doctors from Hospitals N (%)		Total n (%)
	Government	Private	
	97	104	201
Age (Mean ± S.D.)	34.67±8.23	42.60±9.68	38.77±9.83
Gender			
Female	37 (38.14)	61 (58.65)	98 (48.76)
Male	60 (61.86)	43 (41.35)	103 (51.24)
Region			
North India	90 (92.78)	96 (92.31)	186 (92.54)
East India	4 (4.12)	3 (2.88)	7 (3.48)
West India	1 (1.03)	2 (1.92)	3 (1.49)
South India	2 (2.06)	3 (2.88)	5 (2.49)
No. of home isolated patients treated, median range (25-200)	50	37.5	50
Test advices			
RT-PCR	91 (93.81)	94 (90.38)	185 (92.04)
Rapid test	4 (4.12)	6 (5.77)	10 (4.98)
Radiological	2 (2.06)	4 (3.85)	6 (2.99)

Abbreviations: n= total number of doctors from both type of hospitals; N= doctors from each type of hospital; (%)= percentage

Table 2 — Regime of diet, prophylactic measures and blood test advices given to 11,000 plus home isolated COVID-19 patients by medical professionals (n=201) in government and private set up

Survey Items		Doctors from Hospitals			P-Value
		Government N (%)	Private N (%)	Total n (%)	
Recommended any specific diet to COVID-19 patients	No	44 (45.36)	35 (33.65)	79 (39.30)	0.089
	Yes	53 (54.64)	69 (66.35)	122 (60.70)	
Protein		30 (56.60)	39 (56.52)	69 (56.56)	0.327
Fat		1 (1.89)	0 (0.00)	1 (0.82)	0.306
Fruits		9 (16.98)	15 (21.74)	24 (19.67)	0.241
Nuts		1 (1.89)	0 (0.00)	1 (0.82)	0.306
Milk		1 (1.89)	0 (0.00)	1 (0.82)	0.306
Yoghurt		1 (1.89)	0 (0.00)	1 (0.82)	0.306
Vegetables		5 (9.43)	10 (14.49)	15 (12.29)	0.215
Liquids		12 (12.64)	24 (34.78)	36 (17.91)	0.037*
Recommended breathing exercise	No	5 (5.15)	9 (8.65)	14 (6.97)	0.330
	Yes	92 (94.85)	95 (91.35)	187 (93.03)	
Recommended patients to wear a mask at home	No	13 (13.40)	10 (9.62)	23 (11.44)	0.399
	Yes	84 (86.60)	94 (90.38)	178 (88.56)	
Suggested home isolation (HI)					
10 days		18 (18.56)	16 (15.38)	34 (16.92)	0.272
14 days		76 (78.35)	78 (75.00)	154 (76.76)	
21 days		3 (3.09)	9 (8.65)	12 (5.97)	
>21 days		0 (0.00)	1 (0.96)	1 (0.50)	
Blood test Prescribed during HI	No	34 (35.05)	25 (24.04)	59 (29.35)	0.093
	Yes	63 (64.95)	79 (75.96)	142 (70.65)	
After 5 days		35 (55.56)	45 (56.96)	80 (56.34)	
After 3 days		14 (22.22)	26 (32.91)	40 (28.17)	
Immediately		14 (22.22)	8 (10.13)	22 (15.49)	

Abbreviations: n= total number from both types of hospitals; N= number from each type of hospital; (%)= percentage; P=probability value; P- value less than 0.05 indicates a significant outcome