

# HMI INSERVICE

## 1ST AND 2ND QUARTER 2020



### COVID-19 AND INFECTION CONTROL

#### **About COVID-19 / SARS-CoV-2**

SARS-CoV-2 is the virus that causes Coronavirus Disease 2019 (COVID-19). Coronaviruses can cause respiratory illnesses in people and animals. SARS-CoV-2 is a coronavirus that most likely evolved from a virus previously found in animals. The majority of known coronaviruses do not cause serious health threats to most people.

Symptoms of COVID-19 can be mild to severe and include: cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, and gastrointestinal distress.

This inservice will review prevention and management strategies for COVID-19 in home healthcare.

#### **Contents**

- **Minimizing Exposure**
- **Standard and Transmission-Based Precautions**
- **Home Care for Patients with COVID-19**
- **Managing Visitor Access**
- **Self-Monitoring of Healthcare Workers**
- **Training and Education**
- **Reporting**
- **Management of PPE (Personal Protective Equipment)**

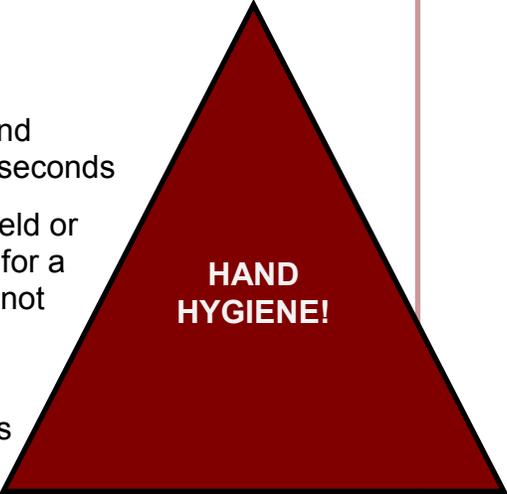
## **MINIMIZING EXPOSURE**

- ◆ UNIVERSAL SOURCE CONTROL—Everybody should wear masks including patients, visitors, and healthcare personnel
- ◆ SYMPTOM SCREENING—Check yourself and your patient for a fever and for symptoms at the start and end of your shift
- ◆ PATIENTS AND VISITORS—Patients should wear cloth face coverings while receiving care; visitors should wear cloth face coverings while visiting the patient; EVERY PERSON should perform hand hygiene before and after touching their face covering (whether to adjust, put on, or remove it)
- ◆ CHILDREN UNDER 2—Should NOT wear face coverings
- ◆ HOME HEALTH AIDES—Should wear a facemask the entire time you are in the patient's home
- ◆ HAND HYGIENE—Perform hand hygiene before entering, immediately after entering, and after leaving the patient's home and ask visitors to do the same
- ◆ SAFE DISTANCE—Encourage visitors to keep a safe distance (6 feet) and maintain a safe distance when not performing duties that require you to be closer than 6 feet to the client

**FACE MASKS OR CLOTH COVERINGS REQUIRED  
(unless not medically tolerated)**

## **STANDARD AND TRANSMISSION-BASED PRECAUTIONS**

- ◆ Use a facemask for your entire visit
- ◆ Gloves should be properly utilized and changed between procedures
- ◆ Perform hand hygiene before and after:
  - ⇒ All patient contact
  - ⇒ Contact with potentially infectious material
  - ⇒ Before putting on and after removing PPE
- ◆ Hand hygiene should be performed with soap and water or alcohol-based hand rub for at least 20 seconds
- ◆ You need a respirator or facemask and face shield or goggles and an isolation gown if you are caring for a patient with known or suspected COVID-19 but not for other patients
- ◆ A patient with known or suspected COVID-19 should be isolated in his or her room and visitors should be restricted
- ◆ Never reuse gloves and always perform hand hygiene before putting on and after removing them
- ◆ Because of supply chain limitations, you may need to reuse your face-mask; please perform hand hygiene before and after putting it on and after removing it and before and after adjusting it
- ◆ All visitors should be screened for symptoms and encouraged to wear a cloth face covering



**HAND  
HYGIENE!**



**STANDARD PRECAUTIONS—ASSUME EVERY  
PERSON MAY BE INFECTED**

## **Home Care and the COVID-19 Patient**

When caring for a patient with known or suspected COVID-19:

- ◆ **Both you and the patient should wear face coverings**
- ◆ **Visitors should be restricted**
  - ⇒ **Alternate visit methods like video calls should be encouraged**
  - ⇒ **Visits should be scheduled for only one visitor at a time**
  - ⇒ **Visitors must be screened for symptoms**
  - ⇒ **Visitors must wear face coverings and maintain a safe distance**
  - ⇒ **Visitors should be instructed on hand hygiene and limiting touching of surfaces**
- ◆ **Continue to perform hand hygiene before and after patient contact, before and after touching potentially infectious materials, before and after putting on and removing PPE, and before and after touching or adjusting your facemask**
- ◆ **You will be assigned special equipment, including a gown and eye protection and will receive training on their usage**
- ◆ **Please inform HMI if you believe your respirator mask does not fit correctly (if you can feel any air leaving the mask when you breathe out, it does not fit)**
- ◆ **Whenever possible, the patient should stay in the same room during the entire illness (can leave to use the restroom)**
- ◆ **If the restroom is shared with other individuals in the patient's home, it should be disinfected after each use**
- ◆ **The patient's laundry should be done on its own**
- ◆ **After the patient no longer has any symptoms, he or she will be reassessed and is generally considered free of the COVID-19 disease after 72 hours of remaining symptom-free**

## Self-Monitoring and Assessing

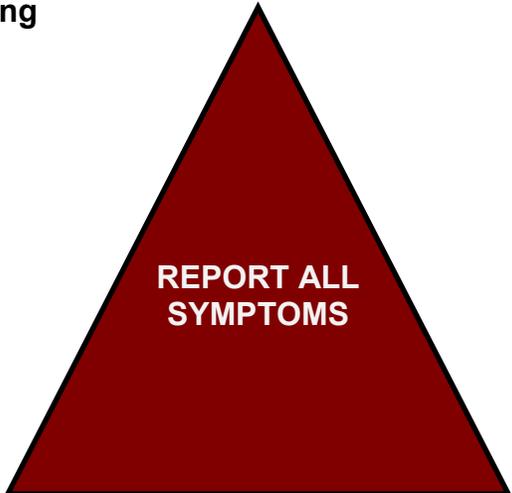
### VISITORS:

1. Restrict or provide alternate access (videos)
2. One at a time
3. Face coverings
4. Screen for symptoms
5. Teach hand hygiene
6. Don't touch surfaces

***Check yourself before and after your shift.***

Any ONE of these symptoms could indicate COVID-19:

- **Cough**
- **Shortness of breath or difficulty breathing**
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Gastrointestinal distress



**REPORT ALL SYMPTOMS**

If you have symptoms:

- Do not go to work
- Stay home and isolate in a private room in your home until you are assessed
- Call HMI
- Call your healthcare provider to get assessed
- Ask your physician for documentation at every step

## Training and Education

- ◇ Information is being sent out regularly through the Carewatch GO! Mobile app—please read these messages
- ◇ Onsite training by your supervisory RN has been provided during supervisory visits and routine visits
- ◇ Please reach out to your supervisory RN or the Director of Human Resources, Rohini Maris, if you have questions about any of the information that was sent out

## Reporting

- ◇ Report **YOUR OWN** symptoms
- ◇ Report your **CLIENT'S** symptoms
- ◇ Report an unsafe or uncontrollable environment
- ◇ Report to HMI if individuals entering the client's home appear to be violating any of the standards outlined in these pages or CDC or Department of Health recommendations

## Personal Protective Equipment (PPE)

- ◇ Facemasks (limited supply available at the HMI offices)
- ◇ Gloves (available at the HMI offices)
- ◇ Gowns, respirator masks, face shields (available for employees working with patients who are confirmed or suspected to have COVID-19)

## **COVID-19 Diagnosis, Quarantining, Returning to Work**

- ◇ If you have been exposed to a client with known or suspected COVID-19, you can continue to work if you followed universal masking guidelines while providing care (you were masked the client had a cloth face covering) and if you have no symptoms
- ◇ If you are ordered to quarantine, please providing documentation by a healthcare provider as the Department of Health guidance for healthcare providers is to continue working per the above
- ◇ If you experience any single symptom, please stop work, notify HMI and any other employer, and contact a healthcare provider for evaluation—remember to collect documentation of evaluation
- ◇ If you receive another diagnosis and your healthcare provider recommends you can return to work, then you can return to work
- ◇ If you are not diagnosed with COVID-19 but have no other diagnosis, you will be ordered to stay home for 10 days and at least 72 hours after your symptoms resolve OR if you have two negative test results within 24 hours you can return to work
- ◇ If you are diagnosed with COVID-19, you can return to work after being 72 hours free of symptoms and 10 days from beginning of symptoms or two negative test results within 24 hours

### **Resources**

<https://www.osha.gov/SLTC/covid-19/medicalinformation.html>

<https://www.osha.gov/SLTC/covid-19/controlprevention.html>

<https://www.osha.gov/SLTC/covid-19/healthcare-workers.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html#adhere>

[https://dchealth.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/COVID\\_Reporting%20and%20Testing%20Update\\_5-7-2020\\_FINAL.pdf](https://dchealth.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/COVID_Reporting%20and%20Testing%20Update_5-7-2020_FINAL.pdf)

<https://coronavirus.dc.gov/healthguidance>

Employee Name: \_\_\_\_\_

**Test Questions HMI Inservice Quarter 1 and Quarter 2 2020**

1. Who needs to wear facemasks (medical/surgical/respirator) in the patient's home?
  - a. Everybody
  - b. Nobody
  - c. Medical Professionals such as the Home Health Aide
  - d. Visitors
2. Who needs to use cloth face coverings in the patient's home?
  - a. The patient
  - b. Visitors
  - c. The patient and visitors
  - d. Nobody
3. Who needs to perform hand hygiene when they enter the patient's home?
  - a. Everybody
  - b. Nobody
  - c. Healthcare workers like the Home Health Aide
  - d. The patient
4. How long do you need to wash your hands for?
  - a. 10 seconds
  - b. 20 seconds
  - c. 45 seconds
  - d. 1 minute
5. When does the home health aide need to perform hand hygiene?
  - a. After patient contact
  - b. Before and after all tasks
  - c. After removing gloves
  - d. Before touching your face
6. How long is an individual who had COVID-19 considered to have the active disease?
  - a. Forever
  - b. Two weeks
  - c. 72 hours after symptoms end
  - d. 72 hours after symptoms start
7. What is COVID-19?
  - a. A respiratory infection
  - b. A disease that only animals can get
  - c. An autoimmune disorder
  - d. A cold

8. How often does the Home Health Aide need to change their gloves?
  - a. After completing the task
  - b. Once a day
  - c. At the end of the shift
  - d. Twice a day
9. True or false: **All** Home Health Aides need to wear N95 respirator masks.
  - a. TRUE
  - b. FALSE
10. Kendra, a Home Health Aide, has a cough but no fever. Should she go to work?
  - a. YES
  - b. NO
11. Dave, a Home Health Aide, has allergies and has been sneezing and has a sore throat. What actions does he need to take?
  - a. No action needed
  - b. Get evaluated by a doctor and tell HMI
  - c. Stay home for 14 days and tell HMI
  - d. Wait to see if he develops a fever to say anything
12. Name 5 symptoms of COVID-19:
  - I. \_\_\_\_\_
  - II. \_\_\_\_\_
  - III. \_\_\_\_\_
  - IV. \_\_\_\_\_
  - V. \_\_\_\_\_
13. How many symptoms does someone need to have before they should get evaluated?
  - a. 1
  - b. 2
  - c. 3
  - d. 4
14. When does the Home Health Aide need to check themselves for symptoms?
  - a. Start of shift
  - b. End of shift
  - c. Start and end of shift
  - d. Wake up in the middle of the night to check
15. What should you do if a patient wants his brother to visit him?
  - a. Try to find other solutions
  - b. Schedule the visit
  - c. Limit the visit to just the brother
  - d. Assess the brother for symptoms when he arrives
  - e. Make sure the brother wears a face covering
  - f. Say no

Signature: \_\_\_\_\_

Date: \_\_\_\_\_