

COVID-19 Guidance on PPE for Healthcare Staff

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HSE Antimicrobial Resistance and Infection Control (AMRIC) Team

Prof. Martin Cormican, HSE Clinical Lead for HCAI & AMR
Mary McKenna, IPC Asst. Director of Nursing , AMRIC Team

What we will discuss today

- Overview of current COVID-19 issues
- PPE and risk assessment
- Types of PPE recommended
- PPE and standard precautions
- PPE and transmissions based precautions
- Scenarios from acute and community healthcare settings
- Live chat box discussion

Thank you for all the queries received on PPE

Have a listen to the webinar recording to access the discussion at the HPSC
webinar archive

(copy the following link into your internet browser)

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/infectionpreventionandcontrolguidance/webinarresourcesforipc/>



Current COVID-19 issues
New variant strains of COVID-19
Vaccine

Key points on SARS-CoV-2 variant VOC 202012/01



There is no evidence that **the route** of transmission of the new variants is different from that of other variants of SARS-CoV-2 but there **are concerns** regarding increased potential for airborne spread (see change in guidance)

Considered as **predominantly** droplet and contact transmitted with the exception of AGPs

Existing IPC measures recommended to healthcare settings which are based on interrupting contact and droplet routes of transmission are still the key part of protecting against the new variants of the virus - **if strictly adhered to (very hard to do all the time but critically important)**

Key points on the COVID-19 vaccine

1. Three vaccines now available (BioNTech/Pfizer and Moderna and AztraZeneca)

2. Government policy on provisional vaccine allocation groups
<https://www.gov.ie/en/publication/39038-provisional-vaccine-allocation-groups/>



Impact of vaccine in countries where vaccine rollouts are more advanced – vaccination alone is not enough to completely prevent spread of the virus



Maccabi Research & Innovation centre, continues to monitor vaccinated members: coronavirus update

- There was a 67% reduction in those hospitalised aged 60 years and more between receiving doses 1 and 2
- There was a 78% reduction of weekly confirmed cases between receiving doses 1 and 2



COVID-19 infections drop, recoveries rise as UAE steps up vaccination drive

- Infection Rate has dropped 20% since its peak in Jan
- They have already given a single dose to ~43% of their population
- But have also imposed a new list of restrictions which has also contributed to the recent drop in infection rates

CAUTION

DO NOT DROP YOUR GUARD



The vaccine is safe

The vaccine is effective AFTER the immune response

The vaccine is not perfect

There are lot of other infections besides COVID-19

IPC measures haven't gone away because you have been vaccinated

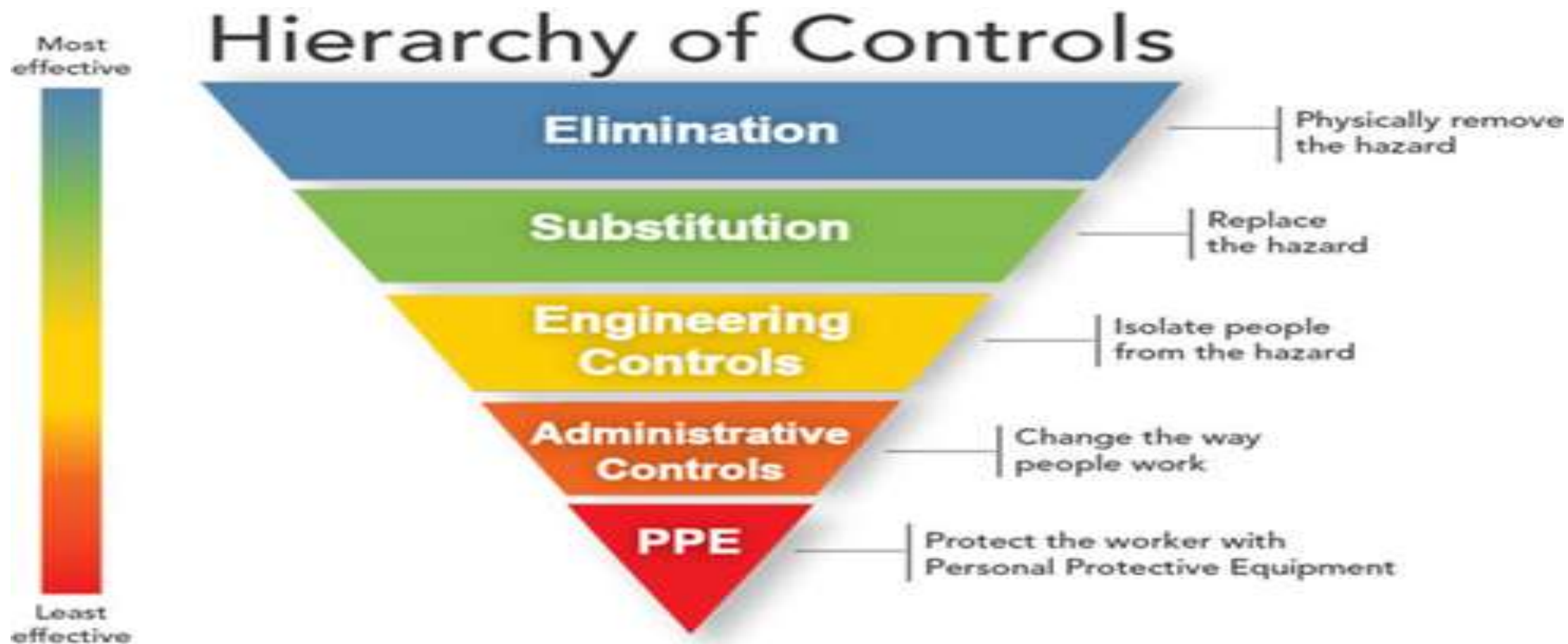
What is the most appropriate PPE to wear and when?



IPC Guidance framework: based on hierarchy of controls and IPC principles to consider when planning and delivering services



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First things first!



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Standard Precautions (especially hand hygiene)
with all people we deliver care to
in all settings
all the time

COVID-19 Management

Contact and Droplet Precautions with all patients with clinical features of viral respiratory tract infection



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Key elements of standard precautions



- **Hand hygiene (WHO five moments & good technique)**
- **Respiratory hygiene and cough etiquette**
- **Environmental /equipment cleaning & appropriate disinfection**
- **Use of task appropriate PPE in contact with blood and body fluids (other than sweat)**
- **Safe disposal of waste and laundry**
- **Safe injection practices**
- **Correct aseptic technique**

Recent guidance updated for PPE



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**Current recommendations for the use of Personal Protective Equipment (PPE) for
Possible or Confirmed COVID-19 in a pandemic setting**

v2.3 09.02.2021

Healthcare workers in community and hospital settings should have access to a well-fitted respirator mask (FFP2) and eye protection when in contact with possible or confirmed COVID-19 cases and COVID-19 contacts

In the context of a ward or facility based outbreak or a COVID-19 assessment hub it is appropriate to consider all patients in the setting as suspected or confirmed COVID-19 cases



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Why do we wear PPE?



Single use disposable gloves to protect hands from contamination from blood/ body fluids including excretions

Disposable plastic apron – recommended to protect uniform /clothing from contamination when providing direct care or when cleaning the environment and equipment

Long sleeved gowns

Fluid long sleeved gowns are recommended when there is a risk of splashing from blood, body fluids including respiratory secretions

Non fluid resistant gowns require to have an apron worn or under gowns to protect against splashing with blood/body fluids

Coveralls provide the same protection as gowns but can be difficult to doff properly without contaminating the HCW

Eye protection is recommended when there is a risk of contamination to the eyes from splashes of blood/body fluids including respiratory secretions and include visor/goggles/face shield or surgical mask with integrated visor



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Different types of Masks



Surgical face masks to protect the mouth and nose from blood/body fluid splashes including respiratory secretions **(and also to reduce potential shedding from you)**

- Must be donned properly to cover nose and mouth
- Shouldn't dangle around the neck or be pulled up and down or touched once in place
- Should be discarded once removed e.g. for a drink or to answer telephone

What about double masks ? New information is emerging which will be reviewed

Respirator Masks (FFP2)



Respirator mask (e.g. FFP2) recommended as a suitable option to a surgical mask when caring for a patient with COVID-19 and for any associated aerosol generating procedures (AGPs)

Valved respirator masks are not fully fluid resistant, unless they are shrouded. If a valved non-shrouded respirator mask is used, facial protection such as a visor must always be worn

Fit testing for respirator masks wearers is required to ensure mask fits properly to the wearers face shape (less critical with duckbill style)

Carried out by an external company using qualitative and quantitative tests

FFP2 masks are not suitable for bearded/unshaven people who will require an alternative respirator(e.g. hood) as a proper mask seal cannot be achieved on the wearers face



Fit check



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Fit check is undertaken by the wearer and is essential each time a respirator mask is worn to ensure there are no gaps between mask and face for unfiltered air to enter

Safe use of FFP2 respirator mask

1. Separate the edges of the respirator mask to fully open it.
2. Slightly bend the nose wire to form a gentle curve.
3. Hold the respirator mask upside down to expose the two headbands.
4. Using your index fingers and thumbs, separate the two headbands.
5. While holding the headbands with your index fingers and thumbs, cup the respirator mask under your chin.
6. Pull the headbands up over your head.
7. Release the lower headband from your thumbs and position it at the base of your neck.
8. Position the remaining headband on the crown of your head.
9. Conform the nosepiece across the bridge of your nose by firmly pressing down with your fingers.
10. Continue to adjust the respirator mask and secure the edges until you feel you have achieved a good facial fit. Now, perform a fit check.

Check the fit of the respirator mask every time you wear it.

⚠️ The wearer should be clean shaven to achieve a good fit.
Forcibly inhale and exhale several times.
The respirator mask should collapse slightly when you inhale and expand when you exhale. You should not feel any air leaking between your face and the respirator mask.
If the respirator mask does not collapse and expand, or if air is leaking out between your face and the respirator mask, then you have NOT achieved a good facial fit. Adjust the respirator mask until the leakage is corrected and you are able to successfully fit. Check your respirator mask.

HELPFUL TIPS:
The wearer should ensure the respirator mask is:
- The respirator mask becomes increasingly uncomfortable
- The respirator mask is damaged or distorted
- The respirator mask becomes abnormally uncomfortable, itchy or itchy itchy.

For coloured masks the coloured side MUST be worn facing outward and upward in order to provide that resistant protection.

How to safely put on, fit check and take off a FFP2 mask (03/02/2021)



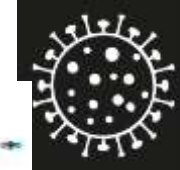
Video and resources on undertaking a fit check available on www.hpsc.ie

What is not considered to be PPE in this context?



- Uniforms and “scrubs” should be laundered after each working shift
- Head coverings – theatre caps not required (except for certain surgical procedures)
- Shoe coverings – no evidence of benefit for IPC – shoes should cover the foot and be wipeable

Type of PPE to wear is based on risk assessment



Low Contact

Unlikely to provide opportunities for the transfer of virus/other pathogens to the hands and clothing.

High Contact

Increased risk for transfer of virus and other pathogens to the hands and clothing.

**Eye protection to be worn on risk assessment*





Additional measures to prevent COVID-19 transmission when caring for people with COVID-19 include:

- Additional wearing of PPE for episodes of care instead of individual patient care based on:
 - type of activity
 - level of contact with clients
- Additional cleaning and disinfection of surfaces and equipment



Some more online resources and links - preparedness

Stay safe at work.



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Do not come to work if you have symptoms of COVID-19 infection, are a contact or are waiting for a test.
Remember, the risk doesn't go away when you are out of the clinical area.

Keep 2M apart or wear a mask if you cannot keep 2M apart.

Travel to work



If you have to share transport, always wear a face covering.

Passengers should sit in the rear of the car, away from the driver.

Break times



Keep 2M from other staff.
If you can't keep 2M distance, wear a surgical mask.
Keeping your distance is safer.



Changing rooms



Keep your distance from other staff.
Do not bring personal items into clinical areas.
When you are caring for people, remove your wrist jewellery and fitness bands.



Public corridors and meeting rooms

Do not stand talking in groups in the corridors. Avoid face to face meetings, but, if you must, please maintain 2M social distance.

If you cannot keep 2M apart, you must wear a mask. Healthcare staff should wear surgical face masks in public work areas.



Stay safe. Protect each other.



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New stay safe at work poster (online version – poster will be printed and HSE services can order)

- New stay safe at work staff webpages
- New stay safe at work animated video <https://youtu.be/iLR1ZHIMvo0>
- Message from the CEO in his regular staff video
- Key messages from Prof Cormican video <https://youtu.be/mxOjqkLy7QU>
- Social media plan
- Staff broadcast
- RESIST newsletter feature
- Inclusion in HG and Community Services news articles/staff communications
- Health Matters piece

Online resources and links



www.hpsc.ie is the central hub for nationally approved infection control guidance relating to COVID19. It contains a wealth of infection control guidance and resources for caring for people in their own home. You should familiarise yourself with the relevant guidance.

All guidance has been approved by the COVID19 National Public Health Emergency Team (Expert Advisory Group) or the HSE Health Protection and Surveillance Centre.

The critical guidance for all staff delivering care in a person's home is:

COVID-19 Infection Prevention and Control [Guidance](#) for Health and Social Care Workers who Visit Homes to Deliver Healthcare



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Online resources and links



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Online training programmes are available on www.hseland.ie This resource is accessible to any service public or private once they have registered online.

The key infection control resources on this site include videos to demonstrate:

- How to perform hand hygiene using soap and water
- How to perform hand hygiene using alcohol based rub
- Breaking the chain of infection – an online infection control course (with a knowledge test)
- How to put on and take off PPE in a community setting (with a knowledge test)
- How to put on and take off PPE in an acute hospital setting (with a knowledge test)



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Online resources and links

There are additional videos on HPSC relating to putting on and taking off the new coverall type PPE and masks with loops. Also included are scenarios for managing patients in a GP clinic area that are useful for other settings

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/videoresources/>

Webinars: there are a number of education webinars on infection control and reducing the risk of transmission of COVID19 in health services.

<https://bit.ly/34YccbT>

Online resources and links



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There are additional videos on HPSC relating to putting on and taking off the new coverall type PPE and masks with loops. Also included are scenarios for managing patients in a GP clinic area that are useful for primary care settings

<https://www.hpsc.ie/az/respiratory/coronavirus/novelcoronavirus/videoresources/>



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Online resources and links



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There is a considerable amount of online information for clients, families, the public. All of this information is available on the HSE website and the link is listed below.

There are many pieces of translated materials, videos in Irish sign language and specific materials for patients who have intellectual disability or who have dementia.

Please familiarise yourself with the range of materials accessible here:

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>



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Online resources and links

Some samples of online posters available for download – use this link

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>



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Visitors

PROTECT YOUR LOVED ONES

Don't visit if you feel unwell with a cough, breathing difficulties, fever or shortness of breath.

			
Wash your hands well and often to avoid contamination	Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and use used tissue	Avoid touching eyes, nose, or mouth with unwashed hands	Clean and disinfect frequently touched objects and surfaces

For more information visit [hse.ie/coronavirus](https://www.hse.ie/coronavirus)

HSE



Cosain tú féin agus daoine eile ó thinneas

Nigh do lámha

- Tar éis casacht nó sraoth
- Nuair a bhíonn tú ag tabhairt aire do dhuine tinn
- Roinn agus tar éis bia a ullmhú
- Sula n-itheann tú
- Tar éis an leithreas
- Nuair atá do lámha salach
- Tar éis lámh a leagain ar ghearradh, spualc nó créacht oscailte
- Is féidir cuimilteoir alcóil lámhe a úsáid mura bhfuil cuma shalach ar na lámha

www.hse.ie/handhygiene

RESIST

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COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK

When you cough or sneeze cover your nose and mouth with a tissue

OR Cough or sneeze into your elbow, not your hands.

Throw away your tissue!

Clean your hands after coughing or sneezing.

THANKS!

HSE