# Creating Epic SmartPhrases/DotPhrases

SmartPhrases are abbreviations or words used to pull long phrases or paragraphs into a note. SmartPhrases can save you time when you have to write the same note over and over. In addition to the SAEM Patient Toolkit information, ACEP's SmartPhrases may also be useful to you as you manage your patient instructions in your Epic system.

To create instructions/smartphrases in Epic:

1. Click on **Personalize** icon.
2. Then select **MySmartPhases**
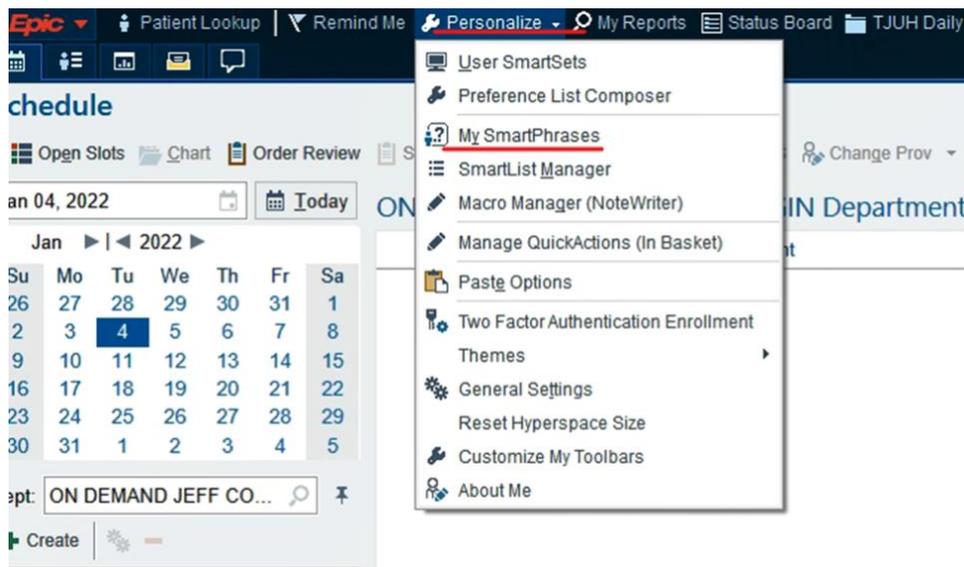
3. Click on **New User SmartPhrase**
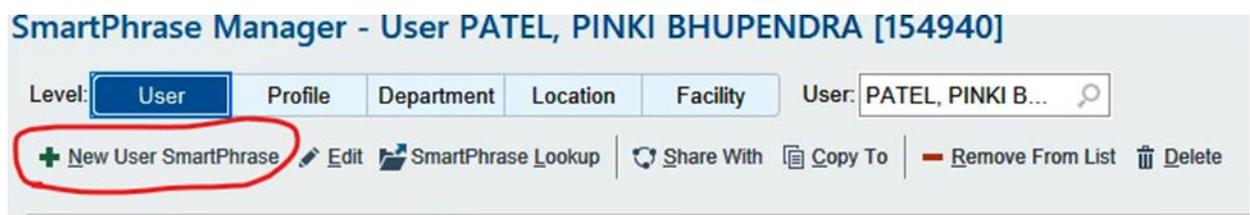
4. Copy paste the instructions in the body area.

5. **Name** it as ***name of your template***. Please see the picture below for an example which uses the name "PPTEMPSURGEEMPLOYEECOVIDTEST"

6. Then click **SAVE** and then **ACCEPT**.
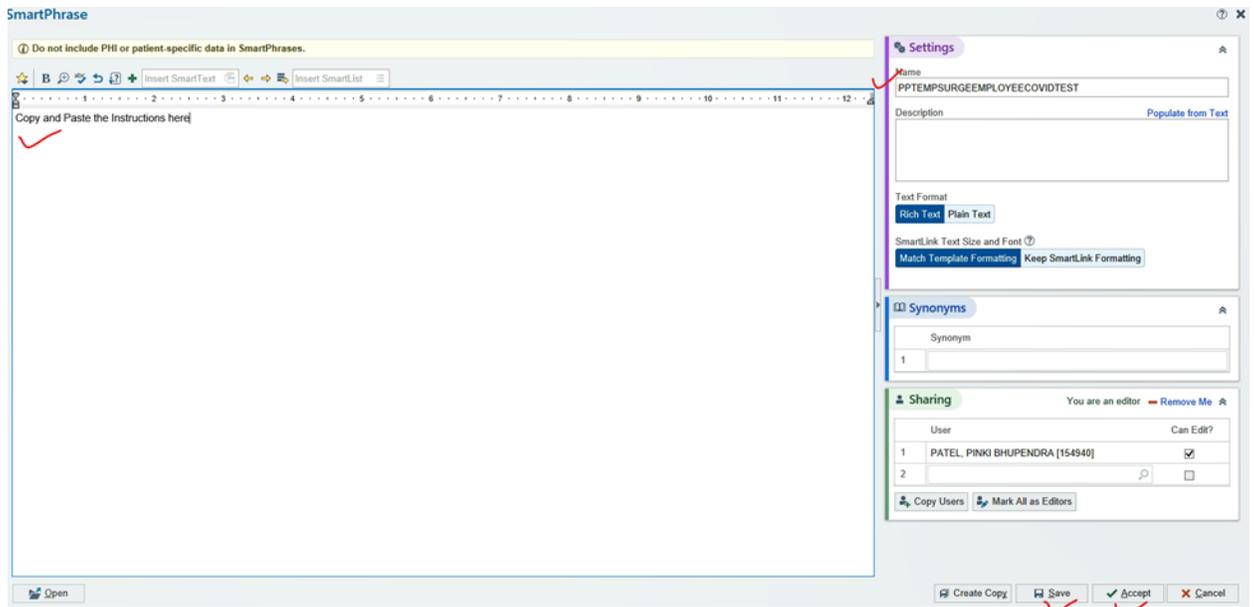
7. When ready to use, type in ***name of your template***. and press enter, you will see the SmartPhrase with instructions. Refer below for an example.

8. If you want to share with other users, you can add them to the "Sharing." You can also allow specific users to edit the smartphrase.
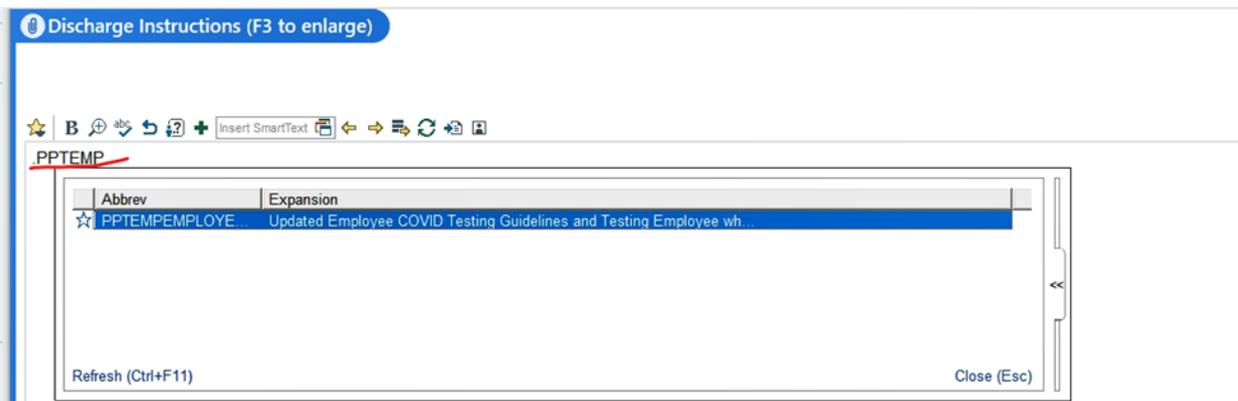
SAEM COVID-19 Patient Toolkit
Copy and paste this information as your instructions (see Step 4 above).

SAEM COVID-19 TOOLKIT FOR NEWLY DIAGNOSED PATIENTS

Also available online at saem.org/covid19patients

INTRODUCTION

The SAEM COVID-19 toolkit is intended for emergency medicine providers and the patients for whom they care. Here you will find easy-to-download information and videos to help you understand basic aspects of COVID-19 infection, treatment, self-care, and care for others in your homes.

COVID-19 is rapidly evolving. This toolkit was published on January 3, 2022. For the most updated information, see the **CDC's COVID-19 online resources** and guidance.

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I was told I have COVID-19 but my doctor is sending me home.   Now what?

- COVID-19 is a viral illness and many can manage their symptoms at home.
- Stay home, and as much as possible, stay away from others, including those who live with you.
- Get plenty of rest and drink fluids.
- Take acetaminophen or ibuprofen for fever and aches.
- You may ask friends, family, or neighbors to check in on you, especially if you are high risk (are older, have other medical conditions).
- You may also want to ask your doctor if you should obtain outpatient treatments such as IV antibody therapies.

Watch SAEM's video "Dr. Ramsy, I Tested Positive for COVID-19 – Now What?" (available in English/Spanish-*coming soon*) on **saem.org/covid19patients**.

What do I do to take care of myself when I get home? How do I stay safe?

- Monitor your symptoms: this can include your vital signs, including using a pulse oximeter. A pulse oximeter is a device that attaches to a finger.

It's available at your local pharmacy. The device can help check breathing by measuring how much oxygen is in the blood. A normal level is above 95%. If this number drops below 93%, it is a warning sign. You need to be more closely monitored and may have some treatment options.

- COVID-19 may also cause vomiting and diarrhea. If you have these symptoms, it is important to monitor for signs of dehydration. Signs of dehydration may include feeling thirsty, dark yellow and strong- smelling urine, feeling dizzy or lightheaded when standing, and increased heart rate. If you experience these symptoms, you may need to discuss them with a provider.

Helpful Resources:

- **Caring for Someone With COVID-19**
- **What Is COVID-19?**

What am I supposed to do to keep my family, friends, and others from getting infected with the virus if I test positive?

If you test positive for the virus (even if you have no symptoms), you need to isolate yourself from others to prevent them from getting sick.

Guidelines for isolation are as follows:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for an additional 5 days.
- If you have a fever, continue to stay home until your fever resolves.

While at home:

To help keep other household members as safe as possible you should:

- Stay in a separate room from other household member as much as possible.
- Use a separate bathroom if available.
- Wash your hands regularly.
- Avoid contact with other members of the household and pets.

FOLLOW THE CDC'S LATEST GUIDANCE AT:
cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

How can I help prevent COVID-19 from spreading after I have been diagnosed with this virus?

- If you live with others, or you know you have exposed others to you by being less than 6 feet away from them for a total of 15 minutes or more over a 24-hour period, then let them know and tell them they should quarantine to prevent others from getting sick. This is true even if the 15 minutes is broken into 3 separate 5-minute exposures over a 24-hour period.

FOLLOW THE CDC'S LATEST GUIDANCE AT:
cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

Guidelines for quarantine

EXPOSED and VACCINATED

If you have been exposed and you have:
- Been boosted OR
- Completed primary Pfizer or Moderna vaccine series within the last 6 months OR
- Completed primary J&J vaccine series within the last 2 months

You should
- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If symptoms develop, get a test and stay home.

EXPOSED and UNVACCINATED OR PARTIALLY VACCINATED

If you have been exposed and you are:
- Unvaccinated OR
- Completed primary Pfizer or Moderna vaccine series longer than 6 months ago and are not boosted OR
- Completed primary J&J series longer than 2 months ago and are not boosted

You should:
- Stay home for 5 days.
- After that continue to wear a mask around others for 5 more days.

If you can't quarantine you must:
- Wear a mask for 10 days
- Test on day 5, if possible

If symptoms develop, get a test and stay home.

Please check with local regulations as some guidance is dependent on local health jurisdictions and can change as we learn more about the virus. Monitor your symptoms for 14 days after exposure. If you choose not to get tested, you must quarantine for a full 10 days.

Who is approved to receive monoclonal antibodies?

- Monoclonal antibodies received an emergency use authorization (EUA) from the FDA for the treatment of mild COVID-19.
- They are approved for people who are at risk for severe disease, but who do not yet need to stay in the hospital.
- Antibodies are also for post-exposure prophylaxis (PEP) for people who have been exposed to someone with COVID-19, but have not become ill, in order to prevent illness.

What are monoclonal antibodies?

- Monoclonal antibodies are made in the laboratory and mimic the antibodies that your body makes when it is exposed to a virus or to a vaccine. These antibodies recognize parts of the SARS-CoV-2 virus and mark the viruses for destruction.
- Monoclonal antibodies decrease your risk of developing severe disease and reduce the chance that you will need to stay in the hospital.
- The treatments are not perfect, but they reduce your risk of needing to stay in the hospital by about 70%.

How are they given?

- Monoclonal antibodies may be given as an infusion (through an IV) or as a series of 4 subcutaneous injections (shots).
- You may receive them in the emergency department. If that is not an option, you can ask your provider where they are available in your area.
- There is a very small risk of severe allergic reaction after being given monoclonal antibodies so you will be monitored for an hour after receiving the medication.

Here Is Trusted Information About COVID-19

Watch a few videos at **saem.org/covid19patients**

- **Dr. Ramsy, I tested positive for COVID-19. Now What? (English or Spanish-coming soon)**
- **Dr. Ramsy, What is monoclonal antibody treatment? (English or Spanish-coming soon)**

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Finding the Most Up-to-date Information

Providers:
The standard of care for COVID-19 therapeutics can rapidly evolve with the emergence of new viral variants that are resistant to current treatments and with the availability of newly developed treatments.

The most up-to-date COVID-19 treatment guidelines vetted by the US public health community (the NIH, FDA, and CDC) are available at: **NIH COVID-19 Treatment Guidelines**

Patients:
> **CDC COVID-19 Website**
> Visit **saem.org** for more information about this toolkit.

FOLLOW THE CDC'S LATEST GUIDANCE AT:
cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

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