

# SAFETY PRACTICES AND USE OF PERSONAL PROTECTIVE EQUIPMENT FOR COMMUNITY VISITS

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# ACKNOWLEDGEMENTS

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- A special thank you to Dr. Pam Aaltonen
  - Professor Emeritus
  - Purdue University School of Nursing

# UPDATE ON INCIDENCE

## APRIL 2

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- Total Cases
  - 186,101 March 31
  - 216,000 April 1
- Deaths
  - 3,603 March 31
  - 5,137 April 2
- 18% are Healthcare providers

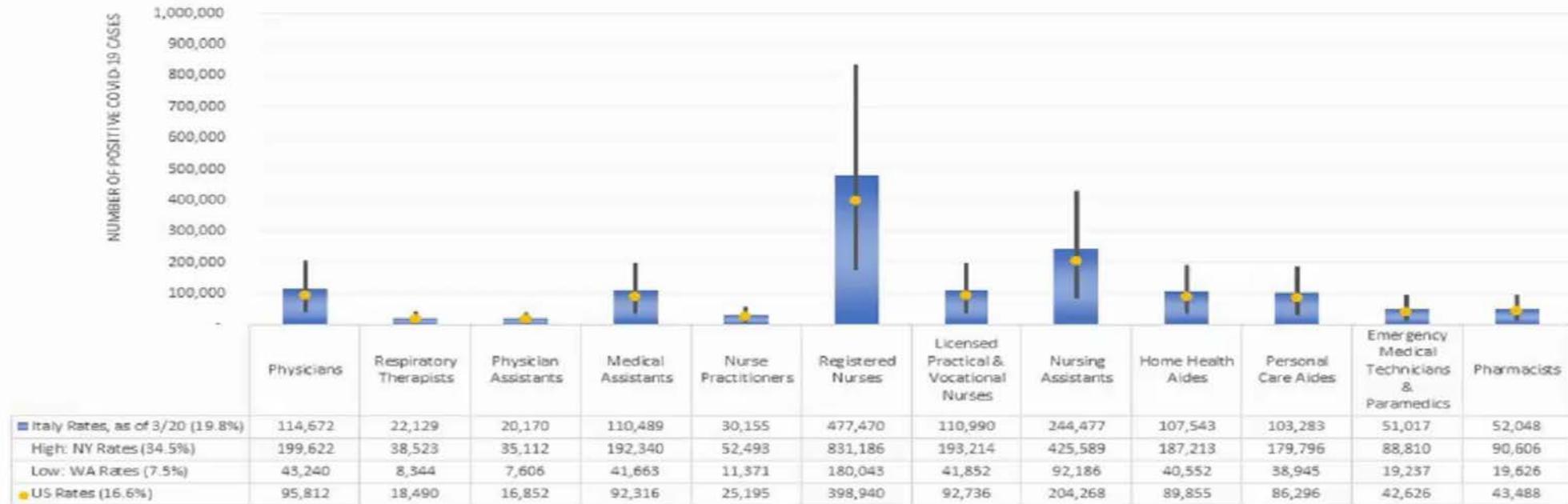
# WHAT IS COVID-19

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- Covid 19 is a virus that belongs to a large family of enveloped, positive-sense single-stranded RNA viruses. Coronaviruses are transmitted in most instances through large respiratory droplets and contact transmission, but other modes of transmission ( i.e. airborne and fecal-oral) have also been proposed.
- The virus has a fatty outer layer which is what makes cleaning with soap and warm water effective in destroying the outer layer.

# Total COVID19 Cases by Health Care Occupation and by Scenario Models

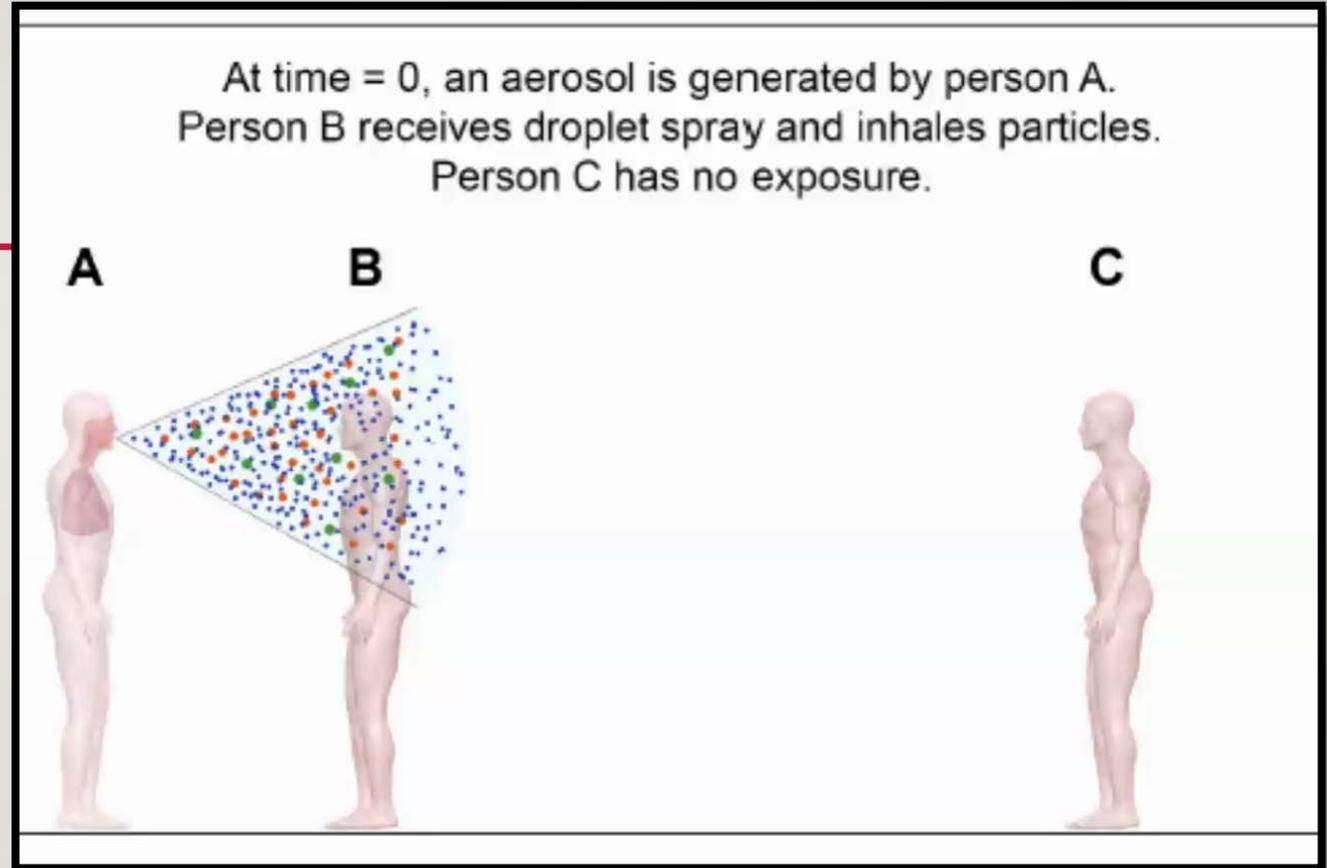
Figure 3: Number of Positive COVID-19 Cases by Health Care Occupation Under Different Scenarios Based on 3/30/20 Rates



# HOW TRANSMITTED

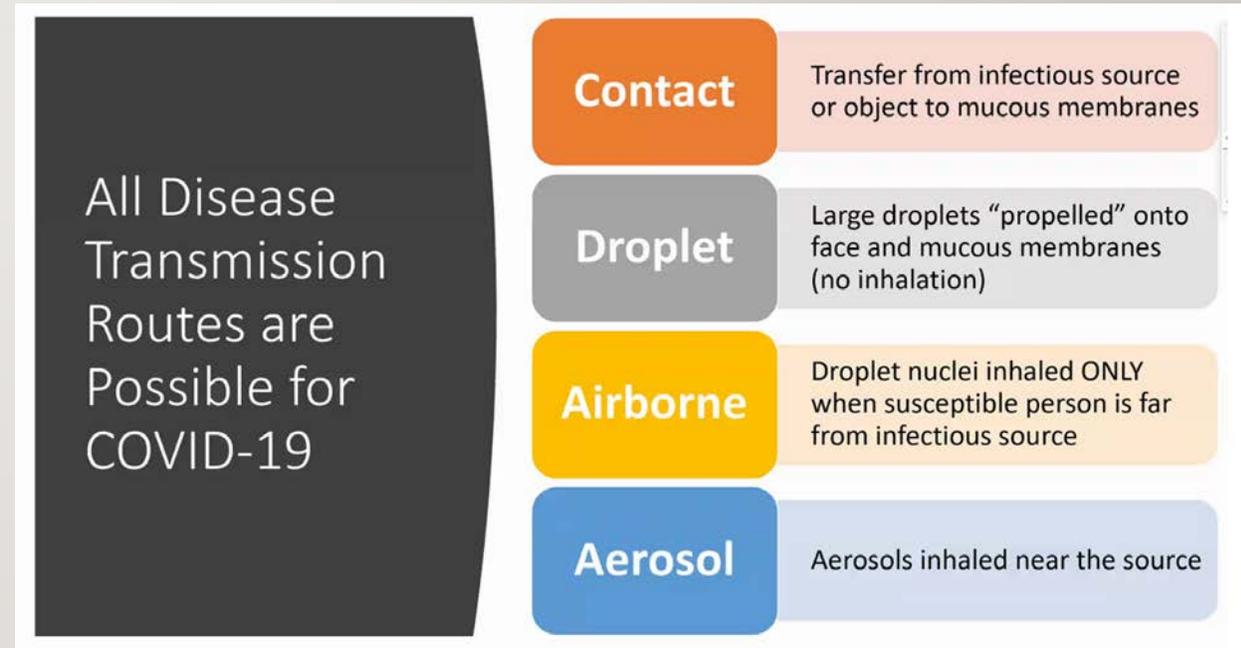
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- Precautionary principle: any novel virus potentially transmitted by contact, droplet, and airborne (certainly short-range aerosol highly likely based on what know)
- Coughing, sneezing, laughing, talking



# TRANSMISSION, CONT.

- Contact, or role of surfaces, not well understood yet
  - Wipe down frequently touched surfaces with EPA approved disinfectant or bleach solution (4 teaspoons + 1 quart water)
- Droplet, Airborne, Aerosol
  - Physical distancing
  - In healthcare settings, minimize use of procedures that create aerosol
  - PPE



# HELP PROTECT SELF, YOUR CLIENTS AND OTHERS

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- Wash hands often with soap and water (20-30 seconds, tops of thumbs, between fingers, fingertips sometimes overlooked)
- Use PPE when indicated
- Stay home when sick and alert your employer
- Cover coughs and sneezes with tissue and throw away immediately yourself (no one else handles) or if no tissues, cough into sleeve)
- Clean frequently touched surfaces and objects (refer to earlier slide)
- Take care of yourself: rest, drink fluids, eat healthy foods, and manage stress
  - Meditation (e.g., Calm.com)
  - Outside exercise

# SURGICAL MASKS AND N95 RESPIRATORS

- Source and path controls
  - Selective visits ... phone, FaceTime, email, telehealth
  - Physical distancing ( $\geq 6$  ft.)
  - Handwashing/hand sanitizers
  - Conduct visit outside
  - Minimize what touch
  - Increased awareness to not touch face (nose, mouth, eyes) once have touched other surfaces
  - If person has symptoms they should wear surgical masks around others

## Masks and Respirators for COVID-19 Aerosols

### Healthcare Workers Have Highest Risk

- Masks as source control on patients
- Airborne infection isolation rooms for suspected cases
- N95 filtering facepiece respirators for healthcare workers
- Respirators with higher levels of protection for patients with severe symptoms and aerosol-generating procedures

### Workers with High Risk Not in Healthcare

- Implement as many source and path controls as possible before using PPE

### Workers with Moderate or Low Risk

- Source and path controls
- No PPE

### Public

- Stay home!
- No masks or respirators

# ENHANCING CLIENT SAFETY

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- Recognize your clients may be worried, scared, confused and often times alone
- Reinforce need to stay home
- If need to see health care provider, call first for instructions
- Call 911 if have difficulty breathing
- If available in community, 311 helpful alternative
- Suggest want to be physically isolated but not socially or emotionally
  - Explore options to stay connected with others when not sharing same space

# WHAT MASKS TO USE

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- Healthcare Workers: N95 and Respirators for Which Have Been Fitted
- Current debate about Role of Surgical Masks/Facemasks and “Home-made” Masks ... issue is fit, materials, & proper handling - care putting on and taking off
  - ALSO science ... what evidence do we have to date



# DYNAMIC, CHANGING PANDEMIC

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- Call ahead to make sure no one in house ill
- If take public transportation to work ... apply what learned to navigating trip
- Can work be done “remotely”
- Recognition working with Vulnerable Populations  
Beyond COVID-19
- Balance



# HOME VISIT SCREENING

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- May want to attempt to call **PRIOR TO VISIT** to assess for the following
  - Have you or someone else been exposed?
    - Have you had close contact with a person with confirmed COVID 19 illness
  - Have you or someone else had symptoms in the last 14 days?
    - Fever, Cough, and Shortness of Breath (SOB)

# HOME VISIT SCREENING

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- When you arrive at the client's door please assess again (Or the first time if not able to make phone contact)
  - Assess the previous 2 questions for the client and anyone in the home or accompanying them on the visit if at a different setting
  - Remain a distance of 6 feet when screening
  - If no one at the home is ill, proceed with the visit

# HOME SCREENING

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- If positive for exposure and/or symptoms
- CANCEL visit and make a plan for follow up
  - Encourage the client to call their Primary Care Provider (PCP) for further assessment
  - DO NOT GO TO URGENT CARE OR ER until instructed to
  - Notify your supervisor
- If no PCP, provide information on locations to receive care

# TIPS FOR HOME VISIT

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- Bring only items necessary for visit into the home
- Avoid placing belongings on tabletops and counters that might have high levels of germs or disinfect before setting down
- Store personal items securely in your vehicle prior to arriving at the location
- Review current agency policy if available about supplies and equipment
- Greet family verbally
- Avoid physical contact
  - Handshakes
  - Hugging
  - Kissing
  - If possible, maintain the recommended 6 feet distance between people
- Avoid doorknobs
  - Allow family members to open the door or use a barrier

# SANITARY TOOL KIT

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- Ziploc bag that holds materials
- Hand soap
- Paper towels ( Fold several into the bag, do not take the roll in)
- Hand sanitizer (at least 60% alcohol)
- Disinfectant wipes

# CLEANING AND SANITIZING DURING AND BETWEEN VISITS

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- Washing Hands
  - Wash hand at arrival, at departure and as needed
  - Use supplies brought in your toolkit
  - Use hand sanitizer
- Clean and Sanitize the following items between home visits and/or as needed
  - Cell phone
  - Pen ( dedicated to home visits only)
  - Name badge
  - Clipboard
  - Any additional supplies

# PPE AND HOME VISITS

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- Follow agency policy
- Influenced by availability of PPE
  - Masks, gloves, goggles, gowns
- If **MUST** reuse, there are now standards being developed
  - For example, need to store your mask if reusing in paper bag, not plastic
  - Mark paper bag as Front
  - Put the outside of the mask (side of mask away from mouth) into the paper bag facing the side marked front of the bag

# PUTTING ON THE MASK

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- Wash your hands with soap & water for at least 20 seconds. Dry your hands with a clean paper towel & throw the paper towel away.
- Check the mask for any defects such as a tear or missing tie or ear loop. Throw away any that are defective.
- Make sure the exterior (usually yellow or blue) side of the mask is facing out, away from your face.
- Place the mask on your face with the blue side facing out and the stiff, bendable edge at the top by your nose.
- If the mask has ear loops, put one loop around each ear.
- If the mask has ties, pick up the mask by the ties and tie the upper ties behind your head with a bow.
- Once the mask is in place, use your index finger & thumb to pinch the bendable top edge of the mask around bridge of your nose.
- If the mask has a lower tie, then once the mask is fitted to the bridge of your nose, tie the lower ties behind your head with a bow.
- Make sure the mask is completely secure. Make sure it covers your nose and mouth so that the bottom edge is under your chin.
- Wash your hands.



# REMOVING THE MASK

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- Wash your hands before removing the mask.
- Do not touch the inside of the mask (the part over nose and mouth). It may be contaminated from your breathing, coughing or sneezing.
- Untie or remove the ear loops and remove the mask by the straps.
- Throw the mask in the trash.

# HOW TO DON AND REMOVE/DISPOSE OF PPE

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- Gowns
  - For those who are using check [cdc.gov](https://www.cdc.gov) website
- Face Masks
  - For those who are using check [cdc.gov](https://www.cdc.gov) website
- Goggles
  - For those who are using check [cdc.gov](https://www.cdc.gov) website
- Gloves
  - For those who are using check [cdc.gov](https://www.cdc.gov) website
- Do Not Remove or Handle Your Contacts without proper handwashing

# KEEPING VEHICLE VIRUS FREE

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- Wipe your materials with disinfectant prior to entering the vehicle
- Disinfect the door handle after each visit
- Put a barrier where you are placing your supplies
  - Trash bag etc. that can be discarded daily
- Disinfectant
  - EPA Approved Disinfectant
  - 4 teaspoons bleach per quart of water
- Hand Sanitizer (at least 60% alcohol)
  - Local pharmacies making to assist with shortages

# KEEPING YOUR LOVED ONE SAFE

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To be prudent until more science known ...

- Wear Washable clothing
- Remove clothing in garage or in foyer
- Place clothes in basket with a liner, trash bag or directly into washer
  - Wash on the hottest water possible
- Shower immediately
- Limit contact with others in household until steps taken
- Pets not found to be an issue
- Try to talk about non-COVID issues

# MENTAL HEALTH AND COVID-19

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- Emerging Evidence: It is anticipated that there may be an increase in Anxiety, Depression, Insomnia, Distress
- Clients and Workforce
- Physical Health and Mental Health Linked
  - Economic Downturn
  - Health System Functioning
- Ongoing stressors are key piece of mental health
- Long lasting mental health impacts (echoes of pandemic)
- Mitigating consequences
  - Education
  - Surveillance
  - Stepped Care Approaches
  - Improving Social and Economic Conditions

# MENTAL HEALTH

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- Recognize ways to be engaged at a distance
  - Sharing books, puzzles
- Share humor
- Share optimism that will emerge from this

# SOURCES OF INFORMATION

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- Coronavirus Call Center
  - 1-800-525-0127
  
- CDC hot line
  - 1-800-232-4636

# SOURCES OF INFORMATION

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## Centers for Disease Control and Prevention

- Interim Guidance for Implementing Home Care of those with Coronavirus
  - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>
- Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities
  - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

## National Association for Home Care and Hospice Resources (includes links to CMS guidance documents)

- <https://www.nahc.org/resources-services/coronavirus-resources/>

## Healthy Families America Guidance

- <https://www.healthyfamiliesamerica.org/hfa-response-to-covid-19/>

## OSHA

<https://www.osha.gov/memos/2020-03-14/temporary-enforcement-guidance-healthcare-respiratory-protection-annual-fit>

# SOURCES, CONT.

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National Institutes of Health COVID-19 Website

- Under development now
- Specifically to provide educational resources for coronavirus workers