

# Infection Prevention

## For VCH Long-Term Care Homes

VCH Interdisciplinary Long-Term Care team

Approved by: VCH IPAC

Original: March 16, 2020

Last Updated: April 1, 2020

## Let's chat about...

- What is COVID-19
- Hand Hygiene
- Respiratory Etiquette
- Personal Protective Equipment (PPE)
- NP Swabs
- Nebulizers to Metered Dose Inhaler
- Takeaway Messages

# What is COVID-19?

- It's a respiratory infection
- It is not airborne.
- It is spread by mucous droplets from your nose and mouth and then touching surfaces that a person *who is sick or carrying COVID-19* has sneezed or coughed on
- It can stay on the surface from hours to days
- You can be carrying the virus for up to 14 days without symptoms

# HOW TO HANDWASH



Wet hands with warm water.



Apply soap.



Lather soap and rub hands palm to palm.



Rub in between and around fingers.

Lather hands for a total of 30 seconds



Rub back of each hand with palm of other hand.



Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



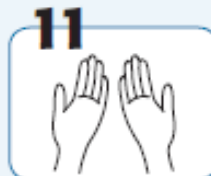
Rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using paper towel.



Your hands are now safe.



Vancouver Coastal Health

Watch Video

[https://media.phsa.ca/home/iframe?url=BCCA/bccah%5cSoapAndWater\\_20200312](https://media.phsa.ca/home/iframe?url=BCCA/bccah%5cSoapAndWater_20200312)

# HOW TO HANDRUB



1  
Apply 1 to 2 pumps of product to palms of dry hands.



2  
Rub hands together, palm to palm.



3  
Rub in between and around fingers.



4  
Rub back of each hand with palm of other hand.



5  
Rub fingertips of each hand in opposite palm.



6  
Rub each thumb clasped in opposite hand.



7  
Rub hands until product is dry. Do not use paper towels.



8  
Once dry, your hands are safe.



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Watch Video

[https://media.phsa.ca/home/iframe?url=BCCA/bccahealth%5cABHR\\_20200312](https://media.phsa.ca/home/iframe?url=BCCA/bccahealth%5cABHR_20200312)

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# Respiratory Etiquette

**How would you cough and sneeze?**



# Respiratory Etiquette

If you see these symptoms in your family member, yourself, each other please ***inform*** the Director of Care/person designated for further guidance:

- Fever, cough and/or difficulty breathing

## DROPLET & CONTACT PRECAUTIONS


Bed #

**Families and visitors:**



**Please report to staff before entering**

**Clean hands before entering and when leaving room**



Clean hands with  
A) hand foam/gel or B) soap and water

**Staff:**



**Required:**

- Point of Care Risk Assessment
- Gown & Gloves
- Procedure mask with eye protection  
When within 2 metres of patient
- Keep 2 metres between patients

KEEP SIGN POSTED UNTIL ROOM CLEANED  
HOUSEKEEPER will remove sign after "Discharge" cleaning

For more information, refer to the Infection Control Manual.

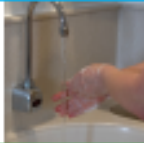
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Promoting wellness. Restoring care.

PICNet  
PROVINCIAL INFECTION CONTROL NETWORK OF BRITISH COLUMBIA  
A program of the Provincial Health Services Authority

VCH-0431 Sept 2016

## Putting On (Donning) Personal Protective Equipment

### HAND HYGIENE



1. Clean your hands.
2. Alcohol based hand rub (ABHR) is the preferred way to clean your hands.

### GOWN



1. Fully cover torso from neck to knees, arms to wrists, and fasten ties at the back of neck and at the waist.

### MASK or RESPIRATOR



1. Secure ties or elastic bands at the crown of your head and neck (or fit loops over ears).
2. Fit to face and chin.
3. Form the flexible band at the nose bridge.
4. Perform fit check if using N95 respirator.

### EYE PROTECTION



1. Goggles, full face shield, or visor attached to mask are all acceptable methods of eye protection. If using a face shield/visor, it should fit over the brow.
2. Prescription or fashion eye glasses do not offer sufficient eye protection.
3. Place over face and eyes, adjust to fit.

### GLOVES



1. Extend over the cuffs of the gown.
2. Keep gloved hands away from face and limit touching surfaces.
3. Change gloves as needed (e.g. visibly soiled, between contaminated and clean tasks)

Watch Video

[https://media.phsa.ca/home/iframe?url=BCCA/bccahealth%5cPuttingOnPPE\\_20200312](https://media.phsa.ca/home/iframe?url=BCCA/bccahealth%5cPuttingOnPPE_20200312)





# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## The 6 steps to Doff (take off) Personal protective equipment (PPE)

**Remember to perform hand hygiene  
between each and every step when doffing**



### 1 Gloves



Remember, the outside of gloves are contaminated. Grasp palm area of one gloved hand and peel off first glove. Slide fingers of hand under other glove at wrist and peel off. Discard in regular waste.

### 2 Perform Hand hygiene



Clean all surfaces of hands and wrists

### 3 Gown



Unfasten ties, pull gown away from neck and shoulders, touching ONLY the inside of the gown. Turn gown inside out and roll into a bundle. Discard in regular garbage.

### 4 Perform Hand hygiene



Clean all surfaces of hands and wrists

### 5 Goggles or face shield



Do NOT touch the front of them. Discard in regular garbage or put in receptacle for reprocessing.

### 6 Perform Hand hygiene



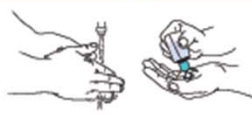
Clean all surfaces of hands and wrists

### 7 Surgical/procedure mask



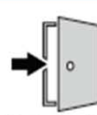
Grasp ties or elastics at back and remove WITHOUT touching the front. Discard in regular garbage.

### 8 Perform Hand hygiene



Clean all surfaces of hands and wrists

### 9 Exit Room



AFTER cleaning all surfaces of hands, exit room

**STOP**

If at any time during this process you become concerned that you may have contaminated your hands, STOP and do hand hygiene an additional time.

[http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_MOH\\_BC\\_CDC\\_Doffing.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_MOH_BC_CDC_Doffing.pdf)

# PPE for acute & community

March 31, 2020

For: All staff, medical staff and contracted staff who have **direct contact with patients, clients and residents:**

- Wear surgical/procedural masks, eye protection and gloves **when providing direct care to patients, clients and residents**

# Resources: ipac.vch.ca

Vancouver Coastal Health Infection Prevention & Control

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Infection Prevention & Control

COVID-19 Resources for Healthcare Providers >

COVID-19 Resources for the Public >

Download the website to your [iPhone](#) or [Android](#)

Resource Manuals

- Infection Prevention and Control Standards & Best Practices

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1. ipac.vch.ca

2. COVID-19  
Resources for  
Healthcare  
Professionals

# COVID-19 (Novel Coronavirus)

Resources: [ipac.vch.ca](http://ipac.vch.ca)

Triage & Assessment	+
Train the Trainer	+
Laboratory Testing	+
Facility Entrance Signage	+
Hand Hygiene	+
Dress Code	+
Personal Protective Equipment	+
Environmental Considerations	
Patient Transfer	
Resources	
Long-Term Care Toolkit	

## 3. PPE

(click on + to open resources)



### Personal Protective Equipment

- [Guideline for Cleaning and Disinfecting Eye Protection](#)
- [PPE for Direct Care Staff](#) - Poster
- [PPE Recommendations \(for healthcare personnel participating in patient care\) - Acute](#) - Power Point
- [PPE Recommendations \(for healthcare personnel participating in patient care\) - Community](#) - Power Point

# PPE Recommendations for Community Settings

[ipac.vch.ca](http://ipac.vch.ca)

## PPE Recommendations - Community

For health-care personnel participating in patient care

March 30, 2020

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one  
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# PPE Recommendations for Community Settings

[ipac.vch.ca](http://ipac.vch.ca)

**COVID-19**

Vancouver CoastalHealth

## Personal Protective Equipment for All Direct Care Staff

Surgical/Procedure Mask + Eye Protection + Gloves



Remove gloves and clean hands between patients.

For more information visit: [ipac.vch.ca](http://ipac.vch.ca)



# Resources: [ipac.vch.ca](http://ipac.vch.ca)



## COVID-19 (Novel Coronavirus)

### 4. Dress Code for LTC

(click on + to open resources)

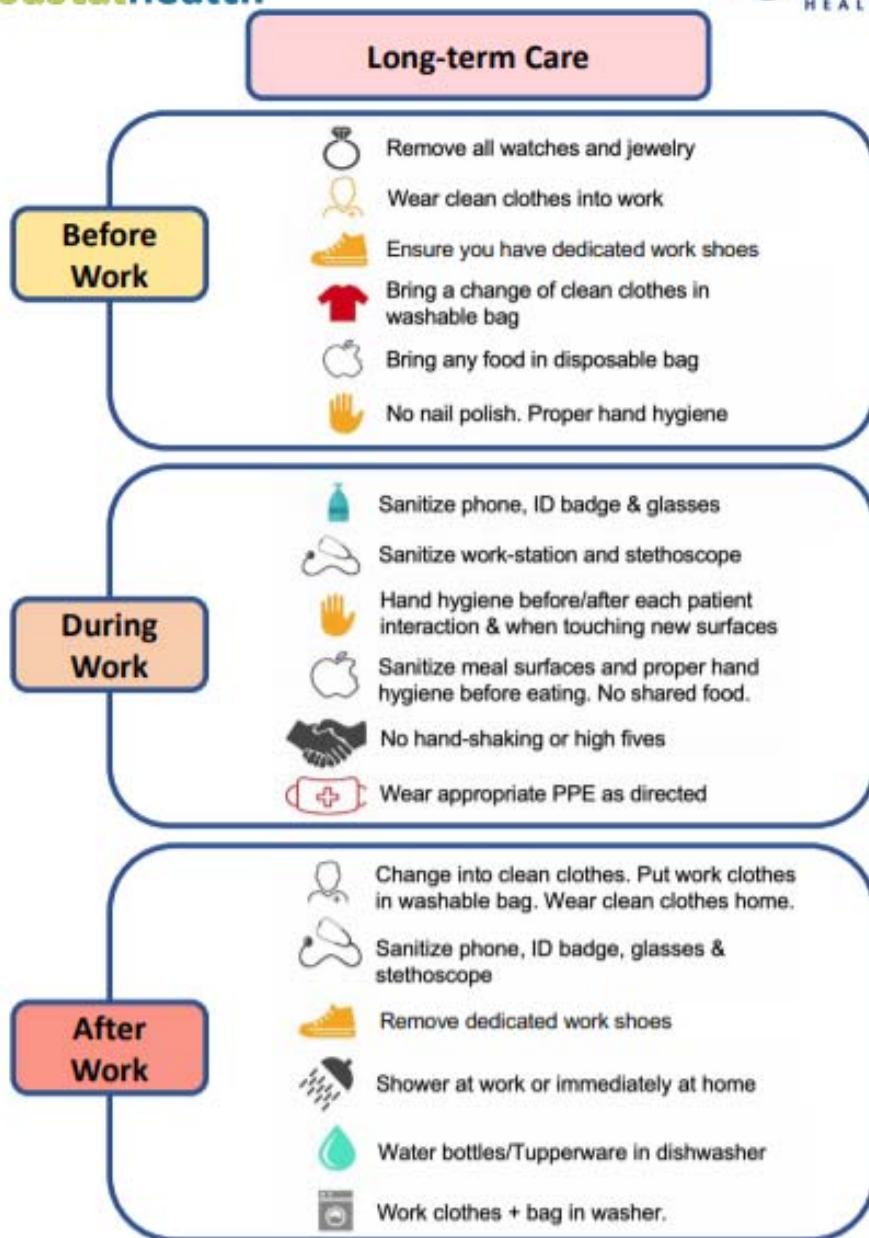
Triage & Assessment	+
Train the Trainer	+
Laboratory Testing	+
Facility Entrance Signage	+
Hand Hygiene	+
Dress Code	+
Personal Protective Equipment	-
Environmental Considerations and	
Patient Transfer	
Resources	
Long-Term Care Toolkit	

#### Dress Code

#### VCH COVID-19 Dress Code Guidelines

- [All Personnel Participating in Inpatient Care](#)
- [Long Term Care](#)
- [Community Settings](#)

# Dress Code for LTC March 31, 2020





# Coronavirus Disease (COVID-19) update

March 26, 2020

## Do not work while sick!

If you are a health-care worker and you feel sick you should:



Put on a mask



Finish any essential  
services you are  
providing



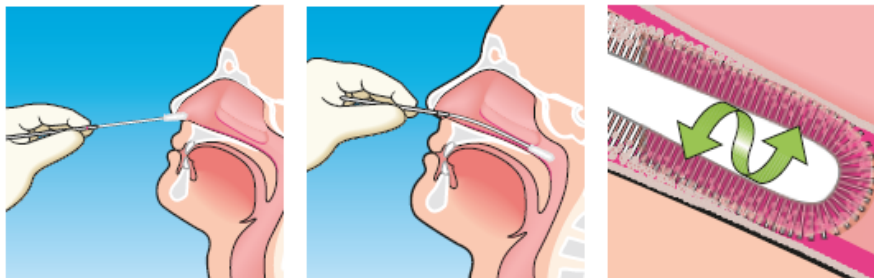
Get tested



Go home

# How To Use Guide

## Nasopharyngeal Flocked Swabs and Universal Transport Medium (UTM)



1. Gently insert the swab along the nasal septum just above the floor of the passage to the nasopharynx until resistance is met
2. Rotate the swab gently against the nasopharyngeal mucosa for 10 - 15 seconds then gently remove swab



3. After the swab is removed from the patient place it into the tube of UTM transport medium all the way to the bottom of the tube
4. Holding the swab shaft close to the rim of the tube, break the applicator shaft at the colored breakpoint indication line. **Hold the tube opening away from your face.**

### ORDERING INFORMATION:

#### Individual Components:

330C Universal Transport Medium (UTM) tube for  
Viruses, Chlamydia, Mycoplasma and Ureaplasma

503CS01 Flexible Minitip Flocked Swab

#### Collection Kit:

305C Kit comprises UTM tube plus Flexible  
Minitip Flocked Swab



Copan Diagnostics Inc.

26055 Jefferson Ave. • Murrieta, California 92562 USA

Toll Free: (800) 216-4016 (US & Canada)

Phone: (951) 696-6957 Fax: (951) 600-1832

E-Mail: [info@copanusa.com](mailto:info@copanusa.com)

[www.copanusa.com](http://www.copanusa.com)

00609VPD

COPAN  
flocked SWABS

UTM  
UNIVERSAL TRANSPORT MEDIUM

Vancouver  
CoastalHealth

# Can LPN's carry out nasopharyngeal swabs?

## PRACTICE UPDATE

### COVID-19 Screening Education for Licensed Practical Nurses (LPNs)

DATE: March 12, 2020

SITE(S): ALL VCH SITES

#### SITUATION / BACKGROUND:

VCH is To better support COVID-19 screening for clients across VCH, LPNs will be working with RNs to perform screening with clients at community sites. As per the BC College of Nursing Professionals, LPNs can carry out nasopharyngeal swabs with an order when additional education is completed.

#### ACTION / RECOMMENDATION:

To prepare the LPN to perform the NP swabs, the following resources are required to be reviewed:

1. [Patient Identification and Assessment Algorithm](#)
2. [How to Use Nasopharyngeal Flocked Swabs and Universal Transport Medium](#)
3. [Personal Protective Equipment Procedures-Donning](#)
4. [Personal Protective Equipment Procedures-Doffing](#)

Once these resources are reviewed, the LPN will review the screening and NP testing including lab procedures with a RN competent in COVID-19 screening.

Additional resources can be found at <http://IPAC.VCH.CA>

#### FOR MORE INFORMATION:

Braden Davie, Professional Practice Director, Coastal  
Alison Swalwell-franks, Professional Practice Director, Vancouver Community  
Andrea Walker, Professional Practice Director, Richmond

As per the BC College of Nursing Professionals, LPNs can carry out nasopharyngeal swabs with an order when additional education is completed.

The resources to be reviewed:

1. [Patient Identification and Assessment Algorithm](#)
2. [How to Use Nasopharyngeal Flocked Swabs and Universal Transport Medium](#)
3. [Personal Protective Equipment Procedures-Donning](#)
4. [Personal Protective Equipment Procedures-Doffing](#)

## PRACTICE ALERT

### Risk of Nebulizer Treatments in patients with suspected COVID-19

DATE: March 14, 2020

SITE(S): VCH ALL SITES

#### SITUATION / BACKGROUND:

COVID-19, an emerging respiratory illness, is transmitted via respiratory droplets. Certain medical interventions, including the delivery of medication via nebulizer, pose an increased risk of transmission of the virus. Therefore, there is opportunity to review the potential risks that nebulizer treatments pose to staff and to patients.

Nebulizer treatments are a type of aerosol generating medical procedure (AGMP). AGMPs are any procedure carried out on a patient/resident/client that can induce the production of aerosols of various sizes, including droplet nuclei. Medical procedures that generate aerosols or droplet nuclei in high concentration present a risk for opportunistic airborne transmission of pathogens that otherwise are not spread by the airborne route and increase the risk for transmission.

#### ACTION / RECOMMENDATION:

- 1) Avoid the use of small volume nebulizer for medication administration to avoid generating aerosolized particles.
- 2) If bronchodilators are required, administration with metered dose inhaler (MDI) with aerochamber is preferred.
- 3) If MDI is not feasible for the patient, and nebulizer must be used (eg. decreased level of consciousness or if patient has difficulty coordinating the MDI), consult the most responsible physician to determine the treatment plan.
- 4) [Airborne precautions](#) are required for all AGMP procedures of suspected and diagnosed patients with influenza-like illnesses, including COVID-19.
- 5) All suspected and diagnosed COVID-19 patients to be placed in a private room or area with at least 2 meter separation and Droplet and Contact Precautions implemented. See [VCH COVID-19 Patient Identification and Assessment](#).
- 6) Perform nebulizer treatments in a negative pressure room whenever possible, or in a single room if former not available.

#### FOR MORE INFORMATION:

For additional information:

- [Infection Prevention and Control Best Practices Guideline on Aerosol Generating Medical Procedures](#)
- [Appropriate Use of Procedure Masks and N95 Respirators](#)
- [Infection Prevention & Control COVID-19 Resources for Healthcare Providers](#)

Or contact your local Professional Practice Department and local Infection Prevention and Control Practitioner.

Issued by Regional Professional Practice  
Practice Alerts are posted online @ [VCH Practice Alerts / Updates](#)

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VCH PROFESSIONAL PRACTICE – BEST PRACTICE – BEST CARE

PLEASE POST

Change Nebulizers to Metered  
Dose Inhalers

## Key Messages

- Wash your hands frequently and apply lotion
- Avoid touching your face
- Cough/Sneeze in your sleeve
- Wear PPE to protect them (our residents) from us
- Seek direction from a member of the health care team
- Nasopharyngeal swabs Protocol
- Change nebulizers to Metered Dose Inhalers accordingly



# Resources: ipac.vch.ca

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1. ipac.vch.ca

2. COVID-19 Resources for Healthcare Professionals



## 3. Long-Term Care Toolkit →

### COVID-19 (Novel Coronavirus)

Triage & Assessment	+
Train the Trainer	+
Laboratory Testing	+
Signage	+
Hand Hygiene	+
Personal Protective Equipment	+
Environmental Considerations	+
Patient Transfer	+
Patient Handout	+
Visitors to Health Care Facilities	+
Resources	+
Long-Term Care Toolkit	+

[Preventing the Spread of Infection for Long-Term Care](#) - Power Point

[Nebulizer Treatment Practice Alert](#) - March 15, 2020

[How to use a nasopharyngeal swab](#) - poster

[Donning PPE](#) - poster

[Donning PPE](#) - video

[Doffing PPE](#) - video

[How to Hand Wash](#) - poster

[How to Hand Wash](#) - video

[How to Hand Rub](#) - poster

[How to Hand Rub](#) - video

[IPAC COVID-19: Interim guidance for Long-Term Care and Assisted Living Facilities](#)

[Dress Code Guidelines for Long-Term Care](#)

[Long-Term Care COVID-19 Outbreak - FAQ](#)

# COVID Updates: vch.ca

← → ↻ ⓘ Not secure | vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus ☆

**Novel Coronavirus (COVID-19): Get the latest information and resources**

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**Vancouver Coastal Health**   

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## Information on Coronavirus Disease (COVID-19)



Updated on March 25, 2020.

### What you need to know about COVID-19

**Prevention:** Wash your hands, cover your mouth and nose when coughing or sneezing, and stay home when you're sick.

**Symptoms:** Reported signs and symptoms include: fever, coughing, and/or difficulty breathing. If you think you are experiencing symptoms of COVID-19 you can try this quick, online self-assessment tool: <https://covid19.thrive.health/>



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