

COVID-19 Q&A Hour for Long Term Care



WASHINGTON STATE DEPARTMENT OF HEALTH

Healthcare-Associated Infections (HAI) Program

Shoreline, WA

Housekeeping



Attendees will be in listen only mode



Self-mute your lines when not speaking



Type questions into the question window. Please include the type of facility you are from in your question (e.g., NH) and indicate your county.



Nursing Home

Participants from long-term care, regulatory, public health



No confidential information presented or discussed. This is an educational webinar and does not constitute legal advice.



Local guidance may differ, please consult with your Local Health Jurisdiction (LHJ):

<https://www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions>

This is the LTC COVID-19 Q&A Hour!

A chance to connect, ask questions, and learn about the COVID-19 response and infection prevention guidance



Where Can I Find the Q & A Document?

Posted every Wednesday

- Washington Health Care Association:

<https://www.whca.org/washington-department-of-health-covid-19-qa-session/>

- LeadingAge Washington:

FAQ emailed to members – Administrators, Directors of Nursing and Staff Development Coordinators

- Adult Family Home Council:

<https://adultfamilyhomecouncil.org/covid-19/>

Panelists

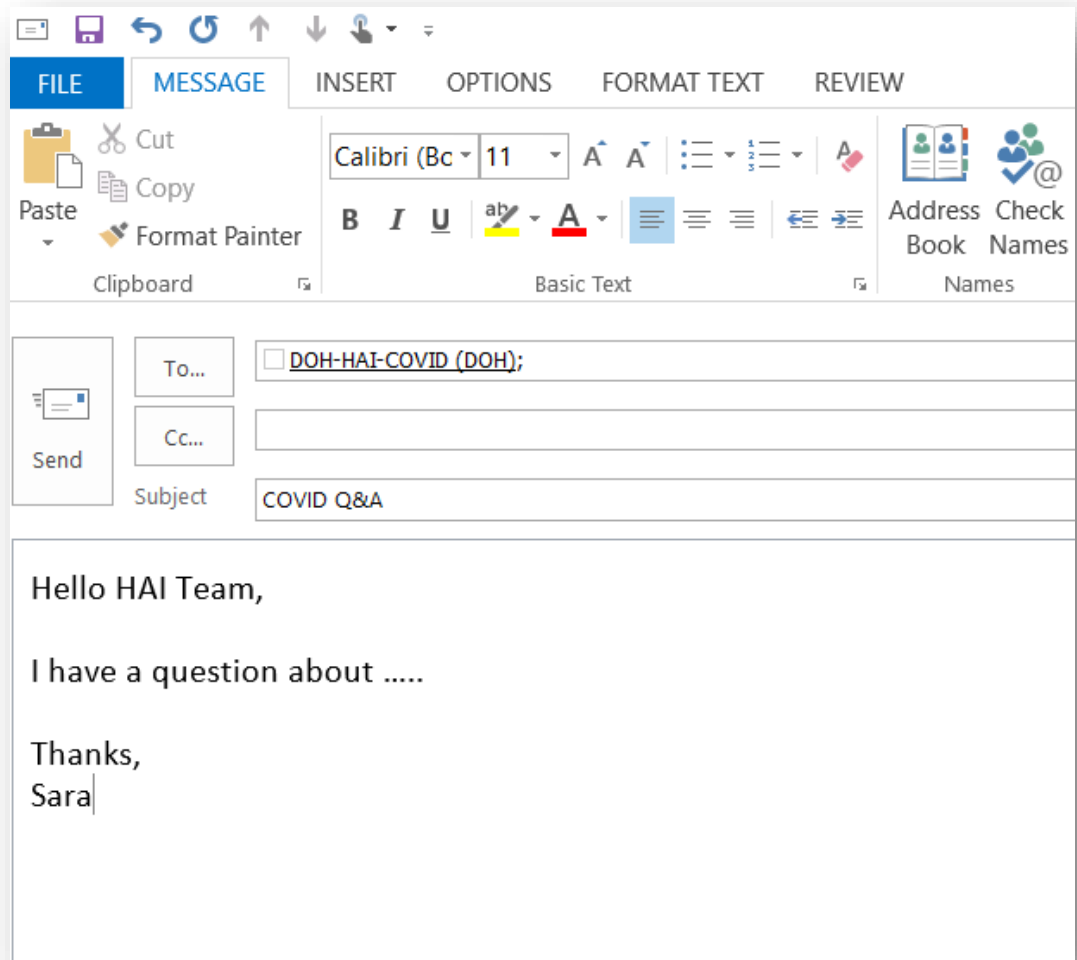


Send Us Your Questions Ahead of Time

Subject Line:
COVID Q&A

Email:
HAI-COVID@doh.wa.gov

Due by: COB Tuesday





WASHINGTON STATE DEPARTMENT OF HEALTH

ICAR PROGRAM DETAILS

Our free, non-regulatory ICARs provide facilities with infection prevention recommendations and resources on how to keep residents and staff safe.

What We Do

- Provide support with an infection prevention expert
- Assist with addressing gaps in your current infection control protocols for COVID-19 or other infections
- Offer up-to-date guidance and resources

Who We Serve

- Long Term Care Facilities (Assisted, Skilled, Behavioral Health, Nursing facilities, and Adult Family Homes)
- Outpatient Settings
- Acute and Critical Access Hospitals

To Learn More or Schedule an In-Person or Virtual Visit:

<http://doh.wa.gov/ICAR>

Contact Us:

HAI-FieldTeam@doh.wa.gov (General)



In Partnership With

- Local Health Jurisdictions
- LeadingAge Washington
- Washington Health Care Association
- Adult Family Home Council of WA State
- Washington State Hospital Association



WASHINGTON STATE DEPARTMENT OF HEALTH

HAI-AR SECTION EMAIL ADDRESSES

Please refer to the table below to find the email most appropriate for your needs

Email Path	Description
HAI@doh.wa.gov	General healthcare associated infection questions
HAI-Covid@doh.wa.gov	COVID19-specific healthcare associated infection questions
HAIEpiOutbreakTeam@doh.wa.gov	Epidemiological outbreak assistance and healthcare associated infection questions
HAI-FieldTeam@doh.wa.gov	Schedule an ICAR for your facility
HAI-FITTesting@doh.wa.gov	Respiratory Protection related questions www.doh.wa.gov/ltrcpp

Long-Term
Care COVID-19
Immunization
Champion
Award



Long Term Care Facility Booster

- There is support for onsite vaccinations for residents and staff
 - Long Term Care Pharmacy
 - Local Health Jurisdiction
 - Department of Health survey to request help:
 - <https://www.surveymonkey.com/r/DQ5K9WV>
 - Contact COVID-Vaccine@doh.wa.gov
- Onsite support may encourage staff to get vaccinated because of the ease of access

Flu Resources

- DOH Resources for Public Health and Healthcare Providers:
 - <https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/Immunization/InfluenzaFluInformation>
- Communications Toolkit:
 - toolkits.knockoutflu.org
- Flu Fighter Award – enrollment extended to 2/15/22 with awards in August 2022:
 - <https://www.surveymonkey.com/r/Y85W7RH>
- Washington State Flu Report:
 - www.doh.wa.gov/Portals/1/Documents/5100/420-100-FluUpdate.pdf
- CDC Weekly Flu Report:
 - www.cdc.gov/flu/weekly



WA Department of Health's

Project Firstline PODCAST!

**LIVE on
SoundCloud!**

Scan to listen



or search:

"WA Dept. Health Project Firstline"

**May need to download the SoundCloud App by opening the iOS or Google Play App
Store on your iPhone or Android device.**

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

Pub #: 420-379

Learn about
Infection Prevention
& Public Health
practices!

Listen as we talk to guests
about the importance and
impact these practices
bring to our lives and the
lives of our community!

Upcoming LTC Q&A Schedule

Please plan to attend these upcoming micro learning sessions!

Today's discussion:

- How to Safely Don & Doff PPE

Upcoming micro learning topics -

- Feb 17 & 24: Respiratory Protection Program
- Mar 3 & 10: How to obtain Respirators and PPE
- End March – LTCF Success Stories

Updates

DOH Guidance

Preventing Transmission of SARS-CoV-2 During Aerosol Generating and Other Procedures

→ WAS

- **Fully Vaccinated:** Means a person has received their primary series of COVID-19 vaccines

→ CHANGES

- **Up to Date:** means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible

→ IMPACT(s)

- More restriction for those without a booster dose. Residents would no longer be included in the exemptions following an AGP

→ Link

- [Preventing Transmission of SARS-CoV-2 During Aerosol Generating and Other Procedures \(wa.gov\)](#)

Interim Recommendations to Mitigate Health Care Worker Staffing Shortage During the COVID-19 Pandemic

→ WAS

- Return to work depending on mitigation measures standard, contingency, crisis without the clarifying language

→ CHANGES

- Added clarifying language to emphasize that healthcare workers must be **willing** to return to work early

→ IMPACT(s)

- Facilities need to ensure that HCW are willing to come back to work
- Prior to agreeing to return to work, willing HCP should assess personal symptoms, current health status, and determine their personal readiness to safely return to work.

→ Link

- [Interim Recommendations to Mitigate Health Care Worker Staffing Shortage During the COVID-19 Pandemic \(wa.gov\)](#)

Long Term Care Facility Testing for Staff and Residents

→ WAS

- **Fully Vaccinated:** means a person has received their primary series of COVID-19 vaccines

→ CHANGES

- **Up to date:** means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible
- Prioritization framework for when supplies are limited

→ IMPACT(s)

- Clarify that asymptomatic HCP and resident who have been exposed and have recovered from SARS-CoV-2 infection in the prior 90 days should be testing using an antigen test rather than PCR
- Updated to include recommendations for prioritization when supplies are limited

→ Link

- [Long-Term Care Facility Testing for Staff and Residents \(wa.gov\)](#)

Anticipated Changes

- Quarantine guidance
- Visitor exclusion guidance as it pertains to those infected or exposed to COVID-19



HOW TO SAFELY DON AND DOFF PPE

Definitions

- **PPE:** Personal Protective Equipment
- **Don:** putting on your PPE
- **Doff:** taking off your PPE
- **Mask:** medical-grade or surgical mask worn as source control
- **N95 Respirator:** the **generic term** for a mask that is a particulate-filtering facepiece respirator that meets the U.S. National Institute for Occupational Safety and Health (NIOSH) N95 classification of air filtration, meaning that it filters at least 95% of airborne particles (there are many types/brands)
- **Eye protection:** generic term for device used to prevent droplets from entering eye openings/mucous membranes. Can be face shield or goggles.



Masks



N95 Respirators

(these are examples- there are many different brands)



Why is Donning and Doffing Important?

- One evidence-based way to decrease the risk of healthcare workers becoming infected while working
- Many healthcare workers unintentionally deviate from the correct process due to stress, time limitations, limited resources, or lack of understanding of the process

“...meticulous donning and doffing of PPE is a **vital step in reducing contamination of healthcare workers caring for patients with transmissible infectious diseases**. This is critical to mitigating spread and maintaining the healthcare workforce”


[Simulation as a tool for assessing and evolving your current personal protective equipment: lessons learned during the coronavirus disease \(COVID-19\) pandemic. Lockhart SL, Naidu JJ, Badh CS, Duggan LV. *Can J Anesth*. 2020;67:895–896.](#)


How to Don PPE





Gown, N95


- 1 Sanitize hands.


- 2


 - Put on gown.
 - Open-end faces your back.
 - Tie the back of the gown.
- 3


 - Remove mask and discard.
- 4 Sanitize hands.


- 5


 - Put on N95, ensuring proper seal.
 - Ensure straps are not crossing.

How to Don PPE

Seal check will be different with each type of mask—follow manufacturer's guidelines!



N95 Seal Check

6

- Follow manufacturer's instructions for performing seal check.
- DO NOT** Enter the room if you do not achieve a proper respirator seal.

Eye Protection, Gloves, Entry

7 Put on eye protection.

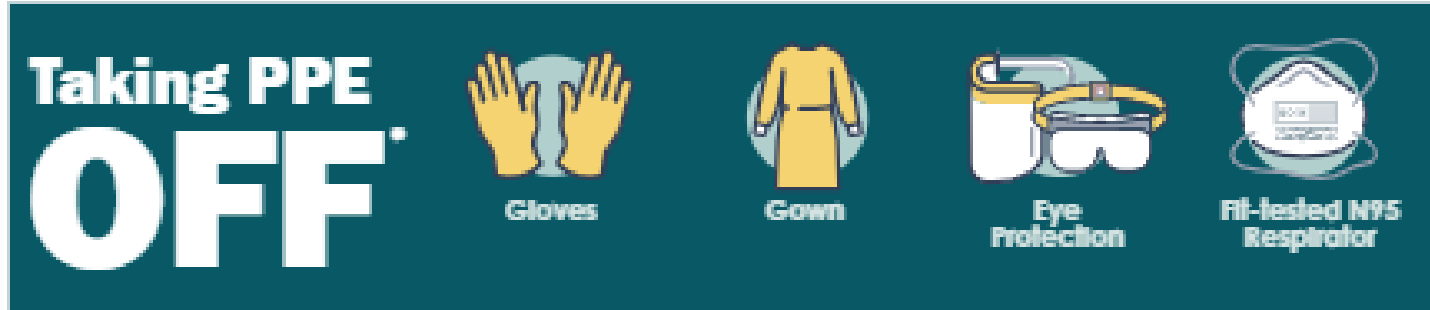
8 Put on gloves over the cuffs of the gown.

You may need to pull gown cuffs down toward hand for gloves to cover gown cuff and wrists.

9 ENTER ROOM

10 **DO NOT** touch your face. **DO** Perform hand hygiene before and after touching or adjusting eye protection. Leave the room to adjust your N95.

How to Doff PPE




Gown, Gloves

1 Inside the room, stand near the exit door.


- Cross arms and grip gown on shoulders.
- Remove gown in controlled fashion.

*Example uses disposable gown. Doffing technique may vary according to type of PPE (e.g., launderable gown)




2

- Roll the gown towards your hands.
- Remove the gloves with the gown.
- Dispose of the gloves and gown.



3



Sanitize hands. Exit patient room.

How to Doff PPE

Eye Protection, N95 Respirator

4

Disposable Eye Protection	Reusable Eye Protection
<ul style="list-style-type: none">Remove eye protection and discard. <p>DO NOT touch face.</p> 	<ul style="list-style-type: none">Place wipe on table.Remove eye protection and place on wipe. <p>DO NOT touch face.</p> 

5



Sanitize hands.

6

- Pinch bottom strap and pull far over head.

DO NOT let straps touch your face.



7

- Pinch top strap pull far over head and discard.

DO NOT Do not touch front of respirator when removing N95.



8



Sanitize hands.

9


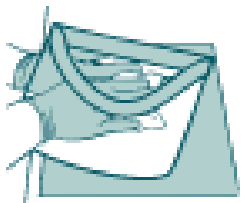


- Put on mask.





How to Disinfect/Sanitize Eye Protection


Sanitize Reusable Eye Protection

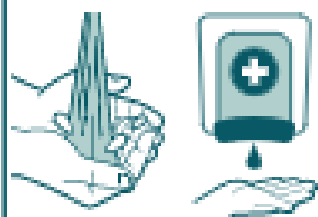
10 • Wipe eye protection. **Sanitize** in the following order:

Put on clean gloves.  Inside of shield.  Head band.  Outside of shield. 

11 • Allow eye protection to **dry** and store for re-use 

12 • Wipe table. 

13 • Remove gloves. 

14 • Wash hands with soap and water or sanitize hands. 

Tips

- Utilizing a don/doff checklist and show-back are known to be effective teaching tools
- Re-educate staff regularly-add it to competencies
- Audit don and doff practices in your facility (secret shopper) and encourage feedback/coaching
- Make hand hygiene product easily available where staff don/doff
- Give staff ample room and time to don/doff properly
- Place wastebaskets nearby-not ideal to have staff carry soiled PPE across the facility

Resources

- [Don and doff signs](#) to hang in your facility
- [A care escalation framework to address lapses in donning and doffing of personal protective equipment during the COVID-19 pandemic](#)
- [Assessment of Healthcare Worker Protocol Deviations and Self-Contamination During Personal Protective Equipment Donning and Doffing](#)
- [Donning and doffing checklist-APIC](#)
- [How to Don video \(CDC\)](#)
- [How to doff video \(CDC\)](#)



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Q & A Portion

Please type your questions into the question window and tell us what type of facility you are from (e.g., ALF, SNF, AFH) and what county you are in