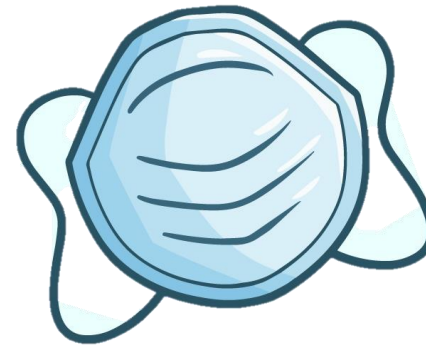


Welcome
to the
Long Term Care RISE

 Penn Medicine |  TEMPLE HEALTH

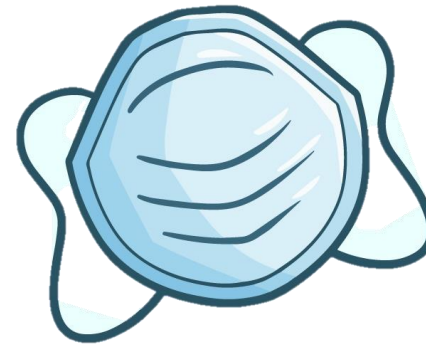
Session on
PPE: Back to Basics





What is PPE? Why do we wear it?

- ▶ PPE (Personal Protective Equipment) is specialized clothing/equipment worn by an employee for protection against infectious materials
- ▶ Personnel safety is improved in the healthcare environment through appropriate use of PPE



PPE Types

What?	Gloves 	Gowns 	Masks/Respirators 	Goggles 	Face Shield 
Why?	Protect hands	Protect skin and clothing	Protect mouth and nose	Protect eyes	Protect mouth, nose, eyes
When?	<ul style="list-style-type: none"> • Potential direct contact with blood, body fluids, mucus membranes, non-intact skin and contaminated items or surfaces • Contact precautions 	<ul style="list-style-type: none"> • During procedures and patient care when you anticipate contact with blood, body fluids, on clothing or exposed skin • Contact precautions 	<ul style="list-style-type: none"> • During patient care activities likely to generate splashes or sprays of blood or body fluids • Droplet & airborne precautions 	<ul style="list-style-type: none"> • During patient care activities likely to generate splashes or sprays of blood or body fluids • COVID-19, Mpox precautions 	<ul style="list-style-type: none"> • Alternative to goggles with better facial protection during patient care activities likely to generate splashes or sprays of blood or body fluids
How?	<ul style="list-style-type: none"> • Work from clean-dirty • Don't touch face • HH before glove use • Change gloves whenever soiled, between patients • Never wash or reuse 	<ul style="list-style-type: none"> • First piece of PPE donned • Always wear in combination with gloves • Remove before leaving patient care area 	<ul style="list-style-type: none"> • Fully cover nose and mouth 	<ul style="list-style-type: none"> • Fit snugly over and around eye • Personal glasses are NOT a substitute for goggles 	<ul style="list-style-type: none"> • Cover forehead, extend below chin, and wrap around side of face • Reminder: remove protective film on face shield prior to use

Precautions

Standard Precautions

- Previously called universal precautions
- Assumes blood and body fluid of ANY resident could be infectious
- Basic level of precautions to be used at all times

PPE to Use When Implementing...

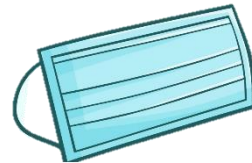
Contact Precautions

Example Infections:
MRSA, C. Diff



Droplet Precautions

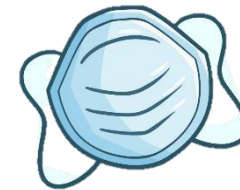
Example Infections:
Influenza, RSV



Surgical masks within 3
feet of patient

Airborne Precautions

Example Infection:
Tuberculosis, Measles



Respirator

Special Pathogens

Example Infection:
COVID-19, Mpox



Enhanced Barrier Precautions

- Expands use of gown and gloves to high contact resident care activities
- Applies to residents with either of the following:
 - Infection or colonization with an MDRO *when Contact Precautions do not apply*
 - Wounds and/or indwelling medical devices (e.g., central line, urinary catheter, feeding tube, tracheostomy/ventilator) *regardless of MDRO colonization status*



ENHANCED BARRIER PRECAUTIONS EVERYONE MUST:



Clean their hands, including before entering and when leaving the room.

PROVIDERS AND STAFF MUST ALSO:



Wear gloves and a gown for the following High-Contact Resident Care Activities.

**Dressing
Bathing/Showering
Transferring
Changing Linens
Providing Hygiene
Changing briefs or assisting with toileting
Device care or use:**



**central line, urinary catheter, feeding tube,
tracheostomy
Wound Care: any skin opening requiring a dressing**

Do not wear the same gown and gloves for the care of more than one person.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Donning and Doffing PPE

- ▶ Put on(**Don**) before entering the room
- ▶ Remove(**Doff**) and discard at doorway or immediately outside patient room

Donning Order



Gown



Mask



Goggles / Face Shield



Gloves

FIRST

LAST



Gloves



Gown

Exit patient room
(perform HH)



Goggles / Face Shield



Mask

Doffing Order

Reminder: Contaminated areas (outside front) vs. Clean areas (inside / no contact with organisms)

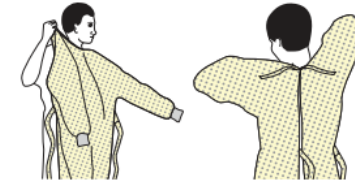
CDC Signage for Donning & Doffing PPE

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



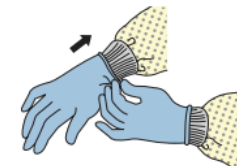
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

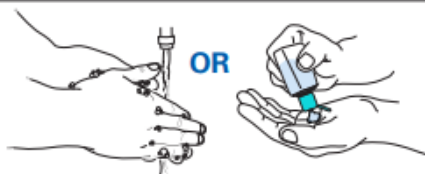


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS
BECOME CONTAMINATED AND IMMEDIATELY AFTER
REMOVING ALL PPE



HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

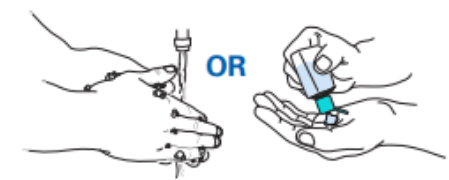


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS
BECOME CONTAMINATED AND IMMEDIATELY AFTER
REMOVING ALL PPE



Optional Demonstration

- ▶ Option 1: One Presenter
 - Don and doff the PPE components in the correct order
 - Make sure to call out which part of PPE you are putting on/taking off and when to perform Hand hygiene
 - Explain why you put on that piece of PPE the way you do and in the order you are using.
- ▶ Option 2: Multiple Presenters
 - Set up 4 stations with one type of PPE each (gloves, masks, gowns, goggles / face shields)
 - Have participants rotate between tables to review and show you the correct way to put on and take off that piece of equipment
- ▶ Utilize the community's PPE cart for demonstration

