



# Suraksha

An OPD Activation Initiative

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During  **COVID-19**  
For Gynaecologists

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## MODULE 1

# OPD : Best Practice during COVID 19

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# Introduction

The **COVID 19** outbreak has placed unprecedented demands on our health system. Focusing on COVID 19 related activities, and continuing to provide essential services, is important to maintain *people's trust in the health system*.

Particular attention needs to be paid to the delivery of OPD services as it is a potential area of exposure for health care workers. Ensuring the safety of health workers is of paramount importance.

*In this article, we outline the best practices for OPD during COVID pandemic.*

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## Measures for pregnant women to prevent COVID - 19 infection

### “DO THE FIVE”

They can protect themselves by following the motto.

#### HOME

1. Stay at home as much as possible unless there is an emergency.
2. Routine antenatal visits are to be deferred and virtual visits through teleconsultation preferred.
3. Keep the traffic of home visitors including home care personnel, maids and staff members to a minimum or avoid completely if possible.

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# Measures for pregnant women to prevent COVID - 19 infection

## “DO THE FIVE”

They can protect themselves by following the motto.

### HOME

- ▶ **HANDS:** Washing hands frequently and properly with soap and water or rubbing hands with alcohol based hand rub for 20 seconds is advised.
- ▶ **ELBOW:** Special precautions while coughing and sneezing by covering the mouth and nose with their bent elbow. Dispose off the tissue paper used while coughing or sneezing immediately.
- ▶ **FACE :** Avoid touching face, eyes, nose and mouth with hands.
- ▶ **SPACE :** Keep a distance of at least one metre while dealing with people at home or outside.

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## Antenatal care during COVID - 19

Three main recommendations are put forward for patients receiving routine antenatal care

- ▶ Limit clinic visits only to those that require in person services like sonography, lab tests, etc. The antenatal visits should be limited to initial prenatal visit and anatomy USG between 12 - 19 weeks of gestation and the 28th, 36th and 39th weeks' visits. All labs should be conducted during these visits. Emergency visits for high risk antenatal patients following the triage should be done.
- ▶ Encourage virtual visits for antenatal care that can be done remotely through telemedia, video visits wherever possible and ask to take help of remote monitoring measures like home check up of blood pressure, foetal heart rate and weight.
- ▶ Provide support to pregnant women creatively - Regular phone calls from your hospital to your patients will give supportive care. Inform them regularly regarding safety measures for COVID - 19

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## Precautions for healthcare workers

Three main recommendations are put forward for patients receiving routine antenatal care

Healthcare workers (HCW) are at high risk of acquiring the COVID - 19 infection when they are caring for the patients. There is a risk of spread of infection from an infected patient to the healthcare provider and then onwards spread to more patients and the population at large.

Three principles that HCW should follow are:-

1. Social Distancing
2. Use of appropriate PPE correctly
3. Chemoprophylaxis

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## Health Awareness / Education for Patients in OPD

- ▶ Visual alerts should be posted at the entrance and in strategic areas (waiting room / elevators / cafeterias)
- ▶ To reinforce importance of hand - respiratory hygiene and cough etiquette
- ▶ (Display material can be procured from Government Websites)

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## Care to be taken while receiving a patient in OPD

*OPD time should be restricted (limited hours)*

1. Patients should be given an appointment to ensure proper social distancing to avoid exposure.
2. Basic history taking should be done on the phone with proper checklist tool (e.g.- travel history/contact history/resident of buffer zone)
3. If needed, a pre consultation test to be recommended and soft copy reports to be called for.
4. The patient should be asked to visit alone or with one attendant at scheduled time.
5. Patients should be asked to visit the hospital in private vehicle and stay in vehicle till called for visit.

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## Care to be taken while receiving a patient in OPD

*OPD time should be restricted (limited hours)*

6. Patients should remove shoes outside the clinic, wash hands / use a sanitiser.
7. Patient should use a mask. If he doesn't have one, the hospital should provide masks to the patient and attendant.
8. Get a thermal scan done at the entry.
9. Patient should not carry extra things with her like a purse, bag, etc.
10. If patient's data is available online by using a software, files and hard copies are not necessary to carry.

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## Care to be taken while receiving a patient in OPD

*OPD time should be restricted (limited hours)*

11. Ask the patient to occupy a disinfected seat. Every time the patient leaves, the seat should be sanitized.
12. One metre distance should be maintained between two patients.
13. If the checklist is missed telephonically, give the checklist again.
14. Waiting room should be properly ventilated with minimum furniture. (Flower pot, decoration items, etc. to be avoided.) Air conditioners should be avoided.

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## Care to be taken while receiving a patient in OPD

*OPD time should be restricted (limited hours)*

15. Payment for tests, UGS & consultation should be taken online / e-Wallet. If not available, keep a separate box for collection of money. All pregnant patients from the buffer zone should be tested for COVID - 19
16. Physical barriers like glass / plastic shields should be installed to limit close contact between triage personnel and potentially infectious patients
17. HCW attending the waiting room should wear appropriate PPE - Face mask, Face shield and gloves. HCW should maintain one metre distance from patients.

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# Antenatal Care Visits

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# Antenatal Care Visits

1. It is advisable to minimize the number of OPD visits for a pregnant woman
2. Low risk, asymptomatic and uninfected woman, it is recommended conduct antenatal care visits by phone or video call supplemented with home blood pressure monitoring
3. Some OPD visits may be deferred - Questions, counselling and minor ailments can be addressed remotely
4. Ultrasonography is advised at 12-13 weeks and 18-22 weeks -
5. Pregnancy visits can be timed with these sonographies

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# Antenatal Care Visits

6. Next visit can be at about 30 to 32 weeks
7. Vaccinations and antenatal profile (blood and other investigations) can be planned during these visits.
8. Growth scans in the last trimester are advised or performed only if indicated.
9. Women are advised to note fetal movements every day. For women who have high risk factors, the guidance of the HCP (Health Care Provider) is needed.

**Note:** Attendant in the reception area must wear a facemask, face-shield, gloves and should maintain distance of at least one meter from patients

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# Arrangements in consultation chamber

1. The health care personnel should wear appropriate PPE kits while examining the patient.
2. Ensure proper ventilation in the consulting chamber by switching on the exhaust fan or keeping the window open. Avoid using air conditioning.
3. A ceiling fan or standing / table fan blowing air in direction away from the doctor should be made use of.
4. The consulting room should contain minimum furniture.
5. The patient examination table should have disposable cover which can be disposed off regularly.

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## Arrangements in consultation chamber

6. Minimize the number of fomites (mobile phones, electronic devices, pens, measuring tapes, stethoscopes, BP apparatus, etc.) in the clinic and should be frequently cleaned and sanitised.
7. Don't fold the files, papers or any reports carried by the patient, ensure that you see the documents with the patient holding them for you. Preferably ask for soft copies.
8. Clean the consulting room / examination table frequently.
9. If the patient prefers, emailing should be done on his/her email address. The same can be forwarded by her to the chemist to get the medications
10. While dispensing medicines - prefer no touch technique

**Note:** Doctors should wear complete PPE kit while examining the patient, scrub hands with soap / water and use alcohol based disinfectants after each patient interaction

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# Cleaning of Clinics

1. Fumigation of clinics, both, in morning & evening with plasma air sterilizer or UV lamp.
2. Checking the protection gear stock for both doctors & staff.
3. Medical staff should be trained on do's & don'ts on a routine basis. Regular drills of using & disposing PPE and hand washing should be taken.
4. Equipment's' sanitization process charts should be displayed.
5. Chemoprophylaxis of medical staff should be done.

(HCQ Day 1 - 400 mg bid, repeated one tablet once a week for 7 weeks)

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## Cleaning of Clinics

6. Floors, walls and object surfaces should be wiped 2 -3 times a day or there is a visible contamination.
7. If there is a large fluid spillage, Sodium Hypochlorite powder should be spread over the spill and left in contact for 30 minutes before swabbing or cleaning it.
8. Reusable medical equipment, linen, fabrics and clothes should also be treated with Sodium Hypochlorite before they are processed further.
9. Pharmacy counters may be increased and queue management systems to be followed

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**Note:**

For surface cleaning and disinfection, agents that are useful are alcohol or chlorine based. Alcohol based agents should contain 70% isopropyl alcohol. Chlorine based solutions are prepared by diluting liquid chlorine (1000 mg/L strength) or freshly prepared 1% sodium hypochlorite solution.

The appropriate concentration of sodium hypochlorite for disinfecting general liquid biological waste is approximately 1%. Household bleach is 5 - 6 % sodium hypochlorite; therefore a 1:5 (v/v) dilution of bleach to liquid biological waste is appropriate.

The contact time of these solutions should be at least 30 minutes.

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As it goes with the saying ... *“It is our attitude at the beginning of a difficult task which will affect its successful outcome”* let us change our attitude and adapt the new practices.

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**Medical guidelines for gynecologists to  
keep themselves & staff safe:  
Pre OPD & Post OPD precautions**

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# Precautions for healthcare professionals

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## Precautions for healthcare professionals: *Why is it necessary?*

Healthcare professionals are at high risk of getting infected with COVID-19 as they come in contact with large numbers of patients, close contacts and procedures where there is spray/aerosolization (resuscitation, ventilation) or a splash of body fluids (labor, delivery, surgical procedures).

Hence, it is important for them to take universal precautions and make use of proper PPE. The rapid spread of infection is observed from an infected patient to the healthcare provider and then onward spread to more patients and in a large number of populations.

Evidence suggests that thorough and adequate use of PPE and other protective measures decrease the spread of infection among healthcare professionals.

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# Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

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## Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

1. Sanitize hospital / clinic prior to starting OPD .Floors, walls and all object surfaces should be wiped with disinfectant ( 1% Sodium hypochlorite) at least 2-3 times in a day.
2. Remove all non - essential equipment from OPD to facilitate cleaning and disinfection and reduce risk of fomite related spread.
3. Avoid use of air- conditioners. Use exhaust fans and keep windows and doors open.
4. Travel to medical facility by private vehicle. Avoid use of public transport.
5. Keep a separate pair of clothes meant for use in OPD use only. Using washable /disposable impermeable gown over your routine clothing is a good and safe alternative.

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## Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

6. All staff including doctors, receptionist ,sisters, attendants to wear triple layer mask , head cover, face shield and gloves (Appropriate PPE as per exposure risk)
7. Avoid wearing ornaments and accessories like wrist watches, earphones etc to prevent fomite related spread. Minimize use of mobile phones, purses, wallets, keys etc and sanitize them often.
8. Minimum handling of all medical records brought by patient. Sanitization of all medical equipment like stethoscope

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## Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

9. All staff including doctors, receptionist ,sisters, attendants to wear triple layer mask , head cover, face shield and gloves (Appropriate PPE as per exposure risk)
10. Avoid wearing ornaments and accessories like wrist watches, earphones etc. to prevent fomite related spread. Minimize use of mobile phones, purses, wallets, keys etc. and sanitize them often.
11. Minimum handling of all medical records brought by patient. Sanitization of all medical equipment like stethoscope, BP apparatus, pulse oximeter, fetal heart Doppler probe, ultrasound probe etc. after each use.

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## Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

12. Minimize overcrowding and exposure in OPD by following measures

- a) Limiting ANC visits to minimum essential ( 12-13 weeks for NT scan, 18- 20 weeks for anomaly scan and then at 30-32 wks if no risk factors). No separate visits for vaccination.
- b) Properly spaced and prior appointments to patients.
- c) Telephonic consultations and prescribing medication for minor ailments.
- d) Use of communication media for follow up investigations like ultrasound and blood reports.

13. Every patient and accompanying person to wear face mask .They should wash hands with soap and water for 20 seconds /sanitize using alcohol based hand rub .They should remove footwear outside the clinic . Preferably sanitize hands again before entering doctor's cabin.

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## Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

14. COVID screening with checklist at reception counter. Those with history of fever or respiratory symptoms, history of travel from containment areas, history of close contact with COVID positive patient should be triaged at entry point. Appropriate authority to be informed and patient to be sent to referral centers for COVID testing.
15. Basic parameters like pulse, BP, weight to be recorded and purpose of visit should be noted to reduce contact time in doctor's cabin. Pulse oximeter if available is beneficial.
16. Social distancing: One meter distance to be maintained at all times for hospital staff as well as in waiting area.

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## Pre-OPD / Post-OPD precautions for small nursing homes/ single doctor clinics

17. Respiratory hygiene to be followed by all. Coughing or sneezing against your arm with elbow bent so as to minimize spread of droplet infection.
18. Avoid touching MEN (Mouth Ear Nose) with hands at all times.
19. At the end of OPD sanitize all equipments and surfaces in use.
20. Before leaving hospital discard gown / change hospital clothes. Sanitize all personal belongings before carrying them home.

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# Additional precautions for staff working at Institutions / Tertiary care centers

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## Additional precautions for staff working at Institutions / Tertiary care centers

21. Considering the workload and travel restrictions during lockdown, doctors and paramedical staff can be divided in batches so as to reduce exposure to COVID
22. Outstation staff or those having homes in containment areas to be provided in house facilities for stay especially during lockdown period.
23. Dedicated area in OPD for COVID screening with checklist and triage before physical examination in OBGY OPD.

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# RESCUE measures

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## Additional precautions for staff working at Institutions / Tertiary care centers

- R** R: Rest to staff over the age of 60 years and those having co-morbidities like (diabetes, hypertension, obesity, heart and respiratory disease) and those who are pregnant. They should preferably be given leave with pay or allotted non- contact duties to whatever extent is feasible.
- E** E: Ensure Arogya Setu app to be downloaded by all and put on for your and patient safety.
- S** S: Self -quarantine for staff as per guidelines if in contact with COVID positive patient's - Chemophylaxis with hydroxychloroquine for all medical personnel in high risk category.
- U** U: Universal precautions for prevention of COVID spread.
- E** E: Education of staff and patients visiting clinic regarding preventive measures for reducing COVID spread

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## Note:

For surface cleaning and disinfection, agents that are useful are alcohol or chlorine based. Alcohol based agents should contain 70% isopropyl alcohol. Chlorine based solutions are prepared by diluting liquid chlorine (1000 mg/L strength) or freshly prepared 1% sodium hypochlorite solution.

The appropriate concentration of sodium hypochlorite for disinfecting general liquid biological waste is approximately 1%. Household bleach is 5 - 6 % sodium hypochlorite; therefore a 1:5 (v/v) dilution of bleach to liquid biological waste is appropriate.

The contact time of these solutions should be at least 30 minutes.

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## MODULE 1

**Clinic sanitization:**

**Best practice (*OPD/ Labor Room/ ICU's*) -Use  
of Disinfectants**

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# Introduction

- Today we are facing a health crisis of unprecedented proportions. Sadly, a lot of our colleagues have lost their lives while battling this disease.
- As healthcare workers we have many responsibilities. Not only do we try and heal patients but in the process try and keep our staff, other patients in the hospital, ourselves and our family members (when we return home after work) safe from contagion.
- Obstetrics is definitely at high-risk now - body fluids are apt to be abundantly ejected, sometimes at projectile speeds at our faces, clothes, walls and in the environment.

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The first dictum would be to treat each & every patient as a potential COVID one

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## Pre-OPD / Post-OPD precautions

- Nursing Homes have *OPDs, waiting areas, wards, special rooms* & most importantly- *labor rooms & OTs*.
- We have to take care that each area is isolated as much as possible from the others and **thoroughly sanitized at the end of the day**.

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## Pre-OPD / Post-OPD precautions

- Infection spreads through airborne droplets- when a person coughs, sneezes, laughs - a “*gas cloud*” is generated, almost 7- 8 feet around that person. Not only do these droplets transmit the virus but if the air is static, the virus remains in the atmosphere for **>3 hours**.
- These droplets also *get deposited on various surfaces*, remaining alive on:
  - paper: 3 hours,
  - Copper: 3-4 hours,
  - plastic - clothes: > 1 day,
  - stainless steel: >5-7 days.

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# Fomites

- Fomites are the *second most common source of infection*.
- These are often overlooked - *personal belongings like rings, watches, mobile phones, laptops, jewelry*.
- We need also to disinfect table, laptop and other surfaces, door knobs, sinks, faucets, hand held washing taps, elevator doors, inside surfaces, handles and of course our instruments, trolleys, OT and labor tables.

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## Use of mask

- The hospital should provide disposable triple layer masks to those who enter without any protective gear.
- Dispensers with hand sanitizers should be placed on walls, in each room, in waiting areas and in all toilets.
- Encourage people to use these as soon as they enter the hospital. Keep it at the entrance of the OPD and make it mandatory for people to use them when they enter your consulting rooms.
- Pictures with - **NO MASKS, NO ENTRY** should be made and posted at all entrance sites.

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# Use of sodium hypochlorite

- To prevent the spread of coronavirus infection disease 19 (COVID 19), ensure using sodium hypochlorite disinfectant which is an effective & sufficient procedure.<sup>1</sup>

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## Use of water & detergent

- Cleaning with water & detergent before cleaning is an important step in sanitization as cleaning will remove organic and inorganic substances allowing the disinfectant to work.
- **A thorough cleaning followed by disinfection works better** in the removal of viruses causing COVID-19. Depending on factors such as the amount of contaminated body fluid, environmental temperature, and humidity the length of time that SARS-COV-2 (the cause of COVID-19) survives on inanimate surfaces will vary.
- However, the virus is not likely to survive for a long time, once droplets produced by coughing or sneezing.<sup>1</sup>

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## Types of cleansing agents & disinfectants

- For cleaning and disinfection, 1% freshly prepared sodium hypochlorite can be used as a disinfectant.<sup>1</sup>
- The solution should be prepared fresh as per the method of preparation.<sup>1</sup>
- It is recommended to leave the solution for a contact time of at least 10 minutes.<sup>1</sup>
- Places where the use of bleach is not suitable, e.g. metals, alcohol (e.g. isopropyl 70% or ethyl alcohol 70%) can be used to wipe down surfaces.<sup>1</sup>

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## Use of Personal Protective Equipment (PPE) while carrying out cleaning & disinfection work

- Personal protective equipment (PPE) which includes disposable gloves, disposable long-sleeved gowns, eye goggles, or a face shield, and a medical mask should be donned while carrying out cleaning & disinfection work.<sup>1</sup>
- Don't touch your nose and mouth while cleaning or disinfecting.<sup>1</sup>
- **Maintain all “ standard precautions “ when in contact with body fluids**

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# Guidelines for: Cleaning/ Disinfection

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# Guidelines.....

- It is recommended to seal the area visited by a confirmed case of COVID-19 before carrying out cleaning and disinfection of the contaminated environmental surfaces to prevent the spread of infection to an unsuspecting person <sup>1</sup>
- Cleaning staff should be attired in suitable PPE <sup>1</sup>
- All medical equipment (eg; Stethoscopes, blood pressure cuff, thermometers, etc) used for patients care should be cleaned and disinfected as routine disinfection protocol (70% ethyl alcohol) <sup>1</sup>
- Mop all high touch surfaces with available disinfectant and wipe all frequently touched areas (e.g. lift buttons, handrails, doorknobs, armrests, tables, air/light controls, keyboards, switches, etc.) and toilet surfaces with chemical disinfectants and allow to air dry.<sup>1</sup>

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# Guidelines.....

- Freshly prepared 1% sodium hypochlorite solution and 70% alcohol can be used as disinfectant agent<sup>1</sup>
- Clean toilets with 1% freshly prepared sodium hypochlorite solution<sup>1</sup>
- Materials used for cleaning should be discarded into biohazards bags after cleaning and disinfecting each area<sup>1</sup>
- Bucket used for cleaning should be disinfected by soaking in disinfectant or bleach solution or rinse in hot water before filling<sup>1</sup>
- Dispose of the biohazard bags properly upon completion of the disinfection<sup>1</sup>

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## Chlorine based solutions.....

- Chlorine based solutions are prepared by diluting liquid chlorine (1000 mg/L strength) or freshly prepared 1% sodium hypochlorite solution. The appropriate concentration of sodium hypochlorite for disinfecting general liquid biological waste is approximately 1%.
- Household bleach is 5-6% sodium hypochlorite; therefore a 1:5 (v/v) dilution of bleach to liquid biological waste is appropriate.
- The contact time of these solutions should be at least 30 minutes.

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# Frequency of cleaning/ disinfection of surfaces

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## Cleaning & disinfection

- For high touch surfaces like *doorknobs, telephone, call bells, bedrails, stair rails, light switches*, wall areas around the toilet disinfection procedure should be carried every 3-4 hours.
- For low-touch surfaces like walls, mirrors, etc. mopping should be done **at least once daily**<sup>1</sup>

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Area	Disinfectant	Contact time	Frequency
High touch surfaces	Hypochlorite 1%	10 min	2 hourly
Floor	Clean with detergent (soap & water)and then Hypochlorite 1%	10min	8 <sup>th</sup> hourly
Wall, ceiling	Hypochlorite 1%	10min	Once daily
Corridor	Hypochlorite 1%	10min	8 <sup>th</sup> hourly
Linen	Hypochlorite 0.1%	30 min	As on when
Toilet	Clean with detergent (soap & water)and then Hypochlorite 1%		4 <sup>th</sup> hourly
Non-critical equipment (stethoscope, BP cuff, thermometer etc)	Alcohol wipes		After each use

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## General precautions after completing cleaning/ disinfection procedures

- Disposable PPE should be discarded immediately in a double-bagged biohazard bag, which should then be securely sealed and labeled after cleaning activities are completed. Disinfect the eye goggles after each use<sup>1</sup>
- Maintain hand hygiene after each piece of PPE is removed by washing your hands with water/alcohol-based hand rub immediately, following completion of cleaning<sup>1</sup>
- Staff responsible for cleaning should be made aware of the symptoms and should report to their occupational health service if they develop symptoms<sup>1</sup>

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**Cleaning/ disinfection in:  
OutPatient Department (OPD)/ Intensive  
Care Unit (ICU)/  
Labor room**

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Outpatient department (OPD) <sup>1</sup>	Intensive care unit (ICU) <sup>2</sup>	Labor room <sup>2</sup>
Deep cleaning at least twice a day	Doors of the ICU should be closed all time and handle should be cleaned with a 1% hypochlorite solution.	Make use of 70% isopropyl alcohol or 1% sodium hypochlorite solution for surface cleaning and disinfection.
Spray all areas with 0.5-1% Na hypochlorite	High touch areas to be cleaned by a nursing assistant at the beginning of each shift.	The contact time of these solutions should be at least 30 minutes.
Mopping all high touch surfaces with 1% Sodium hypochlorite	Bed rails of ICU should be cleaned with a 1% hypochlorite solution hourly.	Floors, walls, and object surfaces should be wiped 2-3 times a day.
Flooring cleaning with soap and water	High touch surfaces should be mopped at least every 2-4hrs with 1% sodium hypochlorite.	Sterilize the air by fumigation, plasma air sterilizers, or ultraviolet lamps.
Repeat the procedure at any time when there is contamination.	Repeat the procedure at any time when there is contamination.	After a procedure, the biological fluids, blood, and fecal matter should be treated with 1% sodium hypochlorite solution before disposal.

Outpatient department (OPD) <sup>1</sup>	Intensive care unit (ICU) <sup>2</sup>	Labor room <sup>2</sup>
	Doors of the ICU should be closed all time and handle should be cleaned with 1% hypochlorite solution.	For a large fluid spill, sodium hypochlorite powder should be spread over the spill and left in contact for 30 minutes before swabbing or cleaning it.
	High touch areas to be cleaned by nursing assistant in the beginning of each shift.	Reusable medical equipment, linen, fabric, and clothes should also be treated with sodium hypochlorite before they are processed further.
	Bed rails of ICU should be cleaned with 1% hypochlorite solution hourly.	
	High touch surfaces should be mopped at least every 2-4hrs with 1% sodium hypochlorite.	
	Repeat the procedure at any time when there is contamination.	



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During  **COVID-19**  
For Gynaecologists

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## MODULE 1

# Donning & Doffing of Personal Protective Equipment (PPE)

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## Introduction

- ▶ The corona virus infection is highly contagious infection. Based on the available evidence, the COVID-19 virus is transmitted between people through close contact and droplets, not by airborne transmission. The people most at risk of infection are those who are in close contact with a COVID-19 patient or who care for COVID-19 patients. **Hence, preventive and mitigation measures are key.**
- ▶ Precautions to be implemented by health care workers caring for patients with COVID-19 apart from the community norms of social distancing and hand sanitization, include using PPE appropriately; this involves selecting proper PPE and being trained in how to put on, remove, and disposal<sup>1</sup>
- ▶ **PPE is only one effective measure, as described in WHO's Infection prevention & control of epidemic- and pandemic-prone acute respiratory infections like the present scenario in health care facility<sup>1</sup>**

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## Healthcare personnel

- ▶ All medical staff caring for patients with suspected or confirmed COVID-19 should use PPE. Before caring for patients with suspected or confirmed COVID-19 all medical staff should receive comprehensive training and should adhere to proper donning and doffing of PPE.<sup>1</sup>
- ▶ More than one **donning & doffing** methods may be acceptable.
- ▶ Training & practice using healthcare facilities and procedures is important.

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# Donning & Doffing Area

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## Donning & Doffing Area

- ▶ Designing & layout of donning & doffing area is important for safety of health care workers
- ▶ Ideally donning & doffing area should be two different places near to patient's room. But in some hospital it will be not possible due to lack of space. Following information to be consider while defining donning & doffing area

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## Donning & Doffing Area

- ▶ In doffing area by marking the doffing spot that indicates the location to stand during doffing, providing a built-in balance aid within reach of the defined doffing spot, and presence of mirror for self monitoring and self-inspection in donning & doffing area will be useful.
- ▶ **One or two persons only** at one time.
- ▶ **Colored demarcation** on the floor to signify the zones and different levels of contamination risk: red, contaminated; yellow, likely contaminated; and green, clean will help health worker.

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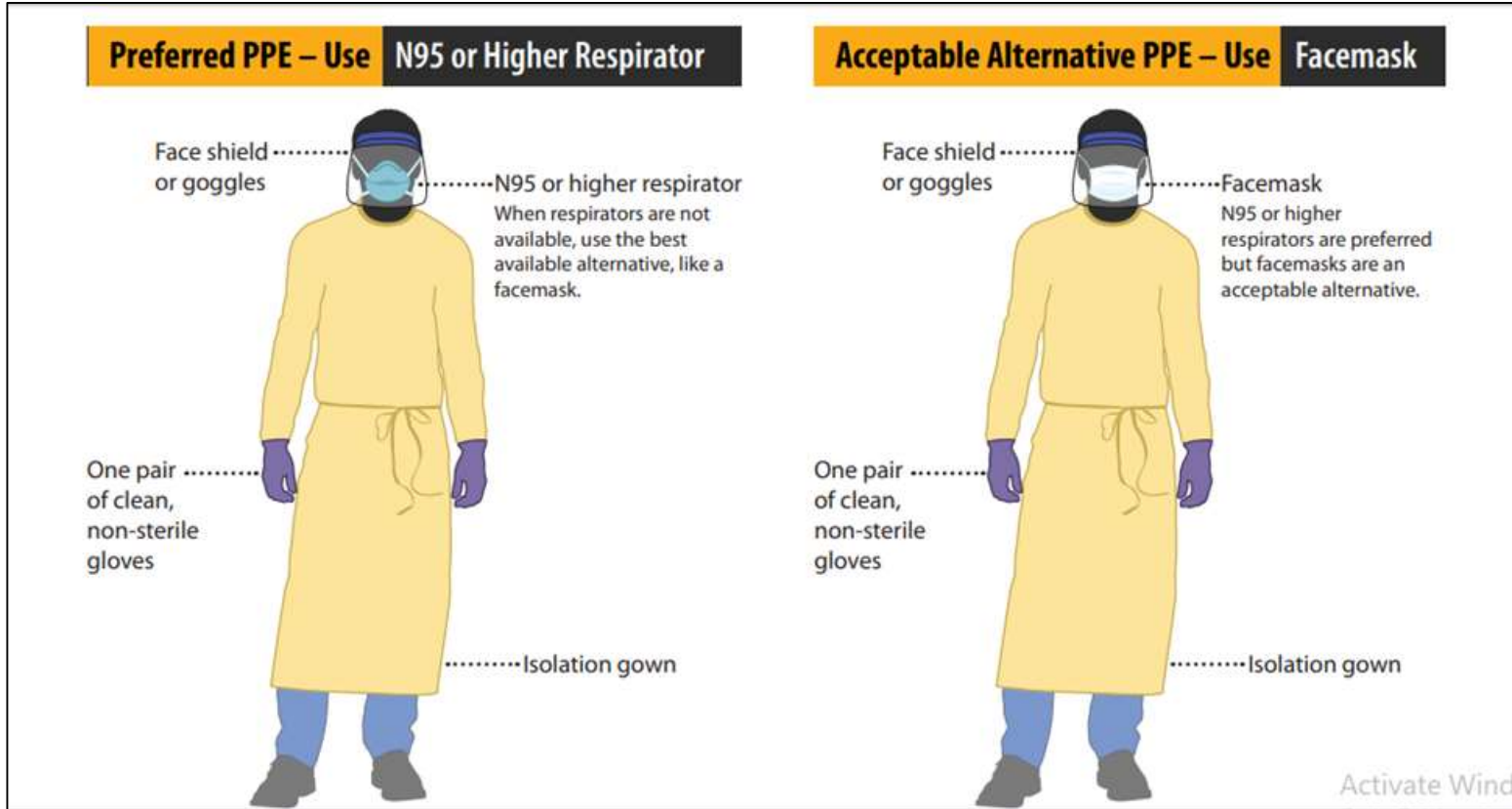
## Donning & Doffing Area

- ▶ The doffing area should have **unidirectional flow from contaminated to cleaner areas** to the outside of the patient room in a continuous forward motion.
- ▶ Prepare **wall poster of donning & doffing methods**
- ▶ **Instruction chart** regarding bio medical waste requires in doffing area.
- ▶ **Trained assistant** for donning & doffing

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Before caring for patients with suspected or confirmed COVID 19 patients all medical personnel should receive comprehensive training and adhere to proper donning and doffing of PPE. There various methods of donning and doffing methods available<sup>2</sup>

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# Before Donning.....

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## Before donning

Remove white coat/extra clothing, watch, jewelry, personal items. Leave mobile phone outside

- ▶ If you wear glasses, clean them. Wear after donning surgical/N95 mask
  - ▶ Drink enough water; use the toilet before donning
  - ▶ Shave off your beard (mask will not fit well otherwise)
1. **Identify and gather the appropriate PPE to don.** Based on training, make sure that the choice of gown size is correct.<sup>2</sup>
  2. **Inspect PPE: *Check for tears.***
  3. Perform **proper hand hygiene** using a **hand sanitizer**.<sup>2</sup>
  4. **Wear Head cap then Shoe covers**, Sit down if necessary
  5. **Wear inner gloves.**

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## *Before donning*

- ▶ **Wear the NIOSH-approved N95 filtering face piece or higher respirators.** If a respirator is not available use a facemask. If the respirator has a nosepiece, it should not be bent or tented and should be fitted to the nose using both hands. Respirator or facemask should not be worn under chin or stored in scrubs pocket between patients.<sup>2</sup>
- ▶ **Respirator:** The top strap of the respirator should be placed on crown of head and the bottom strap on the base of neck. It is important to perform a user seal check once the respirator is donned.<sup>2</sup>
- ▶ **Facemask:** The top tie of the mask should be secured on crown of head and the bottom tie on the base of neck. If the mask has loops, they should be hooked appropriately around the ears.<sup>2</sup>

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## *Before donning*

- ▶ **Wear face shield or goggles.** Face shields give full face protection. Goggles also provide protection for eyes; however, fogging is common.<sup>2</sup>
- ▶ **Hood & zip up the gown**
- ▶ **Perform proper hand hygiene before wearing gloves.** Gloves should cover the cuff of the isolation gown.<sup>2</sup>
- ▶ **Healthcare personnel may now go in the patient room.**<sup>2</sup>

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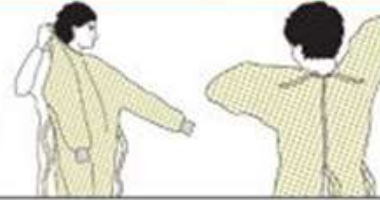
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# Donning



## 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



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# Doffing of Personal Protective Equipment

- ▶ Removal of PPE is a complex procedure, with studies showing that there are high rates of doffing errors even with basic PPE, and that self-perceived proficiency correlates poorly with correct use.
- ▶ However, contamination is more likely to occur when incorrect technique is noted. **Ensuring safe practices for high-risk, high-potential exposure scenarios**, to minimize risks of contamination therefore requires the user to be well trained and with proven competence, as well as using safe PPE components.
- ▶ It is observed most common area which gets infected during patient examination is our fingers, palm, arm wrist & face so protection & disinfection is more important for this part.

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# *After Donning* Doffing

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## How to Take Off (Doffing) PPE Gear:

More than one doffing method may be acceptable. Training & practice using your healthcare facility's procedure is critical.

*Below is one example of doffing<sup>2</sup>*

- ▶ **Remove outer gloves.** Make sure that removal of gloves does not cause additional contamination of hands. Gloves can be removed using the glove-in-glove technique or the bird beak technique<sup>2</sup>
- ▶ **Remove gown.** Untie all the ties avoiding a forceful movement. Reach up to the shoulders and carefully remove the gown down and away from body. Dispose the gown in a trash container<sup>2</sup>

The other preferred method for doffing a disposable gown and gloves is, to break the ties at the neck by pulling on the upper front portion of the gown with the hands still gloved, balling or rolling in the contaminated surfaces, & pulling the gloves off inside-out as the hands are withdrawn from the gown's sleeves. The gown & gloves can then be placed in a disposal receptacle together.

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## How to Take Off (Doffing) PPE Gear:

- ▶ **Remove Shoe covers** Hold by the top edge
- ▶ **Perform proper hand hygiene<sup>2</sup>**
- ▶ **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles
- ▶ **Remove inner gloves & hand hygiene**

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## How to Take Off (Doffing) PPE Gear:

- ▶ Remove & discard respirator (or facemask if used instead of respirator). Do not touch the front of the respirator or facemask.\*
  - ▶ **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
  - ▶ **Facemask:** Carefully untie (or unhook from the ears) and pull away from face without touching the front.
  - ▶ **Perform hand hygiene** after removing the respirator/facemask and before putting it on again.

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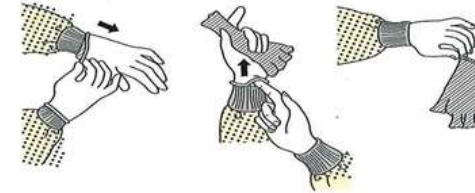
# Doffing

## SEQUENCE FOR REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

Except for respirator, remove PPE at doorway or in anteroom. Remove respirator after leaving patient room and closing door.

### 1. GLOVES

- Outside of gloves is contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first gloved hand
- Discard gloves in waste container



### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container



### 3. GOWN

- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- Grasp bottom, then top ties or elastics and remove
- Discard in waste container



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



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## REMEMBER

- ▶ Do not move out of respective COVID area
- ▶ PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas. PPE should not be adjusted (e.g., retying gown, adjusting respirator/ facemask) during patient care.
- ▶ PPE must be removed slowly and deliberately in a sequence that prevents self-contamination.
- ▶ Doffing to be done in appropriate area designated in the same
- ▶ Discard PPE in appropriate bins for safer disposal or reuse as necessary.
- ▶ Perform thorough hand hygiene after complete doffing.

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# How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

**⌚** Duration of the entire procedure: 20-30 seconds

**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;

**1b** Rub hands palm to palm;

**2** Rub hands palm to palm;

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

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

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

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

**8** Once dry, your hands are safe.

## Handrub



World Health Organization

Patient Safety

A Global Alliance for Better Health Care

SAVE LIVES

Clean Your Hands

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