

PPE 5/8/2020 Transcript

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Welcome to the Illinois Department on Aging's presentation on standard precautions and personal protective equipment. Otherwise known as PPE. We appreciate you taking time to listen to this presentation. My name is Sue DeBoer and I'm one of the division managers here at the Department on Aging. I'm Becky Dragoo. I'm also division manager here at the Department.

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The one overarching goal of this presentation is that you walk away with how to reduce the transmission or spread of germs that can lead to infections and diseases for you.

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And those you come into contact with. We reduce the spread of infections and diseases through standard precautions and the use of PPE or personal protective equipment. As nurses, understand the importance of reducing the spread of infections and diseases since we've taken care of patients who were sick and because either they didn't take steps to protect themselves or people around them. When you work in healthcare, sometimes you take for granted your understanding of how germs are spread and how the transmission of infections occurs. When we come in contact with the germ, we move that germ around which can increase the number of people who can become infected by that germ. Germs can be spread in many ways including breathing the airborne germs, touching contaminated objects or eating contaminated food, coming in contact with body fluids, skin to skin contact, or contact with unbroken skin.

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When we spread germs, we not only increase our chances of getting sick, but we also increase the chances of others getting sick. The issue with most germs is they have to get inside your body in order to make you sick. If the germ never enters a body most of the time there is no harm.

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If our bodies are healthy and we have a strong immunity, our immune system can fight off diseases and infections. If we have other health conditions, our bodies are already working hard to keep us safe and healthy, so our immune system might not mount as a strong of a response as we need it to.

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When you have underlying health conditions, parts of our body are also more susceptible to other infections and diseases. So how do we reduce germs from moving around and entering our bodies?

We use standard precautions. Standard precautions were developed by the Centers for Disease Control and Prevention nearly 25 years ago and were derived from universal precautions. Standard precautions are the minimum infection prevention practices that prevent spreading infections between individuals. Standard precautions include but are not limited to: hand hygiene, the use of personal protective equipment such as gloves masks or eye wear, respiratory hygiene and cough etiquette, and cleaning and disinfecting environmental services. As you see from what is included in standard precautions, those modes of transmission that were mentioned on a previous slide are addressed such as skin to skin contact, touching contaminated objects, and Airborne droplets. When you use standard precautions you protect yourself and those around you from infections and disease.

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When do you use a standard precautions? Well with standard precautions, there are some key points that can help us reduce the spread of infections and diseases. They are we assume that everyone around you is carrying diseases and germs that can be spread from person to person to protect both the worker in the participant along with their families. You have to always remember that each person can be carrying a disease or germs that could make you sick if you could come in contact with someone's blood respiratory droplets or other body fluids, you should always use standard precautions. By assuming everyone is carrying germs, you apply techniques that can help keep you and those around you safer. The next few slides we'll go over the most common actions you can take in

protecting yourself and others from germs. The most important action is hand washing.

4:13

Our hands are one of the most unique parts about us. They allow us to do so many things such as making a meal, brushing our teeth, brushing or combing our hair, and buttoning our shirts. But with all those great things that our hands do, look at what they can come up contact with!

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This is why we wash our hands, because they do come in contact with all of those things and so much more! If we wash your hands, we remove dirt and germs to protect ourselves and those around us.

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When we miss the opportunity to wash your hands, we continue to spread the infections and diseases and unfortunately, we spread those to the people that are probably already sick or have a higher risk of getting sick.

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Why washing your hands correctly is so important is that there's typical parts of your hands that can be missed. As you can see, when we wash our hands we leave behind many places where the germs can hide out. Even though we touch many things with the palms of our hands, the backs of our hands can also carry germs and dirt.

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As this picture shows, even with after washing our hands, we are still carrying germs. The areas shaded in black are the most likely to be missed when washing your hands. Those in the gray area are the next most likely areas to be missed those and make up most of the back of the hands the back of the fingertips the back of the thumb and the areas between your fingers.

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As we mentioned in one of the opening slides, there are times that you are more likely to spread germs. You should always be mindful of washing your

hands, but there are a few situations that you must wash your hands to reduce the spread of those germs. You should wash your hands before preparing or eating food or providing personal care for a participant. You should also always wash your hands anytime they are visibly dirty.

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It is also important to wash your hands after preparing food, using the toilet or changing incontinence products, touching an animal, assisting another or blowing your own nose, coughing or sneezing, providing personal care for a patient or participant, and handling garbage.

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Remember you should also wash your hands if at any time they are visibly dirty. So, we talked about why and when you should wash your hands, now we should talk about how to wash your hands. There is a video link that will be connected to this presentation that does demonstrate how you can wash your hands. When you wash your hands, there's two different options you have: one is to use warm or cool soapy water or

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with alcohol. We will review both of those options here. When you wash your hands with soap and water, you're going to wet your hands with the running water again, either warm or cold; you're going to apply soap in the cup of your hand and lather well. As you rub your hands, palm to palm, very vigorously for 20 seconds you might ask yourself how long is 20 seconds? If you sing Happy Birthday two times that should equal about 20 seconds.

7:28

When you are scrubbing your hands very vigorously, you should always remember to scrub the back of your hands, the wrists, your fingers, and underneath your fingernails. If you can think back to the picture a few slides ago, there are certain areas that were more prone to being missed while washing your hands.

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After you've vigorously washed your hand you're going to want to rinse well and dry with a clean towel. Use that clean towel to turn the faucet off. And if you are in a room, please use that towel to exit the room.

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You can also use an alcohol-based hand sanitizer to clean your hands. Alcohol-based hand sanitizers are an acceptable alternative when soap and water aren't available.

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If you use a hand sanitizer, make sure the product contains at least 60 percent alcohol. Follow these steps: apply enough of the product to the palm of your hand to wet your hands completely, rub your hands together covering all surfaces that were mentioned in the slide earlier including your wrists and in between your fingers and your fingernails and then allow the product to dry. That's an important part allowing the product to dry completely before you move on. Remembering why, when, and how to wash our hands will be a key to reducing the spread of germs while you work with your participants.

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Another part of standard precautions is covering your coughs and sneezes since that reduces the spread of airborne germs.

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You might have heard some of these or seen posters in doctor's offices or other Healthcare settings that you should cover your cough or sneeze. Remember cover your mouth and nose with a tissue or your inner elbow when coughing or sneezing then use the nearest trash can to get rid of the tissue. Afterwards you should also wash your hands with soap and water or use an alcohol-based hand rub after you cough or sneeze or if you help someone with a cough or sneeze such as putting their tissue in the trash. Again, when you cover your coughs or sneezes, you reduce the spread of germs. If you noticed you're seeing how standard precautions overlap; here you cover your coughs or sneezes, but you're also washing your hands either after your own cough or sneeze or after you help someone else with taken care of their cough or sneeze.

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We'll move to cleaning up body fluids. We know that you are not going to be changing dressings for your participants or doing any major medical procedures, but you might come in contact with some body fluids. So, we thought it would be helpful to have a brief understanding of how to clean up those body fluids.

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Examples of body fluids can be blood saliva spit, phlegm, vomit, urine, or feces. When you are dealing with spills of body fluids, you always want to make sure that you're following infection control procedures by very carefully isolating the area and wearing gloves, which we'll talk about later how to put them on and take them off and the next slide. We will also review some steps that are sure how to reduce the spread of the infections.

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This side shows a method for cleaning up body fluids as you see there are several steps in cleaning up body fluids, but the steps aren't too difficult. First you soak up the body fluids with paper towels and then put all of the materials in the trash. If the first bag is leaking, you should put it in a second trash bag.

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Mix one-part bleach to 100 Parts water and apply the it to the area for 10 minutes unless the blood is present. Then the mix should be a 1 to 10 ratio. The next step is to wash the area with hot water and soap and detergent dry the area with paper towels.

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And throw away the paper towels and your gloves you should then vigorously wash your hands.

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If you got any of the fluids on your clothes rinse them in cold running water, soak in a bleach solution for half an hour, then wash separately from other clothing or linen with hot water and detergent.

We have all learned more about coronaviruses and how they can be spread. The name COVID-19 is just an abbreviation of coronavirus disease 2019, The CO in COVID-19 is from Corona; the VI is from virus; the D is disease; and the number 19 indicates that it was discovered in 2019. COVID-19 is a new virus and our bodies do not have the antibodies to help fight this off.

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This is why using the steps associated with standard precautions are so important.

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Covid-19 is a virus in a large family of viruses

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that are mainly transmitted through respiratory droplets and contact transmission. Parts of the virus make it very susceptible to soap and water which destroys the outer layer of the virus.

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So how is COVID-19 transmitted? Even though doctors, nurses, and public health scientists are still learning more about COVID-19, we do know that the virus is spread through respiratory droplets and this can occur through coughing, sneezing, laughing, and talking. We are still learning though, how long droplets can survive outside of the body. Therefore, the role of surfaces or contact with those surfaces is not well understood.

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If we use the standard precautions that we've been talking about this in this presentation, we can make the assumption that everyone and everything we come in contact could have the germs that make us sick.

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So how do we counteract the virus? We can wipe down frequently touch surfaces with approved disinfectant or bleach solution. For droplets that are airborne, we can counteract that by staying physically distance from people and using personal protective equipment, otherwise known as PPE.

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I'd like to talk a little bit about decreasing the transmission around the house. So first of all, you can help reduce the spread by frequently washing and cleaning surfaces that could hold germs such as flat and frequently touch surfaces in the bathroom and kitchen areas. Make sure to regularly wash with hot water and detergent areas such as the floors bathrooms and surfaces such as tables and countertops thoroughly wash and dry after.

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Drying is particularly important since many germs rely on moisture to live and grow on articles such as mops brush and cloths that you might be using around the house and in the kitchen areas.

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We've been hearing a lot about PPE lately and especially as it relates to COVID-19. PPE can include things such as gloves, masks, gowns, goggles, and those types of items. We'd like to just go over PPE in a review using PPE.

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PPE alone does not completely protect you from germs and you should still take other steps like hand washing to reduce the spread of germs. PPE itself can still carry germs. So putting it on and taking it off correctly will help protect you, It is important to remember that the PPE you will be wearing is not sterile. So is there is no area on the PPE that if touched would require it to be thrown away.

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There are video links that will be shared with this presentation and we strongly encourage you to watch them after finishing the presentation.

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We're going to talk about how to put gloves on. As you see they're only a few steps on how to put gloves on correctly. There are no areas that if accidentally touched prior to putting them on that would require you to throw them away. The few steps are to wash your hands as we described in the slides earlier. Then you'll take a glove from a package or a box and you'll hold that one glove at the wrist and you'll gently pull it up to the

wrist while sliding your fingers into the glove. You will do the same thing to the next glove on the other hand.

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There's also a way to remove your gloves.

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This is because although gloves that you put on were not sterile, since you've worn them, they picked up dirt and germs. That's why it's very important to remove your gloves carefully and properly. We will go over the steps of how to remove the gloves on this slide and there will be a video that shows you how to take them off. So grasp the outside of the glove at the wrist. Do not touch your bare skin peel the glove away from your body pulling it inside out.

16:44

Hold the glove you removed in your gloved hand. You're going to peel off the second glove by putting your fingers inside the glove at the top of your wrist and turn the second glove inside out by pulling it away from your body leaving the first glove inside the second. Throw the gloves in the trash. Do not reuse the gloves and wash your hands immediately after removing gloves.

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We're going to move to the next slide now that shows a demonstration.

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As you see this individual is going to be showing us as they rub on the dirt. You'll see he'll use a black substance to indicate how dirty your gloves can get.

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He's also putting this substance on his gloves to show that as you take them off, he will indicate that there is no black on his bare skin once the gloves are removed. You're going to grab one glove from the inside of the glove and turn it inside out onto itself creating a ball.

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That will then be kept in the still gloved hand.

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The second part is he takes the glove off and removes it into the other glove and turns them inside out and throws them away. As you see his hands have no black on them indicating that he did not touch bare skin with his hands. We're going to let you just watch this video one more time so you can see him remove the gloves.

19:40

We'd like to talk next to you about putting on a mask.

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Again, there are several steps to properly putting on a mask. Some important steps to highlight are washing your hands prior to picking up the mask to put it on. It is also important to place the colored side, usually blue or yellow, of the mask away from your face and place the bendable edge on the top of your nose. Once the mask is properly secured. You will pinch the bendable inch edge around the nose. It is important to make sure the mask covers your nose and mouth down to your chin and keep it in

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position the entire time you were wearing the mask. You will then wash your hands after you have put your mask on.

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So how do you take your mask off? You're going to wash your hands before removing the mask. You do not want to touch the inside of the mask, the part that's over the nose and the mouth, as it may be contaminated from your breathing, coughing, or sneezing. You will untie or remove the ear loops and remove the mask by the straps. If you can do it over a trash can where you can just literally discard it right into the trash, that would be best.

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After you've taken off your mask again, you're going to wash your hands.

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This slide has some important video links on it that we'd like you to watch after you finish the PowerPoint presentation. They include handwashing, putting on and removing gloves, putting on and removing a mask.

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And then if you're wearing both, putting on and removing gloves and a mask. Now we know communicating with a mask is always a little more difficult because over half of our communication occurs with our facial expressions. So, while we wear a mask we are losing half of our message. There are some ways that can help you communicate while you are wearing that mask. One of them is to turn and talk directly to the person you are speaking to. You might need to speak louder or more slowly, especially if people have hearing or visual problems. It is also useful

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To incorporate head and eye movement to provide some nonverbal cues.

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There's some additional tips that we'd like to offer in terms of going into a participants home.

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You should make sure to store your personal items securely in your vehicle prior to arriving at the location. Bring only items that are necessary for your visit into the home, avoid placing belongings on table tops and counters that might have high levels of germs or disinfect the surfaces before you set articles down.

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Make sure that you avoid physical contact and if possible, maintain a 6 foot distance. Also avoid doorknobs, and if you can allow family members to open the doors or use a barrier yourself when you leave a participant's home. You might want to try to set up the area near the exit door in a way that can allow you to take your PPE off as close to the door as possible.

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This could mean possibly setting up a trash can with the liner and then if you have soap and water or hand sanitizer right near the exit as you remember with removing your PPE or washing your hands both prior and after taking the PPE off once you have removed the PPE you do not want to touch your face anymore.

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When you return to your vehicle after leaving a participants home, make sure to disinfect the door handles after each visit with disinfectant prior to entering the vehicle. Put a barrier where you're placing your supplies like a plastic bag or another article that can be discarded day a lie. Make sure you sanitize the following items: your cell phone, if you have a pen that you didn't leave in the home, your name badge, and any additional supplies you take with you.

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When you get home, if you can do your best to remove your clothes prior to going into the rest of the residence that could be either in the garage or a small room off the side of the entry door. You'd want to put your clothes either in a basket with the liner or put them directly into the washing machine.

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You should shower immediately after you get home. An important piece to remember is not to have much contact with people in your household until you go through these steps. Another way to help take care of your mental health is to avoid talking about COVID-19 issues.

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Here's the sources and the links that we referred to earlier in the presentation. And again, we encourage you to click on these as they have vital and important information to you.

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As nurses we sometimes take for granted information in this presentation. We covered a lot of material and we hope that you have a better

understanding of how germs can be spread and lead to infections and diseases. With using standard precautions, you've learned ways to reduce the spread of germs. We also hope you're more comfortable with putting on and taking off PPE.

24:56

These are a few ways to help protect yourself, your friends and family, and the participant. Thank you for making time to listen to this presentation on standard precautions and personal protective equipment. The work you do is very important and using this information in the presentation, we hope will keep you in the participant even safer. Be safe and take care.