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Stay Prepared
Stay Informed
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Webinar Series COVID-19: CALTCM Weekly Rounds

March 23, 2020

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Webinar Faculty & Moderator

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Geriatrician, President, CALTCM,
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Objectives

- Understand the risks from COVID-19
- Explain the measures needed to protect residents and employees
- Review basic infection prevention and control measures
- Discuss the roles of the IP, NHA, DON and Medical Director



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Key Recommendations

- Staff and Visitors need to stay home if they are sick
- Hand hygiene
- Empower and support the IP



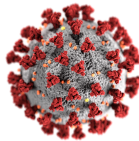
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Background

- Coronaviruses are a large family of viruses common among animals and humans
- Causes illness ranging from common cold to more severe diseases like Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS)
- SARS CoV-2 is a new strain not previously seen in humans causing COVID-19
- Outbreak of pneumonia caused by the SARS-CoV-2 (COVID-19) started in Wuhan China in December 2019
- According to CDPH, source of virus is not yet known


<https://www.cdph.ca.gov/COVID19>

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Background



- According to World Health Organization (WHO) Situation Report (#49), as of March 9, 2020 there have been 109,578 cases identified globally with 3,809 deaths
 - China has reported 80,904 confirmed cases with 3,123 deaths
 - Outside of China 28,674 confirmed cases with 686 deaths
 - 104 countries have been affected


<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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Background

- COVID-19 may have a high transmission rate, mortality rate not fully known;
- According to international data, those who have tested positive, 80% do not exhibit symptoms that would require hospitalization;
- As of March 8, 2020, there have been 114 positive cases in California
 - 24 cases from repatriation flights
 - 37 travel related
 - 23 due to person to person exposure
 - 14 community acquired
 - 16 from unknown sources
- As of March 9, 2020, there have been two deaths in California


<https://www.cdph.ca.gov/COVID19>

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Risk for Serious Disease

- **Age groups:**
 - 60-69 years old 4%
 - 70-79 years old 8%
 - **80-89 years old 15%**
- Individuals with underlying disease and co-morbidities
 - 10% risk for serious disease



These statistics come from CDC website of March 9, 2020

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Nursing Home Residents are at High Risk!



- Residents in Long-Term Care Facilities (LTCF) are at heightened risk because of age and underlying health conditions
- Virus is thought to be transmitted through droplet route
- Coughing and sneezing can transmit the virus
- Close personal contact can spread the virus
- Touching environmental surfaces that have been contaminated by the virus can spread the virus

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Symptoms



- Fever
 - Not all patients have a fever
- Cough
- Difficulty breathing (SOB)
- Sore throat
- Myalgia
- Runny nose

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Miscellaneous

- Most common complication- pneumonia
- Second week of illness can be more severe
- 20% of cases reported have been serious or critical



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Treatment

- For mild cases-stay at home until 24 hours after resolution of symptoms
 - Self isolate
- More severe cases get in touch with your healthcare provider
- Avoid corticosteroids, if possible
- Supportive measures
- Currently no vaccine available

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Key Nursing Home Recommendations

- Employees **MUST** stay home if sick!
 - Review your sick policy
 - Recognize that staying home might be an economic hardship
 - We **MUST** do the right thing!
- POST LARGE SIGNS on entrances TELLING visitors and staff NOT TO ENTER if they are experiencing signs of an infection such as fever, cough, sneezing, sore throat.
- Indicate on signage "if you have RECENTLY visited China, South Korea, Iran, Italy or Japan, or have had exposure to a positive case of COVID-19, **DO NOT VISIT!**"



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Key Nursing Home Recommendations

- Have STAFF AND VISITORS check in at front desk and sign in
 - Ask staff and visitors if they are sick
 - Take temperature near entrance to facility!
- STAFF EDUCATION: STAY HOME AND SAVE A LIFE!!
- Post hand hygiene and cough etiquette signs EVERYWHERE!!
- Provide alcohol-based hand rub stations throughout the facility



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Key Staff Education And Training

- Educate staff to adhere to hand hygiene policies and encourage them to perform hand hygiene frequently
- Educate staff to keep their hands away from their eyes, nose, mouth and face in general
- Enhance environmental cleaning and disinfecting
 - Ensure frequently touched surfaces are disinfected often
 - Ensure disinfectant is effective against COVID-19 (category N)
- Place residents who manifest respiratory symptoms on droplet and contact precautions, (in addition to Standard Precautions)



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Key Nursing Home Recommendations

- Have employees take their temperature before work each day
- Fit test a select group of staff for N95 respirators - NOW IS THE TIME!
- Train employees on proper use of PPE
 - Conserve PPE for when they are truly needed
 - Audit for inappropriate use of masks
- If staff NEEDS a mask for illness, THEY SHOULDN'T BE AT WORK!



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Leadership Recommendations

- EMPOWER YOUR INFECTION PREVENTIONIST (IP)
 - One person MUST be designated to be the IP!
 - Full-time IP for a 99 bed facility (anything less is inadequate)
- IP RESPONSIBILITIES
 - MONITORING Staff and Visitors
 - Hand hygiene training and audits
 - Regular rounds throughout facility promoting hand hygiene
 - Assure Large Signage everywhere
 - Evaluate residents with Change of Condition



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Leadership Recommendations

- ENGAGE THE MEDICAL DIRECTOR
 - Medical Director should strongly support the IP and their role and responsibilities
 - Regular rounds through the facility promoting hand hygiene
 - Evaluate highly complex admissions and any resident with possible COVID-19 infection



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Leadership Recommendations

- NURSING HOME ADMINISTRATOR (NHA) SHOULD FOCUS ON:
 - STRONGLY SUPPORTING IP and their specific role!
 - IDENTIFYING WAYS to support staff who need to be quarantined.
 - Regular rounds throughout facility promoting hand hygiene
 - Reviewing Disaster Planning Policy



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Leadership Recommendations

- DIRECTOR OF NURSING (DON) SHOULD FOCUS ON:
 - STRONGLY SUPPORTING IP and their *specific* role!
 - IDENTIFYING WAYS to support staff who need to be quarantined.
 - Regular rounds throughout facility promoting hand hygiene
 - Reviewing Disaster Planning Policy



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Additional Measures

- Facilities should review their emergency preparedness policies
- Facilities should contact public health if they are unable to obtain needed PPE supplies



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Clarification on Mask Use



- Healthcare worker(HCW) to use masks as Standard Precautions
 - E.g., if direct contact with coughing resident
 - Not meant for use in hallway
- N95 respirator to be used if performing aerosol generating procedures
 - E.g., suctioning
 - Not meant for resident to wear
 - Medical clearance needed before fit testing a select few of your staff
- Per Cal OSHA, N95 respirator to be used if caring for any COVID-19 Patient



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What if you Develop Respiratory Symptoms?

If you have a fever, cough, and shortness of breath and reason to believe you have been exposed to a case of COVID-19

**CALL YOUR HEALTHCARE PROVIDER OR
LOCAL PUBLIC HEALTH DEPARTMENT
BEFORE SEEKING CARE!**



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Key Recommendations

- Staff and Visitors need to stay home if they are sick
- Hand hygiene
- Empower and support the IP



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**BE PREPARED
SAVE A LIFE!**

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Check the CALTCM Website and e-newsletter,
the CALTCM Wave, for updates.



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