

दक्षिण मध्य रेलवे
SOUTH CENTRAL RAILWAY



प्र.मु.चि.नि. कार्यालय
Principal Chief Medical Director's Office
रेल निलयम Rail Nilayam
सिकंदराबाद Secunderabad-500071.

सं. No. MD. 90/FW/Corona

दिनांक Dt: 14.10.2020

Director General
IRISET / SC


Sub: Medical Department Standard Operations Procedure (SOP)
for functioning/reopening of Multidisciplinary Zonal Training Institute (MDZTI)
and Special Training Institutes after COVID -19 – reg.

With reference to the subject mentioned for reopening of Training Institutions, following is the Standard Operations Procedure (SOP) of Medical Department :

1. The trainees who are supposed to come for training may be instructed to get their medical check-up done by the Authorised Medical Attendant before coming for training, to avoid sick people from attending the course
2. Dr.V.Sarada, ACHD/ENT, CH/LGD is nominated as Nodal officer for IRISET.
3. On the first day of starting of training, the Nodal Medical Officer, nominated will, along with her team give a brief presentation regarding Covid infection, including its mode of spread, signs and symptoms, precautions to be taken, whom and where to approach in case of need etc. She shall also be the contact person for trainees in times of need. The team will also conduct a preliminary medical checkup of the trainees.
4. The important telephone numbers of CH/LGD -
Dr.V.Sarada, ACHD/CH/LGD - 9701370531 (CUG)
Ambulance - 89101 (Rly.), 27789101 (BSNL) and
Emergency/Casualty Room - 89166 (Rly), 27789166 (BSNL)
5. Any trainee who develops symptoms suggestive of Covid infection shall visit the nominated facility at CH/LGD for the purpose. CH/LGD will provide testing as well as treatment facilities for Covid infection.
6. The Medical Officer will examine the trainee and order for testing, if necessary, and treat the patient.

7. Suspected/Positive cases will be admitted in the fever/Covid ward at CH/LGD and the DG/IRISET or Nodal Officer nominated by DG/IRISET informed of the same. Decision regarding referral to empanelled Hospital, if required, will also be intimated to DG/IRISET or Nodal Officer nominated by DG/IRISET. Only day scholars with mild symptoms, who can isolate themselves at home, shall be allowed to do so.
8. Suppose a trainee is tested positive for Covid, all primary contacts will be quarantined at the nominated place in the Training Institute itself for minimum of 7 days.
9. A Diet Chart will be provided for above quarantined trainees. They will be monitored by the Nodal Officer telephonically periodically for development of symptoms, if any.
10. Ambulance can be called for shifting of the trainees who become ill and if it is not immediately available, the trainee shall be shifted by available vehicle in the Training Institute itself, which can be sanitized later.
11. Trainees reporting for training are advised to bring a medical kit consisting of :
 - (1) Tab. Paracetamol 650mg / Tab Dolo .. to be taken on advice of Medical Officer
 - (2) Tab. Vitamin-C / Tab.Limcee/Tab. Suckcee 500mg .. once daily or as advised by Medical Officer
 - (3) Tab. Becosules-Z or equivalent .. once daily or as advised by Medical Officer
 - (4) One Thermometer
 - (5) Three layered masks in adequate number to be changed every day
 - (6) Hand sanitizer bottle.

This issues with the approval of PCMD.


14/8/2020
डॉ. ए.वि.एस के. प्रसाद / Dr A.V.S.K. Prasad
अपर मु.चि.नि/टी एंड; Addl.CMD/T&A
for Pr.Chief Medical Director

Copy for information to :

MD / CH / LGD