

**Preventing the Spread of COVID-19 in the Home**  
**Mary McGoldrick, Home Health Systems, Inc.**  
**A Webber Training Teleclass**

## Preventing the Transmission of COVID-19 in the Home

Presented by: **Mary McGoldrick, MS, RN, CRNI®**  
Home Care and Hospice Consultant  
Home Health Systems, Inc.

Hosted by Martin Kiernan  
martin@webbertraining.com

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

October 22, 2020

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## Objectives

At the conclusion of this teleclass, the participant will be able to:

- Describe infection prevention and control strategies to prevent the transmission of SARS-CoV-2 in the home.
- Describe best practice recommendations for managing PPE when supplies are limited.
- More effectively prepare to care for a patient suspected or confirmed of having COVID-19 in the home.

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## COVID-19: Management Responsibilities

- Provide equipment and supplies and monitor inventory
- Provide staff education
- Update policies and procedures:
  - Infection prevention and control
  - Occupational health
  - Emergency management
- Collect and monitor staff and patient surveillance data
- Prevent staff exposure to SARS-CoV-2

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## Staff Exposure to Person with COVID-19

Exposure	Personal Protective Equipment
<ul style="list-style-type: none"><li>▪ Prolonged close contact with a patient, visitor, or staff with confirmed COVID-19</li></ul>	<ul style="list-style-type: none"><li>▪ Staff not wearing a respirator or facemask</li><li>▪ Staff not wearing all recommended PPE (i.e., gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure</li><li>▪ Staff not wearing eye protection if the person with COVID-19 was not wearing a cloth face covering or facemask</li></ul>

Source: Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19. June 18, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html>

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## COVID-19: Preventing Occupational Exposures to SARS-CoV-2

- Reduce harm by proactively managing risk to both COVID-19 and non-COVID-19 patients
- Cases and death among healthcare workers
- Universal (Pandemic) precautions:
  - Face mask
  - Eye protection
- Airborne/droplet and contact precautions

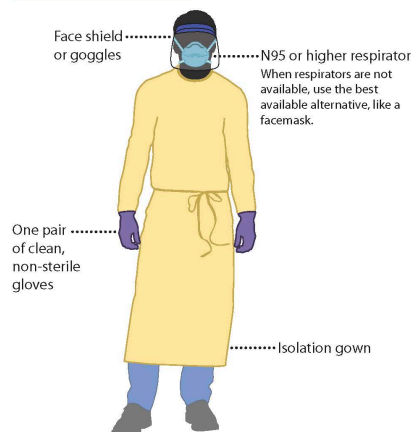
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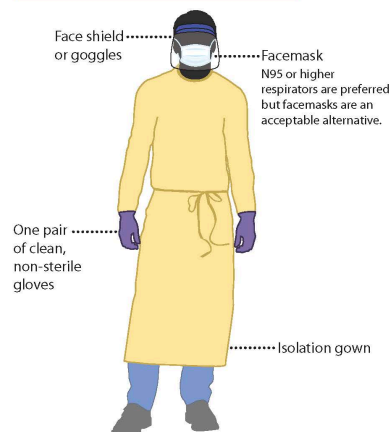
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### COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

**Preferred PPE – Use N95 or Higher Respirator**



**Acceptable Alternative PPE – Use Facemask**



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)


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## COVID-19: PPE Use and Options for Re-use in the Home

PPE	Plan A	Plan B	Plan C (Crisis Capacity Strategy)
N95 Respirator	<ul style="list-style-type: none"> <li>Routine, single-use</li> <li>Aerosol-generating procedures</li> </ul>	<ul style="list-style-type: none"> <li>Extended use</li> <li>Face mask</li> </ul>	<ul style="list-style-type: none"> <li>New NIOSH-approved with exceeded expiration date</li> <li>Non-clinical NIOSH-approved</li> <li>Non-NIOSH-approved</li> <li>Limited re-use with decontamination</li> <li>Limited re-use without decontamination</li> </ul>

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## Respiratory Protection: Potential Compliance Issues

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## COVID-19: Aerosol-generating Procedures

- Examples of aerosol-generating procedures performed in the home
- Personal protective equipment
- Limit individuals present
- Clean and disinfect patient care area promptly after performing

Source: McGoldrick, M. (2020). Isolation Precautions. *Home Care Infection Prevention and Control Program*.

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## COVID-19: PPE Use and Options for Re-use in the Home

PPE	Plan A	Plan B	Plan C (Crisis Capacity Strategy)
Face mask	<ul style="list-style-type: none"> <li>▪ Alternative to N95 respirator</li> <li>▪ Single use</li> </ul>	<ul style="list-style-type: none"> <li>▪ Extended use</li> </ul>	<ul style="list-style-type: none"> <li>▪ New face mask with exceeded expiration date</li> <li>▪ Limited re-use</li> <li>▪ Prioritized use</li> <li>▪ Face covering from non-medical vendor</li> </ul>

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## COVID-19: PPE Use and Options for Re-use in the Home

PPE	Plan A	Plan B	Plan C (Crisis Capacity Strategy)
Gown	<ul style="list-style-type: none"> <li>Disposable</li> <li>Single-use</li> </ul>	<ul style="list-style-type: none"> <li>Cloth</li> </ul>	<ul style="list-style-type: none"> <li>Re-use</li> <li>Extended use</li> <li>Prioritize use</li> <li>Alternatives</li> </ul>
Gloves	<ul style="list-style-type: none"> <li>Single-use</li> </ul>	<ul style="list-style-type: none"> <li>Non-FDA-cleared</li> </ul>	<ul style="list-style-type: none"> <li>Prioritized use</li> <li>Alternative</li> </ul>
Eye protection	<ul style="list-style-type: none"> <li>Single-use</li> </ul>	<ul style="list-style-type: none"> <li>Re-use</li> </ul>	<ul style="list-style-type: none"> <li>Homemade face shield</li> </ul>

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## Eye Protection Options

- OSHA:
  - Not acceptable
  - Acceptable

Glasses



Safety Glasses



Safety Goggles



Medical Face Shield



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Source: McGoldrick, M. (2019). Personal protective equipment: Protecting the eyes. *Home Healthcare Now*, 37(4), 234-235.

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## PPE Removal: Preventing Self-contamination

- Doffing errors
- Staff are required to know:
  - How to recognize tasks that may involve exposure to blood or other potentially infectious materials and when PPE must be used
  - What kind of PPE is to be used
  - How to don PPE, adjust it, wear it, take it off and dispose of it
  - The limitations of the PPE
  - How to care for the PPE, maintain it, and how long it can be used
- PPE disposal

Source: McGoldrick, M. (2020). Personal Protective Equipment Removal: Preventing Self-contamination. *Home Healthcare Now*, 38(3), 170-171.

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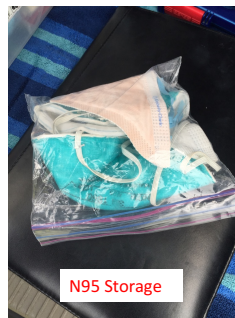
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## Respiratory Protection Storage

### N95 Respirator and Face Mask

- “Never used” respirator storage
- Options for interim storage in “re-use mode”:
  - Storage container
  - Storage temperature
  - Storage location options



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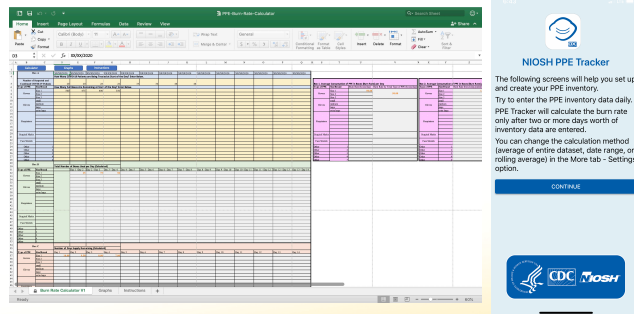
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## COVID-19: Equipment and Supplies Inventory Management

- Monitor inventory and determine PPE needs and burn rate
  - CDCs Burn rate calculator
  - NIOSH PPE tracker app
  - EMS PPE supply estimator
  - PPE preservation planning tool
- Monitor hand hygiene and disinfectants



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## In-home Wearing of Respiratory Protection by Patient/Family

- Who should wear respiratory protection, when, and what kind
- Mask exemptions
- Staff's respiratory protection

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## “Bag Technique”: Best Practices

- When not to bring in the home
- Hand hygiene
- Bag placement:
  - In the home
  - During interim storage
- Routine sanitizing:
  - Exterior
  - Interior
- Management of equipment and supplies:
  - Stored in the bag
  - Removed from the bag



Source: McGoldrick, M. (2020). Cleaning and Disinfection. *Home Care Infection Prevention and Control Program*.  
McGoldrick, M. (2019). Nursing bags manufactured with embedded antimicrobials. *Home Healthcare Now*, 37(3), 178-179;  
McGoldrick, M. (2017). Best practices for home care “bag technique” and the use of surface barriers. *Home Healthcare Now*, 35(9), 478-484.

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## COVID-19 Bag Contents

- Personal protective equipment
- Disinfectant wipes
- Surface barriers
- Paper bags
- Hand hygiene supplies
- Supplementary items:
  - Single-use items
  - Reusable items



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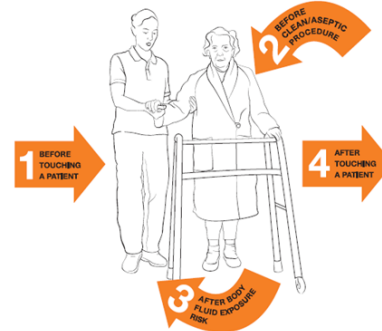
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## Performing Hand Hygiene

- When indicated:
  - Before and after having direct contact with patient
  - Before donning PPE
  - Before performing an aseptic procedure
  - After contact with patient's immediate environment
  - After contact with blood body fluids, or contaminated surfaces
  - After removing PPE
- Using correct technique

### Your Moments for Hand Hygiene

Health care in a residential home



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## Hand Sanitizer Products

- When demand exceeds supply
- Compounded hand sanitizer preparations
- Expiration date
- FDA Safety Alerts



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## Persistence of SARS-CoV-2

Surface	SARS-CoV-2 Survival Time
Aerosols	≤ 3 Hours
Plastic	≤ 2-3 Days
Stainless steel	≤ 2-3 Days
Copper	≤ 4 Hours
Cardboard	≤ 24 Hours

Source: N van Doremalen, *et al.* (2020). Aerosol and surface stability of HCoV-19 (SARS-CoV-2) compared to SARS-CoV-1. *The New England Journal of Medicine.*

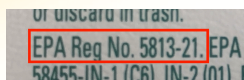
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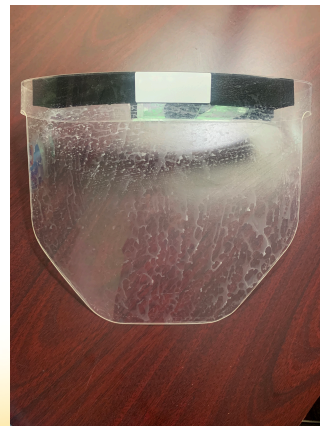
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## COVID-19: Cleaning and Disinfecting

- Disinfect with product from EPA “List N”:



- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Contact time
- Manufacturer’s instructions for use:
  - Personal protective equipment
  - Storage



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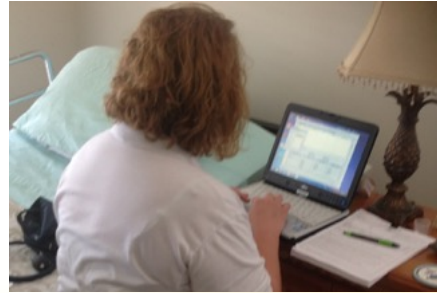
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## Point of Care Documentation: Best Practices for Device Management

- Device management
- Paper documentation
- Electronic visit verification
  - Patient's skin contamination
  - Equipment contamination
- Disinfection



Source: McGoldrick, M. (2019). Electronic visit verification: Infection prevention breaches when capturing the patient's signature. *Home Healthcare Now*, 37(6), 260-261.

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## COVID-19: Staff Education

### Patient Care:

- COVID-19 symptoms and how it is transmitted
- Infection prevention and control procedures
- How to prevent the transmission of SARS-CoV-2
- Maintain clean equipment and supplies

### Occupational Health:

- Health screening activities
- Work exclusions
- Actions to take if develop symptoms at work
- Exposure reporting

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## COVID-19: Patient and Family Education

- Individualized infection control procedures
- How to avoid transmission of COVID-19
- Educate patients with COVID-19 to:
  - Isolate at home during illness
  - Restrict activities, except for medical care
  - Use a separate bathroom and bedroom, if possible
  - Prohibit visitors who do not have an essential need to be in the home
- Provide information from:
  - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>
- Public advocacy

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## COVID-19: Surveillance Data

- Collect and monitor COVID-19 surveillance data:
  - Patient surveillance data
  - Occupational health data

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## COVID-19: Policies and Procedures

Update policies to minimally include:

- Transmission-based precautions:
  - Caring for a patient suspected or confirmed of having COVID-19 in the home or hospice inpatient unit
  - Re-use and storage of PPE, including storage and maintenance
- Hand hygiene
- Management of equipment and supplies:
  - Bag technique
  - Cleaning and disinfection activities
- Respiratory protection plan
- Employee health screening and when staff need to be excluded from work
- Emergency management policies addressing staffing issues

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## Double Trouble: The 2020-2021 Influenza Season

Home Care Provider:

- Vaccination/declination requirements
- Staff education
- Presenteeism

Patients:

- Influenza vaccination
- COVID-19

*Source:* Grohskopf L.A., Alyanak, E., Broder, K.R., ...Atmar, R.L. (August 21, 2020). Prevention and control of seasonal influenza with vaccines: Recommendations of the Advisory Committee on Immunization Practices — United States, 2020–21 influenza season. *MMWR Recommendations and reports*, 69(8), 1–24.  
McGoldrick, M. (2015). Monitoring and managing ill home care and hospice staff. *Home Healthcare Now*, 33(10), 555-556.

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## Preventing the Transmission of COVID-19 in the Home

- Infection prevention and control strategies to protect the staff and prevent the transmission of SARS-CoV-2 in the home.
- Best practice recommendations for managing PPE and other inventory when supplies are limited.
- Other measures to prevent infections in both staff and patients.



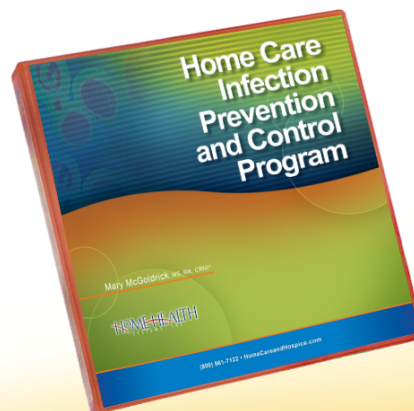
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## Questions?

Mary McGoldrick, MS, RN, CRNI®  
Home Care and Hospice Consultant  
Home Health Systems, Inc.  
Phone: (800) 961-7122  
Fax: (800) 649-0017  
E-mail:  
mary@homecareandhospice.com  
Web: HomeCareandHospice.com



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November 5, 2020	<b><u>INFECTION PREVENTION AND CONTROL IN HOME HEALTHCARE - FINDINGS FROM TWO LARGE MULTI-METHOD STUDIES</u></b> Speaker: <b>Prof. Jingling Shang</b> , Columbia University
November 12, 2020	<b><u>INFLUENZA DIAGNOSIS, TRANSMISSION AND CONTROL IN AN EVERYDAY HOSPITAL SETTING</u></b> Speaker: <b>Dr Julian W Tang</b> , University of Leicester, UK
November 19, 2020	<b><u>EMERGING FUNGAL INFECTIONS AND INFECTION PREVENTION AND CONTROL</u></b> Speaker: <b>Prof. Andreas Voss</b> , Radboud University, The Netherlands
	<b><u>EFFECTIVELY MONITORING HAND HYGIENE: DIRECT OBSERVATION</u></b>

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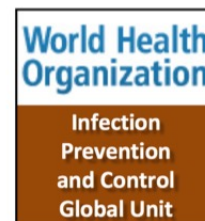
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