



Clinical Practice tips during covid19 times

Agenda

- ▶ Checklist to prepare the clinic for COVID-19
- ▶ Steps Healthcare Facilities Can Take to tackle COVID-19
- ▶ Appropriate patient care
- ▶ How to implement infection prevention and control measures for patients with suspected or confirmed COVID - 19 infection
- ▶ How doctors can keep their families safe after providing COVID-19 care



Checklist to Prepare Physician Offices for COVID-19

Checklist of Required Equipment/Supplies

- ▶ Health care facility should provide Personal Protective Equipment in accordance with current CDC guidance and OSHA's standards (29 CFR 1910).
- ▶ Clear signage with pictures recommending patients call first if they have symptoms of any respiratory infection (e.g., cough, runny nose, fever).
- ▶ Signage in appropriate languages instructing patients to alert staff about respiratory symptoms and correct hygiene and cough etiquette.
- ▶ It's helpful to have signage with pictures.

Checklist of Required Equipment/Supplies

- ▶ Alcohol-based hand sanitizer and masks placed at the front of office/practice.
- ▶ Boxes of disposable tissues for distribution to patients.
- ▶ Single-use towels and tissues for use throughout the office.
- ▶ No-touch wastebaskets and disposable liners.
- ▶ Alcohol-based hand rub for reception, waiting, patient care, and restroom areas.
- ▶ Single-use gloves.

Checklist of Required Equipment/Supplies

- ▶ N95 respirators, face shields/goggles, surgical masks, and gowns for providers and staff, as appropriate
- ▶ Appropriate disinfectant for environmental cleaning. Train staff and assess that it is used correctly.
- ▶ Buckets and single-use mops
- ▶ Adequate medical supplies (e.g., IV solutions, antivirals, antibiotics)
- ▶ Handouts made available prior to an outbreak or pandemic, and posters and patient education materials posted during an outbreak or pandemic

Waste Disposal

- ▶ **No-touch methods** should be used to dispose of waste materials with respiratory secretions.
- ▶ Arrange to use the currently recommended methods for disposal of dangerous waste.
- ▶ Routine cleaning and disinfection procedures at those patient-care areas in which aerosol generating procedures are performed.

Waste Disposal

- ▶ Products with emerging viral pathogens claims are recommended for use against SARS-CoV-2.
- ▶ Management of laundry, food service utensils, and medical waste should also be performed in accordance with routine procedures



Steps Healthcare Facilities Can Take to tackle COVID-19

Be prepared

- ▶ Stay informed about the local COVID-19 situation
- ▶ Develop, or review, your facility's emergency plan
- ▶ Establish relationships with key healthcare and public health partners in your community.
- ▶ Create an emergency contact list

Communicate with staff and patients

- ▶ **Communicate about COVID-19 with your staff.**

what is currently known about COVID-19, the potential for surge, and your facility's preparedness plans

- ▶ **Communicate about COVID-19 with your patients**

providing non-urgent patient care by telephone, Use your facility's website or social media pages to share updates

Protect your workforce

- ▶ Screen patients and visitors for symptoms of acute respiratory illness (e.g., fever, cough, difficulty breathing) before entering your healthcare facility
- ▶ Ensure proper use of personal protection equipment (PPE)
- ▶ Conduct an inventory of available PPE.
- ▶ Encourage sick employees to stay home

Protect your patients

- ▶ **Stay up-to-date** on the best ways to manage patients with COVID-19.
- ▶ **Separate patients with respiratory symptoms so they are not waiting among other patients seeking care**

Protect your patients

- ▶ **Consider the strategies to prevent patients who can be cared for at home from coming to your facility potentially exposing themselves or others to germs, like:**
- ▶ Using your telephone system to deliver messages to incoming callers about
 - ▶ when to seek medical care at your facility,
 - ▶ when to seek emergency care, and
 - ▶ where to go for information about caring for a person with COVID at home.
- ▶ Adjusting your hours of operation to include telephone triage and follow-up of patients during a community outbreak.
- ▶ Leveraging telemedicine technologies and self-assessment tools.



Appropriate patient care

Before Patients Arrive

- ▶ **Prepare the clinic.**

- ▶ Know which of your patients are at higher risk of adverse outcomes from COVID-19.
- ▶ Consider and plan for providing more **telemedicine** appointments.
- ▶ Stay **connected with your health department** to know about COVID-19 in your community.
- ▶ Step up **precautions when the virus is spreading** in your community.
- ▶ **Assess and restock supplies** now and on a regular schedule

Before Patients Arrive

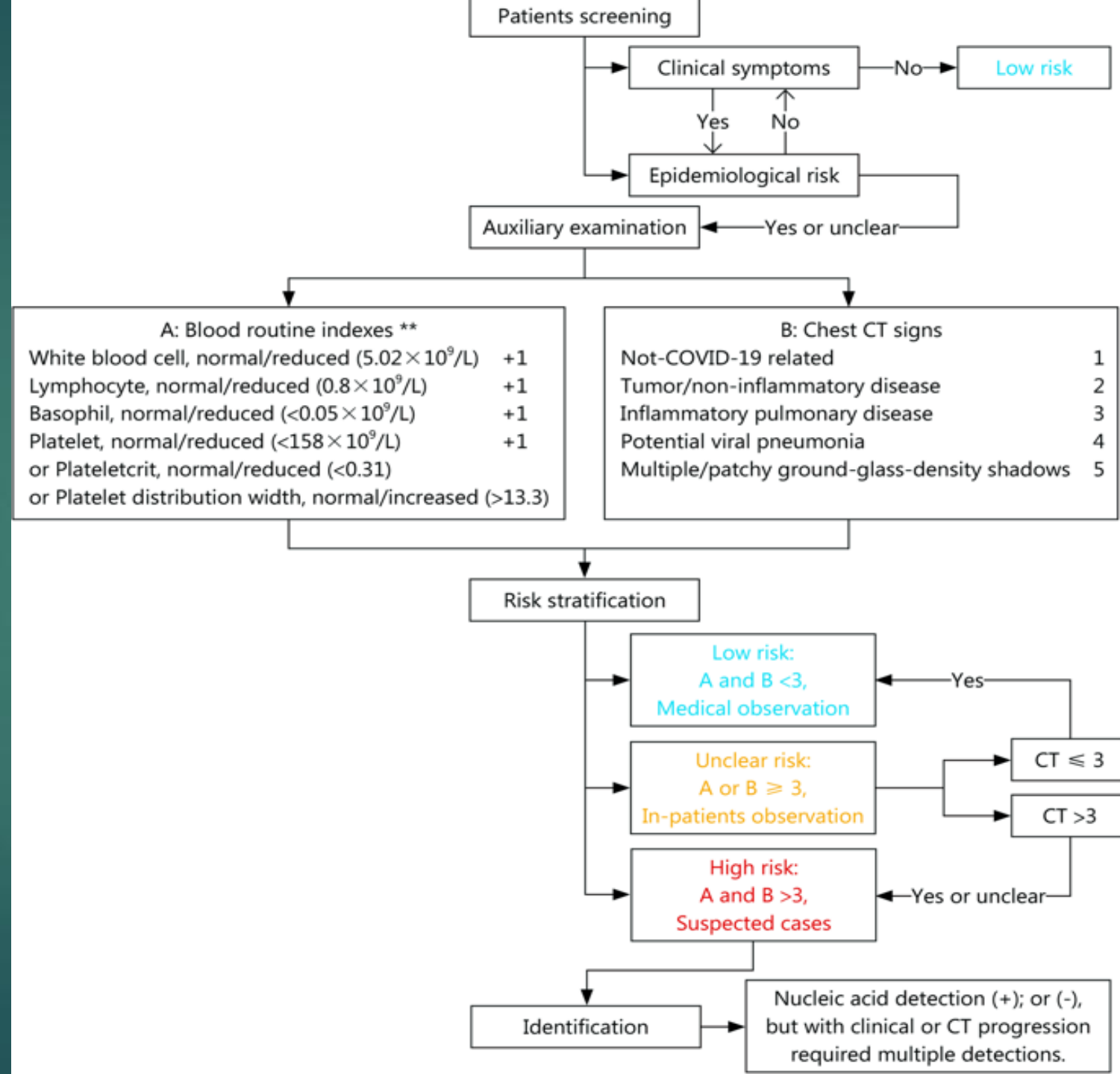
- ▶ **Communicate with patients.**

- ▶ Ask patients about symptoms during reminder calls.
- ▶ Consider rescheduling non-urgent appointments.
- ▶ Post signs at entrances and in waiting areas about prevention actions.

Before Patients Arrive

- ▶ **Prepare the waiting area and patient rooms.**
 - ▶ Provide supplies—tissues, alcohol-based hand rub, soap at sinks, and trash cans.
 - ▶ Place chairs 3–6 feet apart, when possible. Use barriers (like screens), if possible.
 - ▶ If your office has toys, reading materials, or other communal objects, remove them or clean them regularly.

Simple stratification and identification of COVID-19



When Patients Arrive

- ▶ Place staff at the entrance to ask patients about their symptoms.
 - ▶ Provide symptomatic patients with tissues or facemasks to cover mouth and nose.
 - ▶ Limit non-patient visitors.
- ▶ Separate sick patients with symptoms.
 - ▶ Allow patients to wait outside or in the car if they are medically able.
 - ▶ Create separate spaces in waiting areas for sick and well patients.
 - ▶ Place sick patients in a private room as quickly as possible.

After Patients are Assessed

- ▶ Provide **at-home care instructions** to patients with respiratory symptoms. Consider **telehealth** options for follow up.
- ▶ **Notify your health department** of patients with COVID-19 symptoms.
- ▶ After patients leave, **clean frequently touched surfaces** using EPA-registered disinfectants—counters, beds, seating.



How to implement infection prevention
control measures for patients with
suspected of COVID - 19 infection



At triage

- Give suspect patient a triple layer surgical mask and direct patient to separate area, an isolation room if available. Keep at least 1 meter distance between suspected patients and other patients. Instruct all patients to cover nose and mouth during coughing or sneezing with tissue or flexed elbow for others. Perform hand hygiene after contact with respiratory secretions

Triage and Patient Flow Systems

- ▶ Develop a triage protocol for your practice based on patient and community outbreak.
- ▶ Recommend that patients with respiratory symptoms and fever call the office before arrival.

Triage and Patient Flow Systems

- ▶ **Implement alternative patient flow systems.**

- ▶ Distribute respiratory prevention packets consisting of a disposable surgical mask, facial tissues, and cleansing wipes to all symptomatic patients.
- ▶ Attempt to isolate all patients with suspected symptoms of any respiratory infection using doors, remote office areas, or negative-pressure rooms, if available.
- ▶ Evaluate patients with acute respiratory illness (ARI) promptly. • After delivering care, exit the room as quickly and directly as possible (i.e., complete documentation in clean area).
- ▶ Clean room and all medical equipment completely with appropriate cleaning solutions.

Triage and Patient Flow Systems

- ▶ When possible, reorganize waiting areas to keep patients with respiratory symptoms a minimum of 6 feet away from others and/or have a separate waiting area for patients with respiratory illness.
- ▶ Consider arranging a separate entrance for symptomatic patients.
- ▶ Schedule patients with ARI for the end of a day or at another designated time.
- ▶ Provide no-touch waste containers with disposable liners in all reception, waiting, patient care, and restroom areas.

Triage and Patient Flow Systems

- ▶ Provide alcohol-based hand rub and masks in all reception, waiting, patient care, and restroom areas for patients with respiratory symptoms.
- ▶ Always keep soap dispensers stocked with handwashing signs.
- ▶ Discontinue the use of toys, magazines, and other shared items in waiting areas, as well as office items shared among patients, such as
 - ▶ Pens,
 - ▶ Clipboards,
 - ▶ Phones, Etc.

Triage and Patient Flow Systems

- ▶ Dedicate equipment, such as stethoscopes and thermometers, to be used in ARI areas.
 - ▶ This equipment should be cleaned with appropriate cleaning solutions for each patient.
- ▶ Consider the use of disposable equipment when possible (e.g., blood pressure cuffs).

Apply droplet precautions

- Droplet precautions prevent large droplet transmission of respiratory viruses. Use a triple layer surgical mask if working within 1-2 metres of the patient. Place patients in single rooms, or group together those with the same etiological diagnosis. If an etiological diagnosis is not possible, group patients with similar clinical diagnosis and based on epidemiological risk factors, with a spatial separation. When providing care in close contact with a patient with respiratory symptoms (e.g. coughing or sneezing), use eye protection (face-mask or goggles), because sprays of secretions may occur. Limit patient movement within the institution and ensure that patients wear triple layer surgical masks when outside their rooms

Apply contact precautions

- Droplet and contact precautions prevent direct or indirect transmission from contact with contaminated surfaces or equipment (i.e. contact with contaminated oxygen tubing/interfaces). Use PPE (triple layer surgical mask, eye protection, gloves and gown) when entering room and remove PPE when leaving. If possible, use either disposable or dedicated equipment (e.g. stethoscopes, blood pressure cuffs and thermometers). If equipment needs to be shared among patients, clean and disinfect between each patient use. Ensure that health care workers refrain from touching their eyes, nose, and mouth with potentially contaminated gloved or ungloved hands. Avoid contaminating environmental surfaces that are not directly related to patient care (e.g. door handles and light switches). Ensure adequate room ventilation. Avoid movement of patients or transport. Perform hand hygiene.

Apply airborne precautions when performing an aerosol generating procedure

- Ensure that healthcare workers performing aerosol-generating procedures (i.e. open suctioning of respiratory tract, intubation, bronchoscopy, cardiopulmonary resuscitation) use PPE, including gloves, long-sleeved gowns, eye protection, and fit-tested particulate respirators (N95). (The scheduled fit test should not be confused with user seal check before each use.) Whenever possible, use adequately ventilated single rooms when performing aerosol-generating procedures, meaning negative pressure rooms with minimum of 12 air changes per hour or at least 160 litres/second/patient in facilities with natural ventilation. Avoid the presence of unnecessary individuals in the room. Care for the patient in the same type of room after mechanical ventilation commences



How doctors can keep their families
safe after providing COVID-19 care



How doctors can keep their families safe after providing COVID-19 care

▶ Take the right precautions at work

- ▶ using the appropriate respiratory protection, gowns, gloves, droplet protection, and N95 or higher respiratory protection
- ▶ Negative air pressure airborne isolation wards should be created to best care for persons infected or potentially infected with the virus that causes COVID19

How doctors can keep their families safe after providing COVID-19 care

- ▶ **Wash hands carefully**
- ▶ **Change your clothes**
- ▶ **Stay with your family**
 - ▶ Some of emotional supports that people need and require are very important, if we're expecting health care providers to come to work and then go home and be isolated that is not going to be a healthy situation for anybody.

Psychological support



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सचिव

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Secretary



सत्यमेव जयते

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Government of India
Department of Health and Family Welfare
Ministry of Health & Family Welfare

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Psychological Support:

1. A dedicated toll-free helpline-08046110007, for providing psycho-social support for health care workers has been created by using suitable professionals including psychiatry department residents.
2. Health professionals are being encouraged to practice stress management techniques. Training modules have been designed in this regard and available at the website of the Ministry.

Thank you