Personal Protective Equipment (PPE) Guidance and Practical Approaches for Improved Outcomes

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Disease Transmission

COVID-19

• Primary mode of transmission – person to person
  ○ Small droplets from nose or mouth when a person with COVID-19 coughs, sneezes and even speaks
  ○ These droplets can also land on surfaces and other objects

COVID-19 Symptoms

2-14 days, symptoms may appear:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Immediate Action

Response

- Prompt Identification
  - Screening
- Resident Placement
- Restriction - communal dining and activities
- Transmission-based Precautions
- Cleaning and Disinfection
- Personal Protective Equipment (PPE)
Personal Protective Equipment
PPE Importance and Purpose
Types of PPE

- Gloves
- Gowns
- Eye Protection
- Face Masks
- N95 Respirators
- Other
What is NOT Considered PPE?

- Cloth Facemasks
- Bandanas
- Scarf
- Rain Ponchos
- Disposable or Reusable Lab Coats
- Reusable Resident Gowns
- Disposable Aprons
- Patient Gowns
When IS PPE Required?

COVID-19 Pandemic:

• All facility personnel must wear facemasks while in the facility

• If there are COVID-19 cases identified in the facility, healthcare workers should wear the recommended PPE for the care of all residents in line with the most recent DPH PPE guidance

• Employees working in facilities located in areas with moderate to substantial community transmission should wear eye protection in addition to facemasks during patient care encounters

Resources and Guidance

- The State and Local Department of Health
- Centers for Disease Control and Prevention
- Centers for Medicare & Medicaid Services
- U.S. Federal Drug Administration
- U.S. Department of Labor Occupational Safety and Health Administration
- Quality Improvement Organizations
- Provider Associations
Guidance-CDC

Centers for Medicare and Medicaid Services (CMS)
  • Communicable Disease Reporting
  • Transparency

https://www.cdc.gov/nhsn/ltc/covid19/index.html
Practical Approaches

PPE Strategies
Questions to Ask…

- Do you have measures for obtaining an adequate supply of at least 2 weeks of PPE?
- Do you have a contingency plan for shortages?
- Have you trained your staff in proper selection, donning and doffing?
- Is PPE available outside the resident rooms?
- Are trash receptacles in strategic locations near the exit of the resident room?
- If COVID-19 cases are in the building, are staff wearing PPE for care of all residents?
- Do residents wear facemasks when they leave the room?
- Are all employees wearing facemasks in the facility?
Policies and Procedures for PPE
#2 Determine Supply Needs
Determine Needs

- CDC Burn Rate Calculator
  
Questions to Ask?

- Do you have a stable source of at least 2 weeks of:
  - Facemasks
  - Respirators
  - Gowns
  - Gloves
  - Eye Protection
Education and Demonstration
How to Put On and Take Off PPE – Fact Sheet 8.5 x 11 [PDF – 1 page]

- Spanish [2 pages]
- Ukrainian [2 pages]
- Tagalog [2 pages]

Donning and Doffing

- Have a system for employees to receive adequate training and return demonstration
- Continue to verify competency with process audits
- Designate lead employees to support, teach, mentor and hold staff accountable on all shifts
- Help, ask, do
#4 Optimizing PPE

- Policies and Procedures
- Employee Education
- Follow Guidance
- Audit and Monitor
# 5 Surveillance

## Infection Prevention and Control Manual
Interim Personal Protective Equipment (PPE)
Audit- COVID-19 Pandemic

### Personal Protective Equipment (PPE) - COVID-19 Audit

**PROCEDURE**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
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<tbody>
<tr>
<td>All facility staff are wearing face covering (non cloth masks)</td>
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<tr>
<td>All facility staff are wearing PPE consistent with guidance and COVID-19 action plans</td>
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**Preparation**

1. Determine and assemble appropriate PPE
2. Perform Hand Hygiene

**Dressing of Personal Protective Endowment**

1. Wear PPE in this method at least 2 and 4 times
2. Don mask or N95 respirator
3. Secure face mask with both hands
4. Secure elastic bands or ties securely
5. Mask or N95 fits snug to face and below chin
6. Goggles or face shield or both
7. Hand hygiene as performed
8. Gowns extend to cover wrist of gown

**Removal of Personal Protective Equipment**

- Gloves
- Grasp outer cuff of glove with opposite gloved hand and pull off
- Hold removed glove in gloved hand
- Slide rings of ungloved hand under remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container
- Gown
- Unbutton lace
- Pull gown inside out
- Ties gown inside out
- Partially or fully in a fashion and discard
- Disposal gowns: Disposal in waste receptacle
- Non-disposable gowns: Place in ecology bag
- Remove from hanger and dispose
- Sheets, linens after glove/hood removal

**Perform Hand Hygiene**

- Perform hand hygiene

**Face Shields**

1. Remove protective face shield using care to pull away from face not to touch front of shield or glasses

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**Infection Prevention and Control Manual**
Interim Personal Protective Equipment (PPE)
Audit- COVID-19 Pandemic

### Mask or Respirator

1. Goggles or face shield
2. N95 or surgical mask
3. Surgical mask or face shield

**Other**

1. Personnel who leave facility for medical appointments (i.e. dialysis, chemotherapy) wear masks outside of room
2. Personnel who are discharged/transferred outside of facility wear a mask

**References**


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**Employee**

Date

**Evaluator**

Date

**This resource was developed utilizing information from CMS and CDC.**
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#6 Performance Improvement
#7 Supporting Team Members
Summary
References and Resources

References and Resources


