



DE~BUGGED

Focusing on the provision of Clean, Safe Care...

Infection Prevention & Control Newsletter provided by Worcestershire Health & Care NHS Trust

THANK YOU EVERYONE FOR YOUR COMMITMENT AND SUPPORT—TOGETHER WE CAN DO THIS



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So much change in a few months, no one could have predicted how infection prevention and control would change so much from early February through to now. There has been much to focus on, screening patients in clinic settings, moving out to screen them in their homes, managing cases in our inpatient settings and also in the community, ensuring PPE is available and of the appropriate quality, ensuring we promote and facilitate hand hygiene, good cough hygiene, appropriate decontamination practices for surfaces and equipment, social distancing and most importantly working together, staying safe together, looking after each other, learning and sharing our experiences together and continuing to provide clean safe care. SARS-CoV-2 has evolved at a dizzying pace and guidance has changed regularly to reflect this new and evolving knowledge providing many challenges for all of us. Thank you to colleagues for bearing with us during this time when our service just like yours has changed totally, we are planning our return to normal but

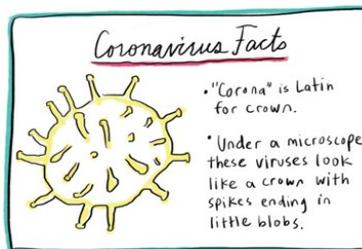
If you require further information about any item in this newsletter please contact the Infection Prevention & Control Nurses on 01386 502552/32552



WHAT DO WE KNOW ABOUT CORONAVIRUSES?

SARS-COV-2 the coronavirus which has led to the pandemic, is not the first coronavirus we have encountered. In addition to the coronavirus that caused the sudden and short lived outbreak of SARS in 2003, four coronaviruses currently circulate among humans. Three of them cause about 15% to 20% of colds, while the fourth coronavirus is responsible for about 2% to 5% of cases of croup. We typically experience these as children and generally these viruses are much less severe when experienced as a child. Getting the disease as a child appears to offer some protection against reinfection later in life; adults encountering these coronaviruses for the first time generally have more severe disease than those who were first infected as children. It is believed that immunity to a coronavirus-caused cold typically lasts about three to five years and that subsequent reinfections are less severe.

First, a point of clarification about COVID-19 and SARS-CoV-2 as these terms are not the same, SARS-CoV-2 is the virus; what it causes is COVID-19 which is the illness. Just as we distinguish between the virus HIV and AIDS, the disease it causes.



A ROAD BLOCK...



When we consider the precautions we have in place to minimise the risk of coronavirus spreading, it is important to remember that many of them are actually like a road block, they protect us but they also protect the people around us. For example social distancing protects us and those around us as does appropriate use of PPE, particularly the use of masks (non valved) which mean that there is a barrier between us stopping any asymptomatic carriage of infection spreading to our patients but also stopping spread from patients to us. PHE guidance in tables 1-4 details appropriate use of PPE, please look out for our soon to be out there poster detailing what should be worn in general areas, inpatient areas, when within 2m of a patient providing direct care and when undertaking aerosol generating procedures.

SAVE LIVES—CLEAN YOUR HANDS



Each year on 5 May, the "SAVE LIVES: Clean Your Hands" campaign takes place as part of a major global effort led by the World Health Organization (WHO) to improve hand hygiene in healthcare settings. The campaign mobilises people around the world to increase compliance with hand hygiene in all healthcare settings, thus protecting healthcare workers and patients from COVID-19 and other infections. In the context of the COVID-19 pandemic, hand hygiene is one of the most effective actions to reduce the spread of the virus, and nurses and other healthcare workers are in the front line of saving lives from COVID-19 and preventing transmission of the virus in hospitals and other healthcare settings. Nothing has changed, the five moments when hand hygiene should occur, the way we cleanse hands are just the same BUT this year hand hygiene has gone global as people start to realise the exact moments that they should cleanse their hands. What we need to continue to promote is that wearing gloves does not stop the need to cleanse hands...



Please be alert in your workplace and check that all aspects of infection prevention and control are in place ensuring consistent provision of clean, safe care and minimising infection 100% of the time.

DID YOU KNOW...

Where a virus replicates will usually indicate the infection's symptoms. Norovirus replicates in the small intestine, the cold causing coronaviruses replicate in the cells lining the upper respiratory tract and trigger symptoms like sneezing and a runny nose, SARS-CoV-2 primarily infects cells and does most of its replicating in the lungs although some studies show that it also replicates in the nasal passages and upper airway, which may help it transmit more easily than other lower respiratory tract infections. Either way, coughing and droplets from the mouth are main routes of spread, remember that viral particles in general are heavy and settle around 1m from a person hence the importance of social distancing, remember 2m is there for you and the other person. The fact that SARS-COV-2 primarily targets the lower respiratory tract which contributes to the lung damage it can cause.



THINKING OUTSIDE OF THE...



Social distancing has changed the way that we work, some things to consider when thinking about how we continue to comply with 2 metre separation of people and reducing risk of infection:

- 👉 Cleanse hands regularly throughout the day in addition to all the usual moments for hand hygiene, this can be using wipes, gel or hand washing. Promote hand hygiene on entering and exiting areas and after coughing or sneezing.
- 👉 Think about cough hygiene, minimise contamination, catch it, bin it, kill it.
- 👉 Make sure you have hand hygiene products, tissues and multi-surface detergent wipes to hand and accessible to your patients.
- 👉 Think about the surfaces you touch and do not touch your face unless your hands are clean.
- 👉 If you are wearing PPE wear it appropriately so it protects you and those around you.
- 👉 In reception areas or office areas, limit the number of seats and plan so that there is at least 2 metres between seats.
- 👉 Think about how you can minimise footfall/visitors to a site.
- 👉 Can staff work differently and possibly not report to base or have staggered start and finish times to reduce congestion and contact at all times.
- 👉 In communal staff areas put in measures to ensure safe distances can be maintained think about alternative areas or staggering break times.
- 👉 You can put up signs to remind each other, tape out distances, think what the best visual reminders are for you and your team.
- 👉 Think about the layout and use doors and walls to help you segregate areas.
- 👉 Promote to all staff the need to regularly clean common contact surfaces in reception, office, access control points and also any desk items, including phones, keyboard, screen, computer mouse, desk, chair arms etc. Ideally clean with a multi surface detergent wipe when you arrive but also before you leave so you leave as you would like to find and before use know that you have cleaned how you want it to be. Promote this with hot desk hygiene poster from IPC Team and if in clinical areas spend some time wiping down surfaces in addition to all our normal cleaning frequencies.
- 👉 Use technology to meet virtually instead of face to face meetings, if meeting think about distancing...
- 👉 Look after each other and prompt colleagues to think about any symptoms of COVID-19 illness they have and need to go home if these are apparent and follow up on screening, also the need to be excluded from work if someone in their household is symptomatic.
- 👉 Videos for social media are brilliant - but make sure you role model, observe the 2 metre rule and wear your PPE properly.



WHAT IS THE R NUMBER... When scientists are faced with a new infection it is essential to understand how quickly it spreads. This is done by estimating the basic reproduction number called the R_0 , or R nought, which reflects how infectious a virus is. The rate of coronavirus infection in the UK is one of the key measures constantly being assessed to inform measures that need to be taken. R_0 is defined as the average number of people an infected person can expect to pass the virus on to before any widespread immunity or attempts at immunisation are made. For example, if one person develops an infection and transmits it to two other people, the number would be R_2 . The higher the number, the faster it progresses. We are looking for the lowest value possible all of the time to stop spread. Please do your bit to minimise spread of this infection.

CARING FOR SOMEONE WITH A KNOWN INFECTION

Always make sure people who need to know are informed, the:

- 👉 housekeeping team so they can ensure cleaning is appropriate
- 👉 receiving unit prior to a transfer or out patient appointment
- 👉 patient so that relatives/visitors can be made aware if they are vulnerable or this is required.

If you need clarification on precautions required, please contact Infection Prevention and Control Nurses who will advise based on infection and the setting you are working in.



AGPs—AEROSOL GENERATING PROCEDURES have been much discussed, if you are interested in seeing what procedures are included in this list visit: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/881489/COVID-19_infection_prevention_and_control_guidance_complete.pdf

 **Keep hydrated** don't wait until you're thirsty to drink. Drink cool water before you start your shift and as regularly as you can to reduce the possibility of dehydration.

Washing your uniform/workwear



as always, wash your uniform separately from other household linen in a load not more than half the machine capacity at the maximum temperature the fabric can tolerate, then tumble dry and iron.

Think about how you can promote good cough hygiene...

Catch it Use disposable, single-use tissues to cover the nose and mouth when sneezing, coughing or wiping/blowing your nose. If no tissues are available, use the inside of your elbow/upper arm.

Bin it used tissues should be disposed of promptly in the nearest waste bin.



Kill it Wash your hands using water/soap or hand gel after coughing, sneezing, using tissues or after any contact with respiratory secretions and contaminated objects.



Don't forget to visit www.worcestershirehealth.nhs.uk for all resources linked to infection prevention and control!