

ENA Care Group - PPE guidelines for Live-In Care only

Please contact careteam@ena.co.uk without delay should you require additional PPE or have any questions or concerns regarding the information in this guidance

Please note that wearing PPE is only effective when combined with:

- Hand hygiene
- Infection prevention and control precautions
- Avoiding touching your face with your hands
- Respiratory hygiene (Catch it, Bin it, Kill it)
- When it is put on and taken off correctly (donning and doffing)

In general

If you are living with your client on an ongoing basis, and your client is your only client, then you are considered as part of the same household.

You are still required to use gloves and aprons when delivering intimate personal care or anything where there could be a risk of cross contamination, e.g. splashing from body fluids, or cleaning chemicals and solutions. (see table 1) Aprons and vinyl gloves are provided by ENA.

You should follow all applicable publicly available guidance (e.g. on household isolation if any person in the household develops symptoms of COVID-19 <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>) and use PPE as per standard infection and prevention control guidance. (see table 2)

Where you are undertaking aerosol generating procedures (AGP's) you will be contacted separately to discuss and arrange 'fit testing' (see table 3)

Table 1

When providing close personal care, in contact with the client when offering direct care with no symptoms.

Direct care: personal care and where there is a risk of contact from body fluids and secretions.

Recommended PPE Items	Explanation
✓ Disposable Gloves	Single use to protect you from contact with the client's body fluids and secretions.
✓ Disposable plastic apron	Single use to protect you from contact with the client's body fluids and secretions.
✗ Fluid-repellent surgical mask	If you are living with your client on an ongoing basis, and your client is your only client, then you are considered as part of the same household. <i>If Covid-19 is suspected please see table 2</i>
✗ Eye protection Subject to risk assessment	Eye protection is recommended for care of clients where there is risk of droplets or secretions from the clients mouth, nose, lungs or from body fluids reaching the eyes (e.g. someone who is repeatedly coughing or may be vomiting) Use of eye protections should be discussed with your manager, you will have access to eye protections if you need them <i>If Covid-19 is suspected please see table 2</i>

Remember the law now states that you must wear a mask or face covering when inside buildings in the community e.g. shops, it is not a requirement to wear them while walking in the open but many people still choose to do so.

Table 2

When supporting a client with Covid-19 or displaying Covid-19 symptoms and when offering direct care.

Symptoms include, a new continuous cough, high temperature, a loss of, or change in normal sense of taste or smell

Recommended PPE Items	Explanation
✓ Disposable Gloves	Single use to protect you from contact with the client's body fluids and secretions.
✓ Disposable plastic apron	Single use to protect you from contact with the client's body fluids and secretions.
✓ Fluid-repellent surgical mask	<p>Fluid-repellent surgical masks can be used continuously while providing care, unless you need to remove the mask from your face (e.g. to drink, eat or take a break from duties)</p> <p>If you remove the mask you must use a new one for your next care session, this will reduce the risk of contamination as you are in and out of people's homes.</p> <p>You should remove and dispose of the mask if it becomes damaged, soiled, damp, or uncomfortable to use. If removed you will need to use a new mask when you start your next care session</p>
✓ Eye protection Subject to risk assessment	<p>Eye protection is recommended for care of clients where there is risk of droplets or secretions from the clients mouth, nose, lungs or from body fluids reaching the eyes (e.g. someone who is repeatedly coughing or may be vomiting)</p> <p>Use of eye protections should be discussed with your manager, you will have access to eye protections if you need them.</p>

If your client or their family member is displaying signs and symptoms then it is wise to wear a mask at all times and ensure good hand hygiene and infection control is carried out frequently to protect your own health, however you will still need to follow the isolation guidance: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Table 3

When your client uses AGP's (Aerosol Generating Procedures) including open suctioning of airways when caring for clients with tracheostomies or other ventilatory support such as CPAP (Continuous Positive Airway Pressure) Oxygen Therapy, Assisted Cough etc. There is a greater risk of transmission from droplets or secretions from the client's mouth, nose, lungs etc.

All Case Managers have been trained to deliver fit testing to our carers - this will include a series of gentle exercises whilst wearing an FFP2 or FFP3 mask and using either bitrex or saccharine solutions to check the fit of your mask.

If you believe you may require fit testing and haven't been already, please contact your case manager or the care team without delay at careteam@ena.co.uk.

Recommended PPE Items	Disposable Gloves	Disposable Plastic aprons	FFP2/FFP3 (filtering face pieces) Single use	Eye / Face protection
AGP Procedures in use as above.	✓	✓	✓ Where a reusable mask is provided you must follow the extra guidance given for <i>*donning and doffing</i> your mask to reduce the risk of cross contamination <i>*(See final page)</i>	✓

Disposal of Household, Clinical Waste and PPE

Waste including clinical waste and PPE can be disposed of as normal domestic waste unless the client has symptoms of Covid-19.

Waste from people with symptoms of Covid-19, waste from cleaning of areas where they have been (including disposable cloths and used tissues) and PPE waste from their care should be disposed of as follows:

- Placed in a plastic rubbish bag, kept in a safe area and tied when full
- The plastic bag should then be placed in a second bin bag and tied.
- It should be put in a suitable and secure place for 72 hours before putting into your normal household bin ready for collection.

In both cases, Sanitary pads, if applicable and Continence Support aids, for example continence pads, stoma bags and catheter bags can be disposed of in normal household waste as above, if there is no clinical waste support for the client (yellow bags).

Please ensure that catheter bags are emptied before placing in the bin, stoma bags should be emptied if possible and double wrapped prior to placing in the bin, sanitary pads should also be double bagged prior to disposal.

Laundry

It is not necessary to separate laundry, however when you are laundering linen or clothes used by a client with Covid-19 symptoms it is wise to follow the following guidance:

- Avoid shaking the laundry to reduce the risk of cross contamination and keep handling to a minimum
- Wash at the highest temperature that the fabric will take and ensure detergent is used, the virus is susceptible to detergents
- Tumble dry and/or Iron as this will further support killing bacteria
- Ensure you wear gloves and aprons when dealing with soiled or contaminated linen
- Ensure any surfaces that the contaminated clothing has contacted is wiped down with a suitable disinfectant or cleaning solution, don't forget the wash basket too.

Please remember this is guidance to support both you and your clients on-going health and safety, if you are unsure please contact your Case Manager or alternatively email careteam@ena.co.uk

Quick guide – gown version
Putting on (donning) personal protective equipment (PPE) for aerosol generating procedures (AGPs)

Quick guide – gown version
Removal of (doffing) personal protective equipment (PPE) for aerosol generating procedures (AGPs)

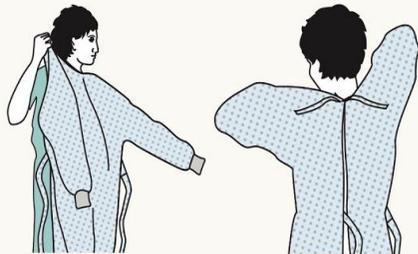
This is undertaken outside the patient's room.

Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available

Perform hand hygiene before putting on PPE

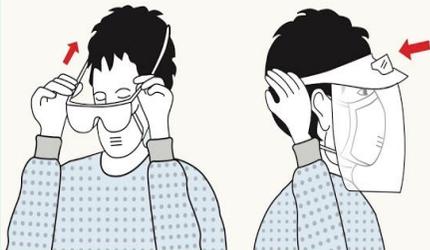
1 Put on the long-sleeved fluid repellent disposable gown



2 Respirator
Perform a fit check.



3 Eye protection



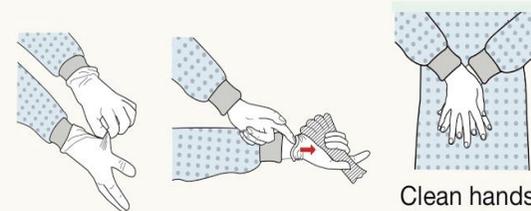
4 Gloves



The order of removal of PPE is as follows:

PPE should be removed in an order that minimises the potential for cross contamination.

1 Gloves –
the outsides of the gloves are contaminated

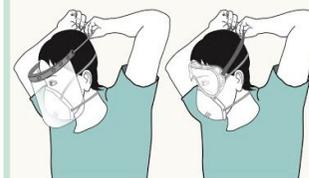


Clean hands with alcohol gel

2 Gown –
the front of the gown and sleeves will be contaminated



3 Eye protection –
the outside will be contaminated



4 Respirator
Clean hands with alcohol hand rub. Do not touch the front of the respirator as it will be contaminated



5 Wash hands with soap and water

