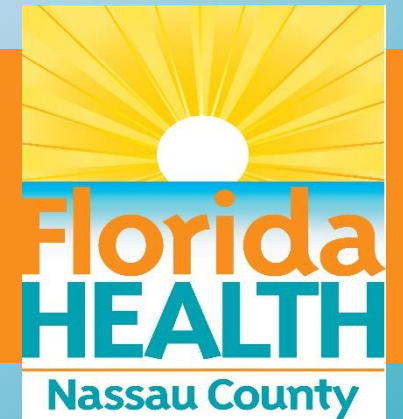# Infection Control in LTC

Susan Pendergrass, MSN, MEd, APRN, FNP-BC

Florida Department of Health

Objectives

1. Discuss risk factors placing the LTC resident at higher risk for infection, with focus on COVID-19

2. Review infection control guidelines and best practices, including Personal Protective Equipment (PPE's)

3. Discuss considerations and recommendations for LTC facilities and staff regarding approaches to effective infection control

Infection Control: " Stop The Spread "
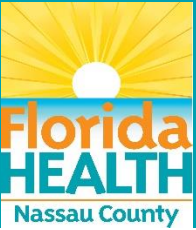
Protect Residents

Protect Staff

Protect Yourself

Protect Others

LTC Residents:

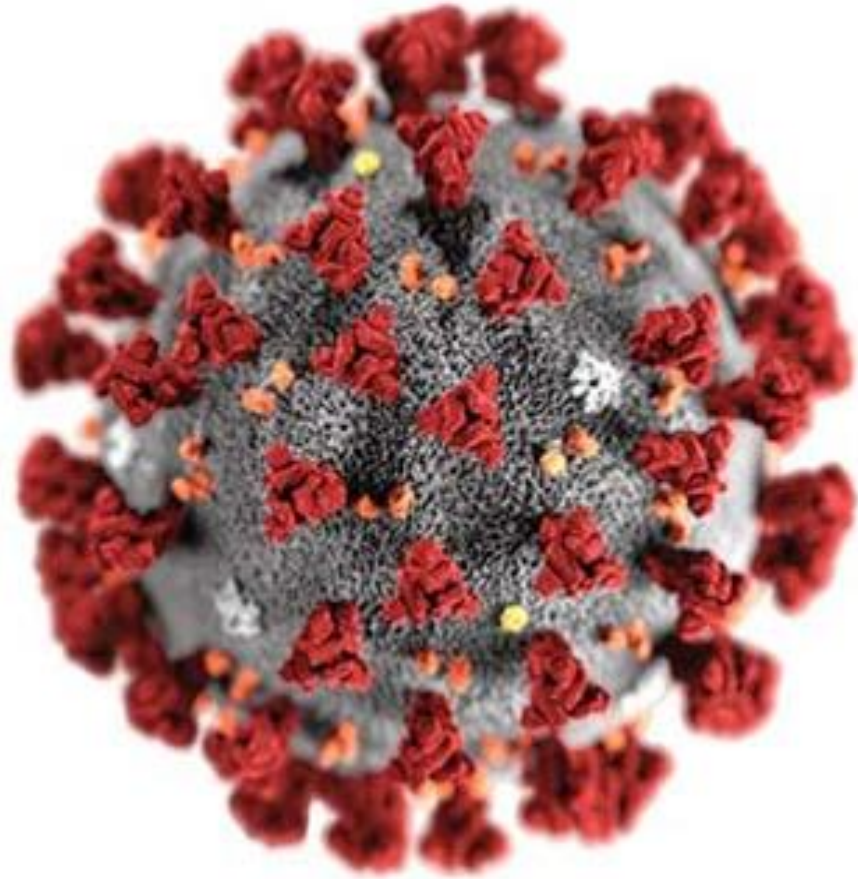Vulnerable to infections > Multiple medical conditions, < immune system, body systems change with age

Functional impairment   >   Physical and mental

Physical environment   >   Social distancing may be challenging

Health care needs   >   Different needs require different levels of care

Overview of COVID-19

WHO: COVID-19

Know what to look for

Symptoms may differ

May be spread asymptomatically staff>resident>resident

Report immediately

Common symptoms: Fever   Dry cough   Fatigue

Uncommon symptoms:
Headache
Nasal congestion
Sore throat
Coughing up sputum
Shortness of breath
Pain in muscles or joints
Chills
Nausea and/or vomiting
Diarrhoea

In severe disease:
High fever
Coughing up blood
Decreased white blood cells
Kidney failure

6
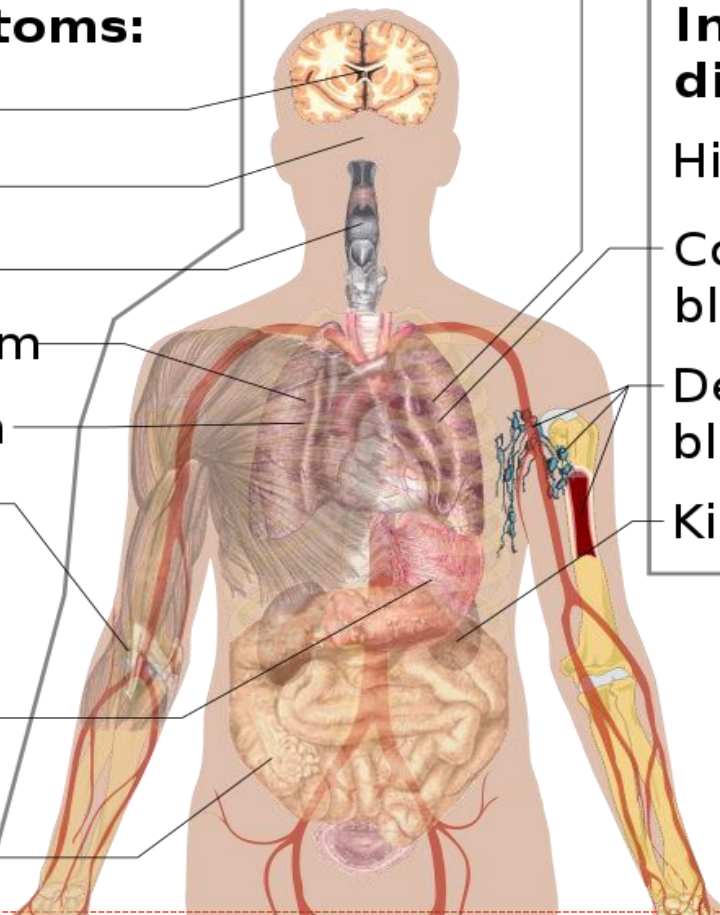
LTC Facility Guidelines

- Implement CMS and CDC Infection Control Guidance
- Symptom screening for all
- ALL staff must use appropriate PPE's
- Maintain awareness of supplies and needs for LTC
- Policies and procedures to separate COVID-19 positive residents, including staffing assignments

Centers For Medicare & Medicaid Services: COVID-19 Long-Term Care Facility Guidance. Pages 1-3. Revised: 04/02/2020. www/cms.gov/files/document/4220-covid-19

Hand Hygiene

. Soap/Water – **20 seconds** for all
    surfaces of hands/nails, rinse, dry
. Alcohol based hand sanitizer
. Before & after resident contact
    or any type of care
. Any contact with blood, bodily fluids,
    secretions, visibly contaminated areas,
    items in resident's room, door handles,
    equipment or materials outside room
• Before/After feeding
• After removal of PPE's
• Personal – toileting, breaks, etc.

Clean Hands

Saves Lives

www.cdc.gov/coronavirus/2019-ncov/infection-control

PPE's: Personal Protective Equipment

Different situations require different types of PPE's

- Masks and respirators – covering nose and mouth
  - "fit testing" – performed by trained personnel to determine appropriate N95 mask size/fit

- Gloves

- Gown - for droplet precautions as available

- Eye protection, face shields < exposure risk when providing direct care

- Do not share PPE's

- Do not use gowns and gloves for more than one resident

- Know how to safely don, remove, discard, clean/disinfect

www.FloridaHealth.gov/COVID-19:CDC

Face Masks

- Use <u>FDA regulated masks</u> for protection
  (cloth masks are not considered medical grade PPE)
- Any type mask **must cover nose and mouth**
- Know how to don and remove safely
- Take care not to touch mask after donning
- If touching or adjusting mask, immediately follow
  with hand hygiene
- Remove & discard if soiled, damp, damaged, or
  difficult to breathe through
- Not all masks can, or should be re-used

www.CDC.gov/coronavirus/2019-ncov/infection-control

Florida Department of Health - COVID-19

Assisted Living Facilities Can Prevent Spread:

- Visitor, non-essential staff or employee entrance/exit restrictions
- Restriction signs visibly posted
- Entrance surveillance – temperature/symptom checks - screen everyone
- Cancel field trips, group activities/gatherings, communal meals
- PPE's – policy/guidelines
- Screening for fever/respiratory symptoms – staff before start/end shifts
- Adhere to guidelines if becoming symptomatic/ill at work
- Adhere to guidelines if developing symptoms off work, including reporting and stay-at-home

FDOH-FloridaHealth.gov/COVID-19. Florida Health Office of Communications.03/27/2020. Source: CDC

Florida Department of Health - COVID-19

- Identify symptoms and manage infections in residents early
- Know what to look for: each individual is unique
- Twice per shift assess and document:

    Vital signs

    Pulse ox with residents who are ill

    Always screen for: fever, cough, sob, change in status
    Atypical symptoms: new or worsening malaise, new dizziness or diarrhea

- Identify those who may need transfer or relocation
- **Immediately isolate anyone with symptoms**
- **Separate others from actively infected residents**

FDOH.FloridaHealth.gov/COVID-19. Florida Health Office of Communications. 03/27/2020. Source: CDC

Environmental, Linens and Wastes

Healthcare workers and staff must know policies regarding:

- Clean and soiled linens - Laundering
- Food – feeding/eating not in common areas - ? plastic/paper products
- Storage of items
- Disposal, including hazardous objects/materials
- EPA-registered disinfectants
- Environmental cleaning and maintenance of all areas
- Environmental disinfecting – areas, objects, equipment
- Housekeeping and other personnel should use appropriate PPE's

COVID-19 Control Measures for LTC: Interim Guidance (subject to change). 03/20/2020

Direct Patient Contact

If it touches the patient, consider contaminated

Health Care Equipment and Supplies

Not everything is one time use and/or disposable

Equipment and Supplies

Prevent cross-contamination

Infection Control Considerations

- Infection Control may utilize more equipment and supplies

- Don't litter hallways or floor with red bags or trash

- Large receptacles that transport items to rooms and/or areas are concerning in an active outbreak/pandemic

- Quarantine areas must self contain **everything**

- Always wash/cleanse hands in-between whatever you do from resident to resident, room to room, area to area

- Don't rush – mistakes and "breaks" in proper technique may occur

Pendergrass. S

Considerations (cont.)

- Consider controlling the environment, not the resident
- Minimum distancing is "six feet", not four or five, but six....
- Containment may further agitate and/or confuse residents
- Medications that sedate or act as a chemical restraint not recommended – side effect profile, drug-drug interactions, etc.
- ADL's must continue, but must be adjusted
- Utilize same staff within special population units to maximize continuity of care while decreasing potential exposures

IMT.FLDOH

Recommendations

- Maintain clean & clutter free areas, including rooms & hallways
- Avoid use of large carts in hallways, ie. dinner, linens
- Consider disposable dinnerware, utensils, etc. if known or suspected cases of COVID-19 (or other infectious agents) to prevent cross-contamination or exposure
- Use approved disinfectants and supplies

www.FloridaHealth.gov/COVID-19. Source: CDC

Recommendations (cont.)

- Provide ALL staff support and education – document training
- Required in-service education with time for active interaction to facilitate learning and outcomes – not punitive
- Must include proper PPE usage, conservation, & disposal
- Staff to leave personal items in designated safe & secure area
- Personal phones do not belong in pocket of scrubs
- Communicate with the LTC and healthcare community to stay abreast of health issues and standards of care

Pendergrass, S.

LTC Healthcare: Team Approach

* Know how and when to report:

      If you feel ill

      If you are uncertain

      If you feel unsafe

* Don't hesitate to stop and ask questions or seek assistance

Summary

- Encourage a pro-active not reactive approach to infection control.

- Recognize infection control requires a 24/7 approach throughout the entire facility with all levels of healthcare workers and staff to be effective.

Thank You!

References - Resources

Centers for Disease Control and Prevention (2020). Coronavirus (COVID-19).

Centers for Medicare & Medicaid Services. Ref:QSO-20-14-NH

Centers for Medicare & Medicaid Services. COVID-19. Long-Term Care Facility Guidance.
pp 1-3. Rev. 04/2020.

COVID-19. Control Measures for Long Term Care. Interim Guidance (subject to change).03/20/2020.

Florida Department of Health. Assisted Living Facilities Can Prevent the Spread of COVID-19. Florida Health Office of Communications 03/27/2020. Source: CDC.

IMT. Florida Department of Health.

World Health Organization. COVID-19.

www.https://acha.myflorida.com/COVID-19

www.https://acha.myflorida.com/Facilities.shtml#facility

www.cdc.gov/coronavirus/2019-ncov/index.html

www.cms.gov/files/document.4220-covid-19

www.FloridaHealth/gov.COVID-19

www.worldhealthorganization