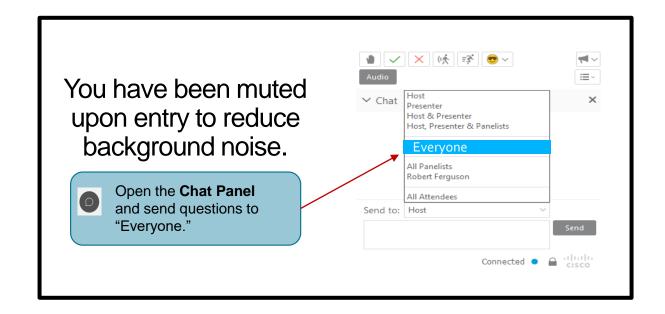
#### Welcome

We will begin at 2:00 pm.



Please note, this meeting is being recorded.

#### Office of Developmental Programs

#### Safety During In-Person Visits:

Infection Mitigation Strategies for Support Coordinators & In-home & Community Support Providers

**October 28th 2021** 





#### **AGENDA**

#### **Welcome**

Nancy Zionts, MBA

COO & Chief Program Officer Jewish Healthcare Foundation

#### **Gregory Cherpes, MD**

Medical Director

Department of Human Services

Office of Developmental Programs

#### **Practical Infection Prevention**

Maureen Saxon-Gioia, MSHSA, RN

Nurse Project Manager, Senior Quality Improvement Specialist Jewish Healthcare Foundation

#### Infection Mitigation Strategies for COVID-19

**Gregory Cherpes, MD** 

**Medical Director** 

Department of Human Services

Office of Developmental Programs

#### **Bringing it all Together**

**Douglas Trahey** 

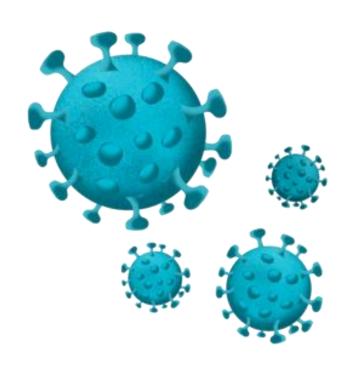
Emergency Preparedness Coordinator Department of Human Services

Office of Developmental Programs

#### **Practical Infection Prevention**

#### Maureen Saxon-Gioia, MSHSA, RN

Nurse Project Manager, Senior Quality Improvement Specialist Jewish Healthcare Foundation

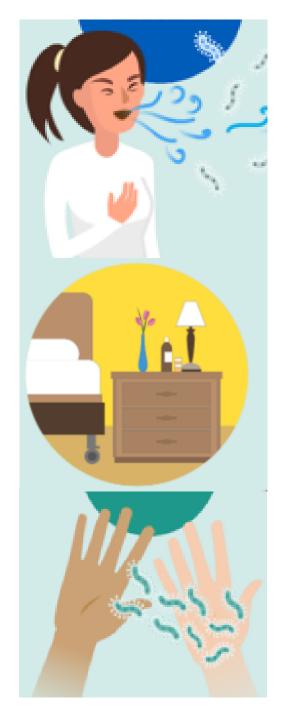


#### **Infection Prevention Overview**

- How Infections Occur
- Breaking the Chain of Infection
- Standard Precautions
- Everyday Precautions & Mitigation Strategies for COVID-19

## Understanding the Sources of Infection

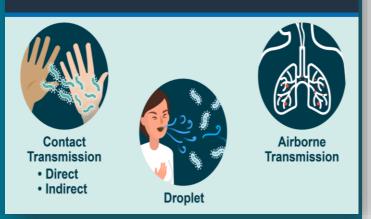
https://courses.cdc.train.org/Module6A\_Principles\_StandardPrecautions\_LTC/page72.html



- People are sources of infectious agents
  - May be sick
  - Haven't developed symptoms yet (incubation period)
  - May have a pathogen (germ) that lives in or on their body without making them sick but transmit to others
- <u>Surfaces</u> contaminated with the germs (pathogens) and people touch them without properly cleaning hands, surfaces or equipment
- Naturally occurring bacteria may cause infection in another area of the body

#### **Modes of Transmission**

Modes of Transmission



https://courses.cdc.train.org/Mod ule6A Principles StandardPreca utions LTC/page59.html

#### **C-CONTACT**

Direct Contact: touching an infected person

Indirect Contact: touching an object that has been handled by an infected person

#### **D—DROPLET**

Some germs can only travel short distances through the air. Infected person coughs, sneezes or talks

#### **A—AIRBORNE**

Germs can travel long distances through the air and are breathed in by people



**Standard Precautions** 



What are
Standard
Precautions?

Strategy to break the chain of infection and prevent the spread of infection

To protect you and others

Use every day in your work

#### Standard Precautions

- Based on the principle that all blood, body fluids, secretions, excretions (except sweat), non-intact skin, and mucous membranes may contain transmissible infectious agents
- A group of infection prevention practices that apply to all individuals in the work environment to prevent transmission of infectious agents
- Include:



#### Standard Precaution: Hand Hygiene



#### Washing Your Hands

#### Use an Alcohol-Based Hand Sanitizer

- Immediately before touching an individual
- Before moving from work on a soiled body site to a clean body site on the same person
- After touching a person or the person's immediate environment
- After contact with blood, body fluids or contaminated surfaces
- Immediately after your remove your gloves

#### Wash with Soap and Water

- When hands are visibly soiled
- After caring for a person with known or suspected infectious diarrhea
- After known or suspected exposure to spores (e.g. B. anthracis, C difficile outbreaks)

Hum the
"Happy Birthday"
song from beginning
to end twice

## Handwashing with Soap and Water



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing pa with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

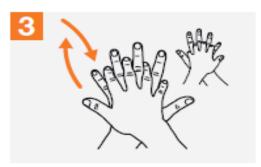
#### Hand Sanitizer



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



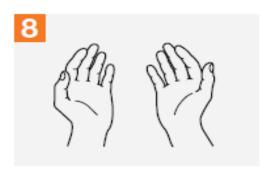
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb



Rotational rubbing, backwards and



Once dry, your hands are safe.

#### Standard Precaution Personal Protective Equipment (PPE)

#### Purpose and Selection of PPE

- Prevent Contact with Potentially Infectious Material
- Factors influencing the selection of what PPE is needed

#### Types of PPE to Prevent Contact with Potentially Infectious Material

- Isolation gowns protect arms, exposed body areas and clothing
- Face protection
- Gloves protect hands

\*COVID Positive – Gown, Face protection and Gloves

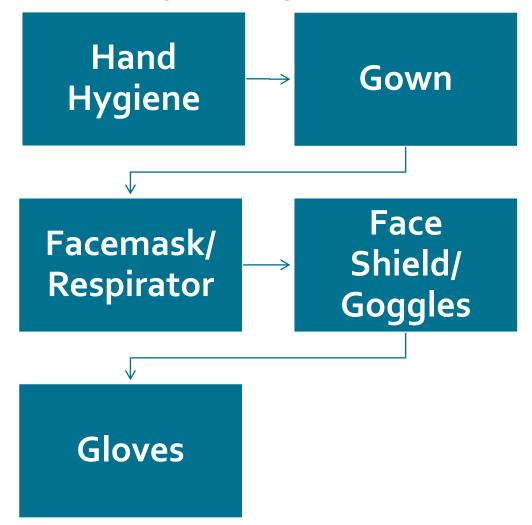


#### Face Protection PPE

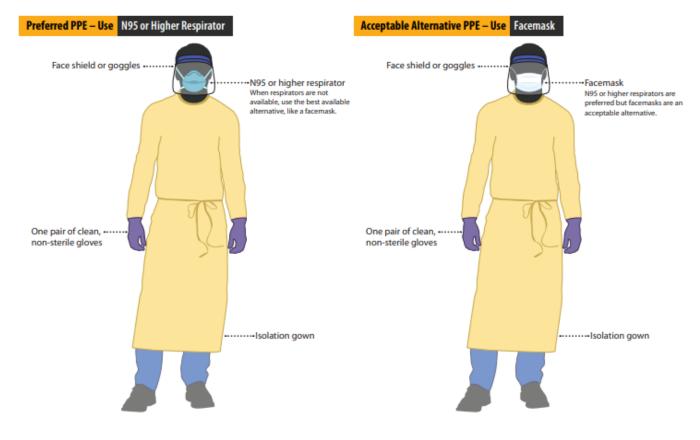
PPE	PURPOSE	HOW TO WEAR
Facemasks	Protection for nose and mouth	<ul> <li>Facemasks should fit snuggly and fully cover nose and mouth</li> </ul>
Goggles	Protection for eyes	<ul> <li>Googles should fit snuggly over and around eyes</li> </ul>
Face Shields	Protection to eyes, nose, mouth and skin	<ul> <li>Face shields should cover the forehead, extend below the chin and wrap around the side of the face</li> <li>An alternative to googles if extensive splash or spay is anticipated</li> </ul>



#### **Donning (Putting PPE On)**



#### Use Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19





www.cdc.gov/coronavirus

#### 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

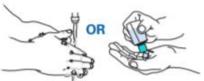


#### 3. MASK OR RESPIRATOR

- 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







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



Doffing (Removing PPE)



https://preceptmed.com/wp-content/uploads/2017/03/PPE-Sequence.pdf

## **Everyday Precautions**To Prevent Infection

For You For the Individual For Families and Caregivers

\*Please WEAR A
MASK when care
providers are in
your home



**Everyday Precautions** 

#### **Stop the Spread of Germs**

Accessible version https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.htm

Help prevent the spread of respiratory diseases like COVID-19.

















cdc.gov/coronavirus

#### Mask Use Individuals and Families



Encourage the individual and family member/caregiver to wear a mask

- Wearing masks may be difficult for people with sensory, cognitive, or behavioral issues
- Masks are not recommended for children under 2 or anyone who has trouble breathing or is unconscious, incapacitated or otherwise unable to remove the covering without assistance
- If they are unable to wear a mask, ask their healthcare provider (supervisor) about alternative ways of reducing transmission risk

#### Clear Masks



#### Masks with a Clear Plastic Panel

- People who are deaf or hard of hearing
- Young children or students learning to read
- Students learning a new language
- People with disabilities
- People who need to see the proper shape of the mouth for making appropriate vowel sounds (for example, when singing)

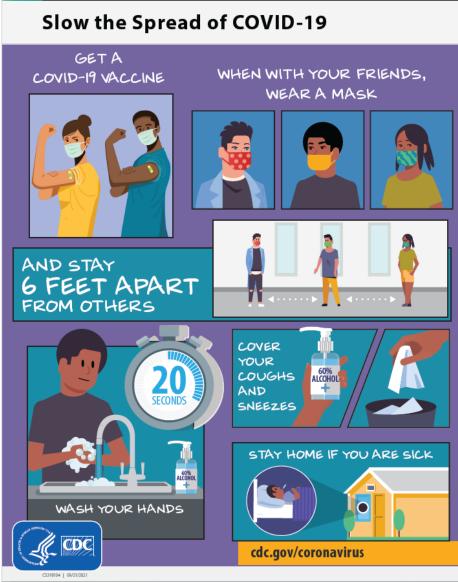
#### If you use this type of mask, make sure

- You can breathe easily
- Excess moisture does not collect on the inside of the mask
- You remove the mask before sleeping, since the plastic part could form a seal around your mouth and nose and make it hard to breathe

#### Educational Resources

#### Educating Individuals and Families





Educational Materials to Teach Hand Washing This is how I wash my hands.

I wash my hands so I don't get sick.







I rub my hands together. I sing the Happy Birthday song twice.



I put my hands under the water. I rub my hands together until the soap is gone.



Then I dry my hands. I am all done!

## Educational Resources for Care of COVID in the Home:

- Step by Step Guidance from CDC on Caring for Someone Sick at home
- Caring for Some Sick at Home
   advice for caregivers in non-healthcare settings

#### 10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME | COVID-19 |

#### If you have possible or confirmed COVID-19

 Stay home except to get medical care.



 Cover your cough and sneezes with a tissue or use the inside of your elbow.



Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.



wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. Get rest and stay hydrated.



8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.



 Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

#### COVID-19

## Understanding COVID-19 Mode of Transmission

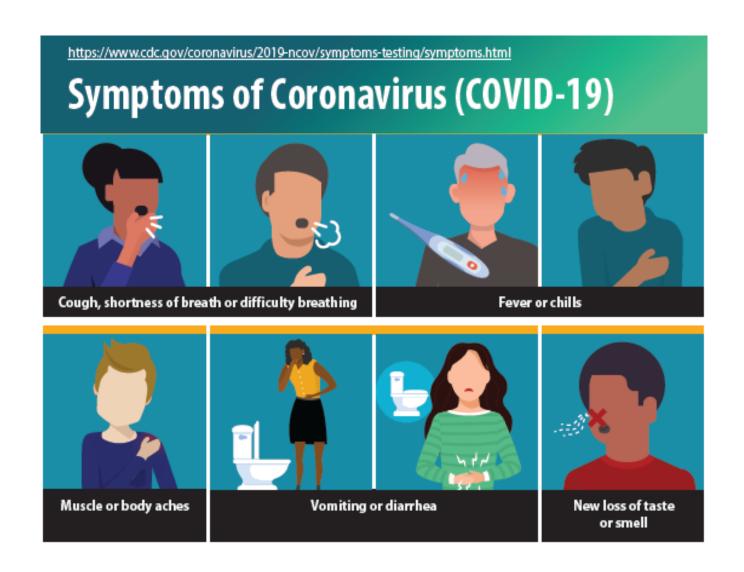
#### COVID-19 is spread in three main ways:

- ✓ Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus
- ✓ Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze
- ✓ Touching eyes, nose, or mouth with hands that have the virus on them

#### COVID-19

Reviewing the Symptoms of COVID-19

Symptoms can range from mild to severe illness and appear 2–14 days after you are exposed to the virus that causes COVID-19



\*Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

#### Infection Mitigation Strategies for COVID-19

#### **Gregory Cherpes, MD**

Medical Director

Department of Human Services

Office of Developmental Programs

#### COVID-19 Vaccines



Pennsylvania is vaccinating. Get educated, then vaccinated. Let's unite against COVID-19 and look forward to a safer future.

#### **COVID-19 VACCINE FACTS**

- Vaccines can help end the pandemic.
   Getting one will protect your health and prevent disease.
- Vaccines are safe. The U.S. vaccine safety system ensures vaccines are as safe as possible before releasing them to the public.



- Vaccines are effective. Medical studies show the vaccines can prevent COVID-19 and keep you from getting seriously ill even if you do get it.
- Masks, hand washing, and distancing are still important.
   Until enough people are vaccinated, you can protect yourself and others by continuing to wear a mask, washing your hands, and staying 6 feet apart even if you've had your shots.

Learn more about the vaccine's safety and effectiveness at CDC.gov.

#### HOW TO GET THE VACCINE IN PENNSYLVANIA

Contact your state or local health department to find out when and where vaccines will be available in your community. Find out more at **PA.GOV/COVID**. Or call the PA Department of Health Hotline at **1-877-724-3258**.



COVID-FS-VF-EN

#### COVID-19 Vaccines: What You Need to Know



- COVID-19 vaccines are effective at helping protect against severe disease and death, including from <u>variants of the virus</u> that causes COVID-19 currently circulating (e.g., Delta variant).
- Studies show that COVID-19 vaccines are effective, especially at keeping you from getting seriously ill even if you do get COVID-19.
   Learn more about the <u>benefits of getting vaccinated</u>.

#### Safety

- COVID-19 vaccines are <u>safe and effective</u>. Vaccines cannot give you COVID-19. You may have side effects after vaccination. These are normal and should go away within a few days.
- We are still learning how many people need to be vaccinated against COVID-19 before the population can be considered protected.

# How to Talk to Individuals and Families About COVID-19 Vaccines

#### Listen

 COVID vaccines are new and it's normal to have questions about them

#### Ask Open-ended questions

Why would you be worried about....

#### Ask if you can share information

 You can find answers to common questions from reputable sources, including CDC.gov or the PA Unites Against COVID website at PA.gov/COVID

#### Help them find their own reason to get vaccinated

- You may discuss common goals, like visiting with each other safely
- Help make their vaccination happen
- Get connected to resources
  - Sign up for our weekly email updates and find out more about COVID-19 vaccines at PA.gov/COVID. You can also get help by calling the PA Department of Health Hotline at 1-877-724-3258

COVID-19
Vaccine
Resources for
Individuals and
Families



## COVID-19 Prevention Actions

How can I protect myself and the people I work with?

- As Supports Coordinators and Direct Support
   Professionals, your risk of exposure will depend on factors
  - the setting you work in
  - the number of people you provide services to
  - the spread of COVID-19 in your community
- Check with your employer for any specific policies and procedures related to COVID-19
- Practice <u>everyday prevention actions</u> when working with clients
- COVID-19 Vaccine

What do Support Coordinators & In-home & Community Support Providers for people with disabilities need to know about COVID-19?

- Some groups may be at <u>an increased risk</u> for severe illness from COVID-19- such as Older adults, underlying medical conditions
- Knowing <a href="https://www.covid-19.spreads">how COVID-19 spreads</a> can help DSPs protect themselves and others
- DSPs should follow <u>everyday prevention actions</u> when working with individuals
- The COVID-19 pandemic may be a source of stress. Learning to <u>cope with stress</u> effectively will make you, the people you care about, and your community stronger.
- For more information, go to CDC's Fact Sheet: What you need to know about coronavirus disease 2019 (COVID-19)

## COVID-19 Prevention Actions

- Get a COVID Vaccine
- When possible, keep at least 6 feet of distance between yourself and others in the home or community setting.
- Wear a mask when you are at work.
- Encourage your client to wear a mask.
- Wash your hands with soap and water:
  - when entering and leaving the home or community setting
  - when adjusting or putting on or off facemasks; or
  - before putting on and after taking off disposable gloves.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. <u>Learn more about proper handwashing</u>.

## COVID-19 Prevention Actions

- Wear disposable gloves when touching the client (e.g., dressing, bathing/showering, transferring, toileting, feeding) handling tissues, when changing linens or doing laundry.
- Safely dispose of gloves after use. As noted above, wash your hands before and after taking off disposable gloves.
- If gloves are unavailable, wash hands immediately after touching the client or handling their belongings.
- Launder work uniforms or clothes after each use with the warmest appropriate water setting for the items and dry items completely.
- Monitor yourself for <u>symptoms</u>. <u>Do not go to work or</u> <u>care for others</u> if you develop symptoms.

#### Best Practice for Individuals and Families/ Caregivers

If you work in the home of an individual with disabilities, also practice these additional prevention actions

<u>Clean and disinfect</u> frequently touched objects and surfaces

- Counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables)
- Equipment ex: wheelchairs, scooters, walkers, canes, oxygen tanks and tubing, communication boards and other assistive devices)
- Clean equipment should be separate from soiled equipment to prevent cross contamination.
- Follow the manufacturer's instructions for use for cleaning, storage/disinfecting

#### "Do you have any of the following?"

- Fever (100.0 or higher)?
- If you do not own a thermometer, are you experiencing chills, muscle and joint aches which could indicate a fever?
- · Cough?
- · Shortness of Breath?
- · Tiredness?
- Sore Throat?
- · Diarrhea?
- · Nausea?
- Vomiting?
- · Abdominal Pain?
- · Loss of taste or smell?

#### COVID-19 Screening Prior to In-Home Visits

Ask the Individual or Caregiver/Family

- Is anyone in the household having symptoms of COVID-19?
- Have you or anyone in your household been tested for COVID-19?

If you learn someone in the household is experiencing symptoms of or is positive for COVID-19, seek guidance from your supervisor

\*Workers should not diagnose or make medical recommendations. Individuals should contact their medical provider if they are having any non-emergency symptoms and call 911 if having emergency level symptoms.

<u>Untitled (palms-awss3-repository.s3-us-west-2.amazonaws.com)</u>

#### COVID EDUCATION FOR INDIVIDUALS AND FAMILIES/ CAREGIVERS

- Review with the Individual/ Family/Caregivers
- Everyday Precautions to prevent infection
- How to monitor for <u>symptoms</u>
- When and how to contact their healthcare provider
- Worker COVID Screening prior to an in-home visit

# Talking to People with Intellectual and Developmental Disabilities and Autism about COVID



#### Keep it simple

Stick to short words and sentences when you can

#### Show that you're listening

 Show the person that you understand by listening to their concerns, then repeating what you've heard in your own words

#### Say it in pictures

 When you recommend protective behaviors like wearing a mask or keeping a safe distance, use literal, realistic images to help your clients see those behaviors..

#### Include everyone in the conversation

• If the person has a caregiver or support person, be sure to include everyone in the conversation. When you're asking questions or sharing information, always talk to the person directly

#### Repeat key takeaways

• Repetition is key. As you're wrapping up your visit, take time to repeat want the person to take away from the conversation.

#### Bringing it all Together

#### **Douglas Trahey**

Emergency Preparedness Coordinator Department of Human Services Office of Developmental Programs

## Resources for Support

#### **Broad Resources**

- ODP Announcement 21-048: Guidance for Infection Control and Mitigation for ODP Home and Community Based Services Providers
- Contact ODP at <u>ra-pwodpemrgncyrsprq@pa.gov</u>
- Contact DOH at the PA Health Hotline 1-877-724-3258

#### Long-Term Care Task Force (LTC-TF)

- Qualifying Providers
  - ICF
  - 6400 Licensed Group Homes
  - Day Programs

#### RCAT – Health System Call Centers

<u>Health System</u>	<u>Counties Covered</u>	Call Center Contact
UPMC	Clarion, Fayette, Greene, Somerset, Venango	412-648-6714
Allegheny Health Network	Armstrong, Beaver, Clearfield, Indiana, Jefferson	866-496-1766
UPMC/AHN	Allegheny, Butler, Cambria, Lawrence, Mercer, Washington, Westmoreland	412-648-6714 or
		866-496-1766
LECOM Health	Cameron, Crawford, Elk, Erie, Forest, McKean, Warren	814-451-1595
Thomas Jefferson University / Main Line Health	Berks, Delaware, Montgomery, Philadelphia, Schuylkill	215-395-8548
University of Pennsylvania / Temple University Hospital	Bucks, Chester, Lancaster, Philadelphia	215-707-1300
Penn State Health	Adams, Bedford, Blair, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lebanon, Mifflin, Perry, York	717-265-8577
Geisinger	Bradford, Carbon, Centre, Clinton, Columbia, Luzerne, Lackawanna, Lycoming, Lehigh, Monroe, Montour, Northampton, Northumberland, Pike, Potter, Snyder, Sullivan, Susquehanna, Tioga, Union, Wayne, Wyoming	570-271-6009

#### LTC-TF Staffing, Testing and PPE Requests

#### **PPE**

- Healthcare Facility / Agency PPE Critical Needs Assessment Form
  - (https://forms.office.com/Pages/ResponsePage.aspx?id=QSiOQSgB1U2bbEf8 Wpob3jrNozNGJJREkP\_mlJdb1vNUMzdWWkdKMFBSUElPSFpKMDZBWEJKT VhYSiQlQCNoPWcu)

#### **Staffing Assistance**

- <u>Pennsylvania Long-Term Care Task Force Staffing Support Request</u> \*Facilities working with Penn State or UPenn RCAT should work directly with their RCAT for staffing support and not utilize this form.
  - (https://forms.office.com/Pages/ResponsePage.aspx?id=QSiOQSgB1U2bbEf8 Wpob3rnwoGKj2\_BPg\_kvRKCywzJUMTJVUVpKN1E5WExENEIOQUU4UzM5V DMyUC4u)

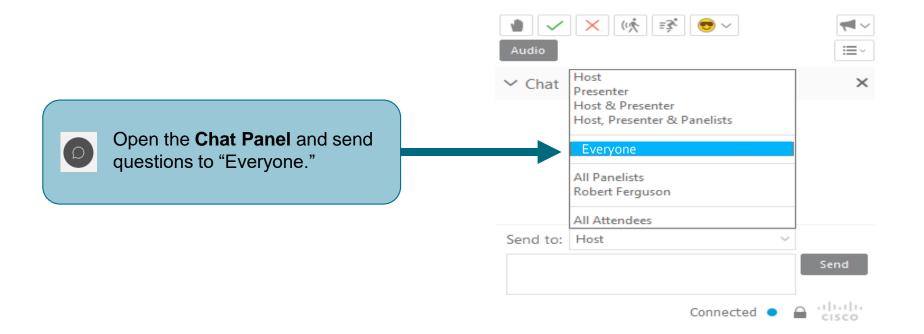
#### **Outbreak Testing**

- UNIVERSALTESTING NEEDS ASSESSMENT FORM
- (https://forms.office.com/Pages/ResponsePage.aspx?id=QSiOQSgB1U2bbEf8Wpob3oXGXbAHbYBFmYwW-F9nsIhUNlpKWVoySURFTUkwMEkoRjVPTEQ1SocxRi4u)

# Questions about guidance or resources?



#### Questions



### You Make a Difference!



Thank you for all your hard work and dedication to the individuals, families and caregivers you serve!



You make the difference in keeping people and **YOURSELF** safe from infections