

## Donning and Removing Personal Protective Practicum Guidelines for Practicum

### **Rationale:**

With the growing attention on the potential emergence of pandemic influenza as well as other emerging infections, more emphasis is being placed on infection control policies and procedures in our health care facilities.

During SARS 2003, reports were coming out on health care workers that were infected with SARS even when wearing appropriate personal protective equipment (PPE). Closer investigation revealed that health care workers were contaminating themselves when they removed PPE inappropriately.

In order to protect our health care workers and reduce the chances that this would happen, a practicum has been developed that is directed at all health care workers that will be using PPE and serves to emphasize the correct steps to don and remove PPE in a biological situation as well as the precautions that are involved in infection control.

The practicum asks participants to envision themselves in a situation where they have to examine a patient with high fevers, respiratory symptoms and a rash. They are told that the appropriate PPE to wear are gloves, gowns, eye protection, and N95 respirators. Participants will be asked to don the PPE in the manner that they think correct. They are then dusted with fluorescent glo-germ and then told to remove the PPE. Once PPE has been removed, a UV lamplight will then be used to show where glo-germ remains on their body; thus indicating contaminated sites and the need for proper order for removing PPE.

Afterwards, participants will listen to a presentation on precaution standards and the correct order of donning and removing PPE. A repeat donning and removing PPE session will then be done again but without the glo-germ/blacklight.

In performing this practicum in this manner, it allows the participants to go through the motion of the process and thereby more solidly reinforce the correct infection control measures.

**Guidelines:**

**I. Preparations before the practicum:**

- a. Who should be giving the practicum? Your facility's infection control director or manager.
- b. Who should attend? Any staff member in your facility that will be using personal protective equipment.
- c. How many should attend at one time? Due to the active nature of this practicum, no more than 8 individuals should attend this practicum at one time.
- d. Materials:
  - i. LCD Projector and Projection Screen
  - ii. Lap top computer with Powerpoint
  - iii. Powerpoint slide set
  - iv. Boxes of gloves in small/medium/large: there should be enough for two pairs each for each participant
  - v. Gowns: two pairs for each participant
  - vi. Goggles or facial guards: one pair for each participant
  - vii. Surgical masks or N95 respirators: two pairs for each participant
  - viii. Glo-germ and Blacklight source: provided by CHCANYS
  - ix. Large garbage container or bag
  - x. CDC Donning and Removing PPE laminated posters: provided by CHCANYS
- e. Room set up:
  - i. Room should be large enough to accommodate at least 9 individuals (8 participants + speaker) and allow for moving around (ie donning and removing PPE).
  - ii. There needs to be a plug outlet not just for the electronic equipment but also for the blacklight.
  - iii. Room should be able to be darkened (ie lights off, not too many windows)
- f. Suggested agenda: (1 hour training)
  - i. 15 minutes: Introduction and Pre-practicum activity
  - ii. 15 minutes: Lecture
  - iii. 15 minutes: Post-practicum activity
  - iv. 15 minutes: Questions and Evaluation

## II. Steps to be taken by the Speaker during the practicum:

- a. **Slides 1-2:** Introduction
- b. **Slides 3:**
  - i. Allow audience to don PPE. Do not critique or offer suggestions but pay attention to what questions arise at the time.
  - ii. As each person has finished donning PPE, dust them with the glo germ on the hands, sleeves, chest, and mask. These are areas of high contamination when they are examining a patient.
  - iii. Once everyone has been dusted, have individuals remove PPE. Again, do not offer suggestions but observe how the PPE is being taken off.
  - iv. After each person completely removes all the PPE, blacklight their hands (palms and back), their wrists, their arms, their hair, face and the back of their necks.
  - v. Audience members should then go and wash their hands afterwards.
  - vi. As a surprise, blacklight their hands after they wash their hands to see how they did with hand hygiene. Do not let them know that you will be doing this. Pay attention to back of hands and wrists.
  - vii. Once every one is done, move back to the slide set.
- c. **Slides 6-8:** Lecture format
- d. **Slide 9:** You can choose to either ask the audience to answer out loud for each one OR you can have them contemplate inside their head as you read the questions out loud and then show them the answer.
- e. **Slide 10-18:** Lecture format
- f. **Slide 19-32:** At this time, you are going to review with them, the proper order of donning and removing PPE. Ask for a volunteer to come to the front to do each step. You can do as much as you can as well but once the mask goes on, it is hard to project your voice.
- g. **Slide 33:** Summary
- h. **Slide 34:** Pass out the PPE posters and have everyone don and remove PPE again. No need to glo germ or blacklight this time (may still have contamination from before).