

# Preparedness & Containment: How to Prepare for an Outbreak

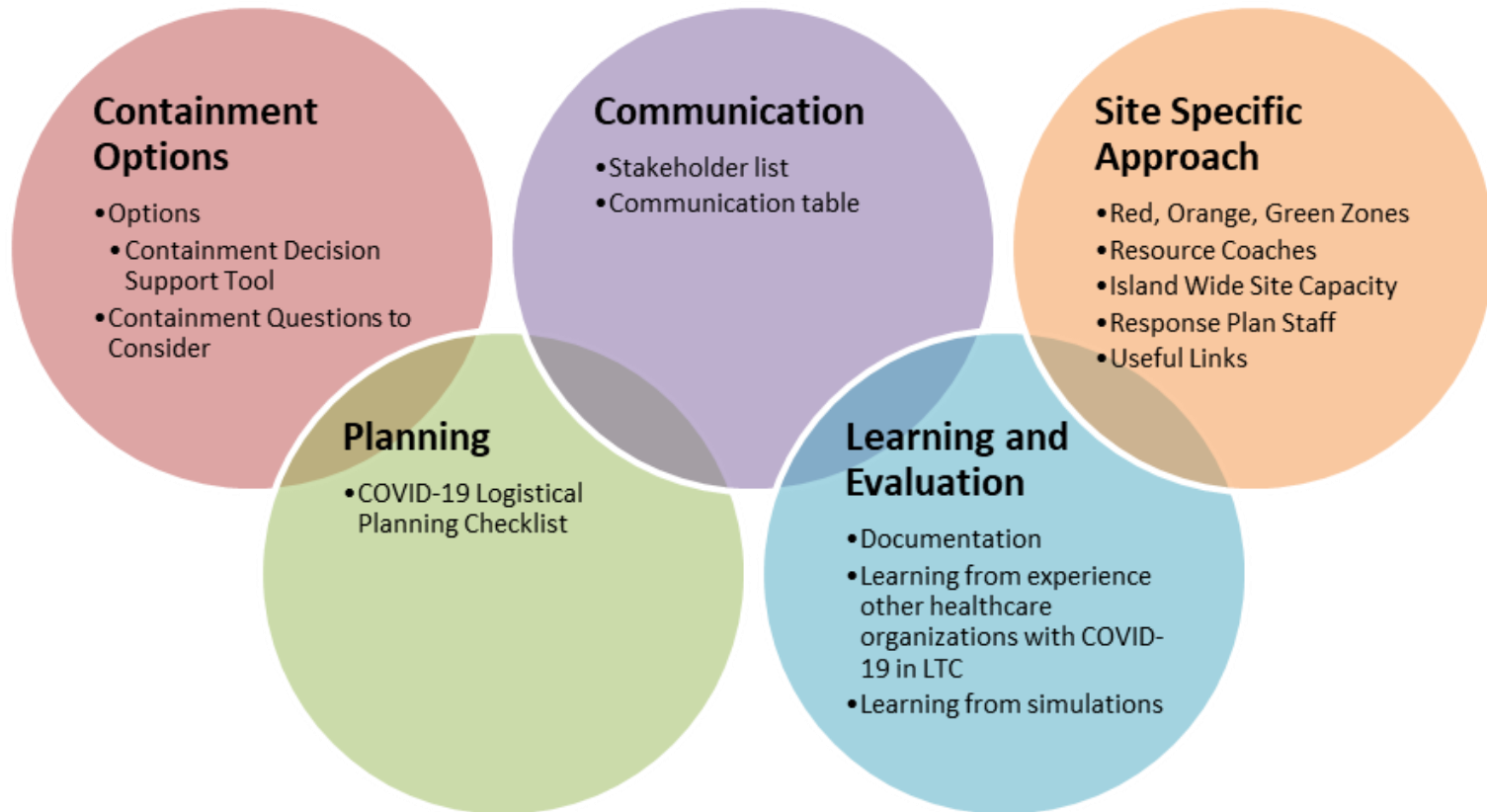
*Excellent health and care for everyone, everywhere, every time.*

# Long-Term Care COVID-19 Containment Plan

# Why

- Something for everyone
  - Help staff in various positions get an idea of what can be expected should an outbreak occur in LTC
- Source of information
  - Resources collated into a single location
- Overall picture
  - No one case is exactly alike
  - Overall idea of what to expect

# Overview



# Containment Options

## Containment Options

- Options
  - Containment Decision Support Tool
- Containment Questions to Consider

- Three Main Options
  - Care for residents on site
  - Transfer to Hospital Based COVID-19 Cohort Unit
  - Transfer to Emergency Department for Urgent Treatment
- Depends upon a variety of factors such as
  - Number of symptomatic or confirmed positive residents
  - Exposure
  - Acuity

# Planning

## Planning

- COVID-19 Logistical Planning Checklist

- Sites to consult checklist
  - List of resources identified as needed/useful in an outbreak
  - Good to consider ahead of time
  - Intended to prompt logistical planning steps should one or more items/resources be unavailable

# Communication

- Provides link to Response Plan
- Breaks down leadership roles
- Brief list of who is responsible for connecting with various stakeholders

## Communication

- Stakeholder list
- Communication table

# Learning and Evaluation

- How do we document and learn from our experiences?
  - Documentation of EOC and Incident Management meetings
  - Learnings from our colleagues in other Health Authorities
  - Learnings from Simulations

## Learning and Evaluation

- Documentation
- Learning from experience other healthcare organizations with COVID-19 in LTC
- Learning from simulations



# Site Specific Approach

## Site Specific Approach

- Red, Orange, Green Zones
- Resource Coaches
- Island Wide Site Capacity
- Response Plan Staff
- Useful Links

- What do Red, Orange and Green Zones look like in LTC?
- What is a Resource Coach?
- Are there other sites like mine that I could collaborate with?
- What is the Response Plan?
- Where can I find additional resources?

# Long-Term Care COVID-19 Preparedness & Planning

*Learning  
from the  
experience of  
others*

# Why?

- Asymptomatic spread
- Lapses in use of PPE and hand hygiene
- Poor social distancing in staff congregate areas (i.e. lapses in use of PPE in lunch rooms)
- Decreases in appropriate staffing levels
- Increasing incidence of COVID-19 in the public health unit surrounding the facility
- Number of residents in the facility
- Older design standards
- Previous outbreak experience

*Practice the  
basics and be  
a role model  
for safe  
behaviours*

# Personal Responsibilities

- Stay home when sick
- Hand hygiene, respiratory etiquette and physical distancing
- Stick to your safe six
- Wear a mask in public indoor spaces
- Avoid non-essential travel
- Adhere to mask policy at work
- Utilize reliable sources of information

*The  
identification  
of a person  
under  
investigation  
is a window  
of  
opportunity*

## Appendix 1: COVID-19 Protocol LTCF

### ROUTINE SCREENING & MONITORING



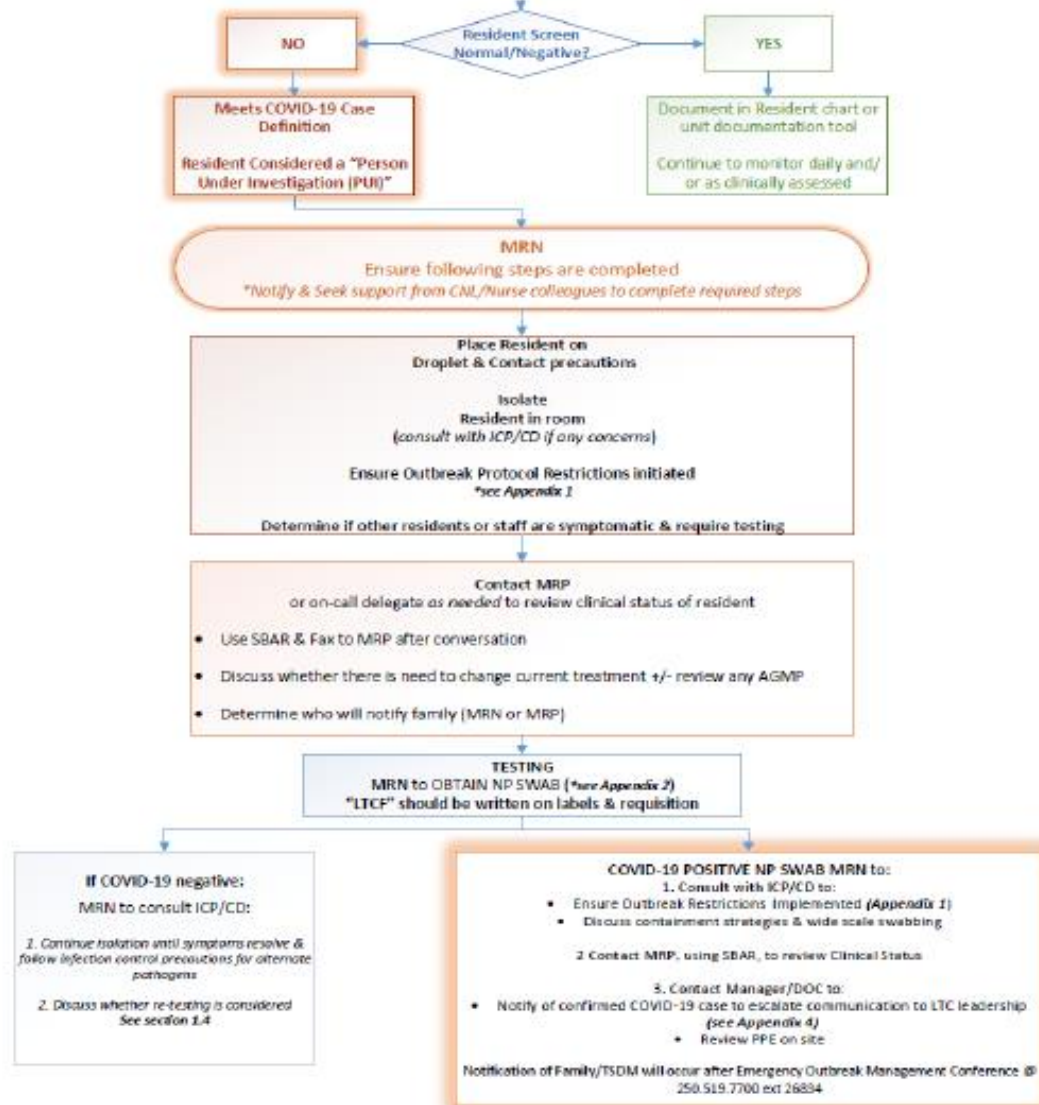
MRN to Assess EVERY resident for COVID-19:

1. Respiratory/Influenza like symptoms: fever, chills, cough, shortness of breath, sore throat, painful swallowing, runny nose, nasal congestion, loss of sense of smell or taste, headache, muscle aches, fatigue.

2. Atypical Symptoms: Nausea, vomiting, diarrhea, conjunctivitis, dizziness, abdominal pain, skin rashes or discoloration of fingers or toes, loss of appetite, acute cognitive changes, functional decline, extreme fatigue or malaise

3. Temperature

On Admission, Discharge AND ONCE Daily



# Long Term Care: Transitioning Between Zones During a COVID-19 Outbreak

LTC COVID19  
Outbreak  
Units



HOME

## GREEN ZONE



LOW RISK of viral load or transmission

### SPACES TO CONSIDER

- Any non-clinical spaces outside of the outbreak unit

### PPE for All Staff/Volunteers\*

- As per Routine Practices/PCRA
- Follow VIHA recommendations for Pandemic PPE to wear surgical mask & eye protection if within 2 m (or 6 ft) of a resident

- Hand hygiene

- Transport uniform home in a bag
- Hand hygiene

### Residents:

- Asymptomatic residents with no known COVID exposure

## ORANGE ZONE



REDUCED viral load

### SPACES TO CONSIDER

- Non-outbreak units
- Rooms occupied with asymptomatic residents on the outbreak unit
- Charting area on the outbreak unit
- Dining rooms/resident lounges/hallways on the outbreak unit
- PPE donning and doffing areas
- Staff washroom on unit
- Soiled utility & equipment cleaning areas
- Bathing room

### PPE for All Staff/Volunteers\*

- Surgical mask
- Face shield/visor or goggles

- Hand hygiene
- Change into work shoes
- Change into work uniform

- Change out of uniform and put in bag
- Change out of work shoes and put in bag or designated area
- Hand hygiene

\*Unless otherwise directed, surgical mask and eye protection can be used between asymptomatic patients. Gown and gloves worn as per Routine Practices & changed between residents

### Residents:

- Asymptomatic residents with no known COVID exposure
- Asymptomatic residents on outbreak unit

## RED ZONE



HIGH viral load/contamination zone

### SPACES TO CONSIDER

- Spaces occupied by symptomatic residents and their close contacts on the outbreak unit
- Entire outbreak unit

### PPE for All Staff/Volunteers\*

- Isolation gown and gloves
- Surgical mask
- Face shield/visor or goggles

### Minimize exposure:

- Where possible, cohort staff to work only with ill residents
- Bundle care and use runner to assist with bringing meal trays, medication or other supplies

- Hand hygiene
- Gather all required supplies
- Don appropriate PPE outside resident room/zone

- Doff PPE at door to resident room/zone
- Hand hygiene

\*Unless otherwise directed, all PPE must be changed after caring for any resident on Additional Precautions, including symptomatic residents.

### Residents:

- Confirmed COVID-19 positive residents
- Roommates of known COVID-19 positive residents
- Any resident with COVID symptoms

Last Updated:  
May 20 2020

*Identify  
where/how  
cross-  
contamination  
may occur*

# Site Floorplan & Flows

- People
- Food
- Laundry
- Supplies
- Garbage



# Tips for Preparedness



- Turn process into practice
- Streamline
- Understand your sites strengths and gaps to advocate effectively at the EOM
- Involve your care team



*What is  
needed to  
safely care  
for people  
on-site?*

# Designated COVID-19 Equipment & Supplies

- Swabs
- Mattresses
- Supplies (i.e. tubing, wound care, signage)
- O<sub>2</sub> concentrators
- Commodes
- Trays
- Over-bed tables
- Isolation Carts
- Tube feed equipment
- Portable Vitals Machine (aka nurse on a stick)
- BP cuffs
- Pulse Oximeters
- Physical barriers (i.e. plexiglass and screens)

# Questions?