PPE Training- COVID and More

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Learning Objectives

• Use PPE appropriately
• Apply universal precautions
• Utilize PPE conservation principles
Isolation Reminders

- **Droplet** = mask and eye protection
- **Airborne** = N95 mask
- **Contact** = gown and gloves
- **Contact Plus** = gown and gloves, must wash hands
Droplet Precautions

Option 1

- Droplet Mask

Option 2

- Mask + Eyewear

Or

And

Or
Contact Precautions

Gown + Gloves
Airborne Precautions

N95 Mask- many types
Transmission via:

- **Droplets**
  - Produced by cough or sneeze
  - Drop within 6 feet

- **Contact**
  - Touching a surface or object with virus on it then touching your mouth, nose, or eyes

- **Aerosols**
  - Produced by aerosol generating procedures (AGPs)
PPE for PUI/COVID-19 Patients

**Always**
- Droplet and contact
- N95 for AGPs

**Optional**
- N95 for PUI/COVID-19
Universal Precautions

= Protecting ourselves and others!

The mask protects you from spreading the virus if you are carrying it (i.e. asymptomatic carrier)

The mask + eye protection protects you from virus if others are carrying it (i.e. asymptomatic carrier)
PPE provision

Everyone will receive a PPE bag from UC Health

- Always use this PPE at UC Health

Many community sites will provide PPE

- If PPE is provided by your clinical site, use that PPE
- If PPE is not provided, use the PPE provided by UC Health
PPE Provided by UC Health

= Universal Droplet Precautions

Simple mask

Reuseable face shield:
Provides eyewear AND protects mask allowing reuse
Universal Precautions at UC

= Universal Droplet Precautions

**Always**
- Wear a mask when on UC premises

**Patient Care Areas**
- Wear eye protection in patient care areas (ideally the face shield)
- Can opt to use anytime when on hospital premises
What is a Patient Care Area?

- An inpatient room
- An exam room in an ambulatory setting
- A patient-facing space where a patient is within 6 feet of the provider with no other physical barrier
PPE for PUI/COVID-19 Patients at UC

Required
- Droplet & contact precautions
- Airborne for AGPs

Optional
- Airborne at all times

OR

N95 Mask or PAPR

Simple Mask (Must cover nose and mouth)

Eye Protection (Face shield or goggles but not personal glasses)

Gown

Gloves
PPE for non PUI/non COVID-19 Patients at UC

• Use your mask and face shield (i.e. universal precautions)

Simple Mask
(Must cover nose and mouth)

Eye Protection
(Face shield or goggles but not personal glasses)
Continue to use same mask until:

- Visibly soiled
- Strap breaks
- Possible contamination
- Return for new shift (i.e. replace daily)

If you need replacement, ask nursing leaders on unit or in clinic where you see patients.
When do I clean my face shield?

Always clean the face shield:

- When taking the face shield off (i.e. doffing)
- At the end of your shift
- There was possible contamination

Possible ways the face shield can be contaminated:

- Patient coughs or sneezes
- Touching the face shield
- Performing an aerosol generating procedure
- PUI or COVID+ patient
Face Shield Cleaning

Perform hand hygiene.

Go to station and put on gloves.

Grab 2 germicidal wipes
OR
Spray 2 paper towels with cleaner from spray bottles
Face Shield Cleaning

- Unfold 1 wipe and place on station
- OR
- Place 1 moist paper towel on station
- Place 2nd wipe/paper towel on top of 1st wipe/paper towel (clean surface)

Remove the face shield.

The front is potentially contaminated, so remove carefully by bending forward and grabbing the elastic band on the back of the head.
Face Shield Cleaning

Pick up 2nd wipe/paper towel in one hand. Lay face shield on the germicidal wipe/paper towel.

Clean the inside of the face shield.

Grab the foam part of the face shield and turn to disinfect the front.
Always hold the foam when handling the shield (clean spot).

Place in available “clean” bin with foam up.

Observe and follow the contact and dry time.

Remove gloves and perform hand hygiene.
Face Shield Cleaning

This is a sample of a cleaning station. Your process may vary based on specific unit/clinic.
Aerosol Generating Procedures

• Usually applicable to patients in ICU/stepdown or procedural areas

• Reminder: airborne precautions required for AGPs in PUI/COVID-19 patients and untested patients
Procedures considered AGPs

- Intubation/Extubation/ Manual bagging/ CPR
- Bronchoscopy/Laryngoscopy/TEE/EGD
- Nebulizer treatment in non-ventilator patient
- BiPAP/CPAP
- Tracheal suction through open circuit which can also happen with procedures such as changing trach, changing inner cannula, while placing patient on and off the ventilator through tracheostomy
- Sputum induction/trach aspirate/Blind BAL (PAL)
- Oropharyngeal suction, Nasopharyngeal suction in open system
- Use of Optiflow
- IPV/MetaNeb, flutter valves, PEP and PAP therapy

Please see Master list for all Aerosol Generating Procedures
AGP Master Link - 4.6.20
Procedures NOT considered AGPs

- Use of face mask, venturi mask, non-rebreather, regular nasal cannula
- High flow nasal cannula with humidification (4-15L). This should be avoided, and care should be escalated. However, if needed, place a simple mask on patient while using HFNC.
- MDI/ inhalers
- Use of trach collar oxygen
- Presence of tracheostomy
- Use of ventilator with exhalation filter
- Closed circuit suction (Through ET tube, or Trach tube)
- Use of nebulizer through a ventilator circuit
- Nasogastric tube or orogastric tube placement (this generates cough with droplets but not aerosols)
- Routine oral care including superficial oral suctioning (does not include deep oropharyngeal of NT suctioning)
- P&PD, Chest physiotherapy, Vest therapy
- Neuromuscular parameters (NIF, FVC)
- Pulmonary function test

Please see Master list for all Aerosol Generating Procedures

AGP Master Link - 4.6.20
Aerosol Generating Procedures

• Check with clerkship director and site director to ensure you understand specific scenarios/protocols you will encounter

• Examples:
  • OR protocols for surgeries
  • L&D protocols for deliveries
  • Continuous albuterol on peds
N95 Extended Use and Reuse

Face shield covers (and protects) N95 mask AND provides eyewear

Allows for extended use

• You can continue to wear the underlying N95 mask

Allows for reuse

• You can reuse your N95 mask 5 times
• Each time you take off your N95 mask (doff) this is considered 1 use
• After 5th use discard in soiled utility room (write “ANU- UC” w/sharpie on mask)
  • Note: makeup, sunscreen, moisturizers, lip gloss, etc. can limit processing

Please see Extended Use and Limited Reuse Guidelines*

Extended Use and Limited Reuse of PPE 4.8.20

*University of Cincinnati
Donning your simple mask

How To Wear Your Mask The Right Way

**DO:**
- Wear your mask so it fully covers your nose, mouth and chin.
- Make sure it fits snugly on the sides of your face.
- Wear it at all times at UC Health locations.

**DON’T:**
- Wear your mask below your nose.
- Wear your mask under your chin.
- Wear your mask hanging off one ear.

Keep us all safe. If you see something, say something.
Donning Your PPE

1. Perform hand hygiene
2. Put on gown (use thumb holes)
3. Put on mask* (always perform seal check on N95)
4. Put on eye protection (or face shield)
5. Perform hand hygiene and put on gloves (ensure gloves cover wrists)
Doffing Your PPE

In room, take off gown and gloves (rolling inward into a ball)

Discard gown and gloves in trash

Exit the room

Perform hand hygiene

Follow face shield cleaning steps & mask reuse/extended use protocols

Image from CDC
Doffing eye protection/face shield

- Remember, the front is potentially contaminated
- Remove carefully by bending forward and grabbing the elastic band on the back of the head
Doffing mask

• Remember, the front is potentially contaminated

<table>
<thead>
<tr>
<th>N95</th>
<th>Simple/surgical mask</th>
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<tbody>
<tr>
<td>• Remove the bottom strap by touching only the strap and bring it carefully over the head</td>
<td>• Carefully unhook from the ears (or untie)</td>
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<tr>
<td>• Grasp the top strap and bring it carefully over the head</td>
<td>• Pull mask away from face without touching the front</td>
</tr>
<tr>
<td>• Pull N95 mask away from face without touching the front</td>
<td></td>
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Storage of PPE

- **Small brown paper bag**
  - Use for simple mask
  - Use for N95 if applicable (2nd bag)
  - Store at home/in car
  - Label with your name

- **Large brown paper bag**
  - Use for face shield
  - Store in safe place at hospital or at home/in car
  - Label with your name
PPE Replacement

Replacement protocols vary by site

- Find out the process for your site from your site director
- If your site does not provide PPE and you are in need of a replacement, contact Alex Maus at 513-585-5308 or alex.maus@uchealth.com

Replacing your mask at UC

- Obtain from nursing leaders in clinics or hospital units

Replacing your face shield at UC

- Obtain from nursing leaders in clinics or hospital units
<table>
<thead>
<tr>
<th>What</th>
<th>When</th>
<th>Reuse</th>
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| Simple mask (surgical mask) | Always use when on hospital premises (universal precautions)  
Can take off when eating while keeping 6 feet distance from others | Continue to use same mask for entire shift unless dysfunctional, soiled, or contaminated |
| Face shield             | All patient care areas  
Can opt to use anytime when on hospital premises | Clean after: doffing, end of shift, when contaminated |
| N95 mask                | Inside patient room during aerosol generating procedures (AGP) + 1 hour after procedure  
Can use anytime for PUI/COVID+ | Reuse 5 times. Cover with face shield or simple mask during use |
PPE Conservation

Many efforts are being made to conserve PPE

As a student:

• Whenever possible, do not see patients in any type of isolation precautions or PUI

• Instead, see patients without any isolation requirements

• Ideally do not preround on patients in isolation*

Please see additional tips for PPE conservation at UC
Tips for PPE Preservation to Enact for All Isolation Patients
Attire

You may wear scrubs for all your inpatient rotations

Procedural rotations

- You MUST wear the appropriate hospital issued scrubs while in the OR
- You MUST return scrubs prior to leaving the hospital

Other inpatient settings

- Scrubs can be worn
- Will need to provide your own scrubs and wash at home
- Note scrubs do not provide more protection against COVID than regular clothes, but many providers wear scrubs for ease of removal and washing once home

You are not required to wear your white coat
Contact Info

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Questions?

Please refer to The Link for the most up to date info