Comprehensive National Nursing Home Training

4:00 - 5:00 PM ET

July 21, 2020



Introduction and Welcome





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Acting Director Division of Community and Population Health (DCPH) iQuality Improvement & Innovation Group (iQIIG) Center for Clinical Standard and Quality (CCSQ) Centers for Medicare & Medicaid Services



Meet Your Speakers





Eli K. DeLille, MSN, RN, CIC, FAPIC Infection Preventionist Health Services Advisory Group (HSAG)



Deb Smith, MLT (ASCP), BSN, CIC, CPHQ Infection Preventionist Health Quality Innovators (HQI)



Kimberly Rask, MD, PhD Chief Data Officer Alliant Quality



Susan Purcell, RN, BS, CPHQ Project Director TMF Quality Innovation Network





Establishing an Infection Prevention Program and Conducting Ongoing Infection Surveillance in the Nursing Home

Eli K. DeLille, MSN, RN, CIC, FAPIC Infection Preventionist Health Services Advisory Group (HSAG)



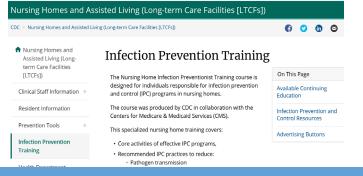
Key Elements of IP

- Develop a system for preventing, identifying, reporting, investigating, and controlling infection and communicable diseases for all residents, staff members, and visitors.
- Establish goals and priorities for the program.
- Plan and implement strategies to achieve goals, monitor compliance, and respond to identified issues.



Step 1—CDC^{*} IP Training

- Designated IP lead should complete the CDC IP Training
- Self-paced training designed for working staff
- Continuing education credit is earned upon completion of training



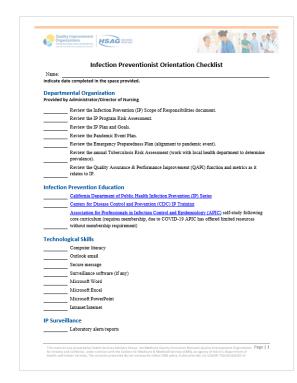
https://www.cdc.gov/longtermcare/training.html

*CDC=Centers for Disease Control and Prevention



Step 2—QIO^{*}-Developed Nursing Home Checklist

- Standardizes essential components of an IP Program
- Ensures consistency of training across staff members
- Defined criteria
- Simple format



*QIO=Quality Improvement Organization https://www.hsag.com/globalassets/qii/ipsorientationchecklistfinal.docx



Infection Prevention and Control Assessment Tool for Nursing Homes Preparing for COVID-19

This is an infection control assessment and response tool (ICAR) that can be used to help nursing homes prepare for coronavirus disease 2019 (COVID-19). This tool may also contain content relevant for assisted living facilities.

The items assessed support the key strategies of:

- Keeping COVID-19 out of the facility
- · Identifying infections as early as possible
- Preventing spread of COVID-19 in the facility
- Assessing and optimizing personal protective equipment (PPE) supplies
- Identifying and managing severe illness in residents with COVID-19

*ICAR=Infection Prevention and Control Assessment Tool for Nursing Homes Preparing for COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/downloads/hcp/assessment-tool-nursing-homes.pdf



Step 4—Develop a Customized Action Plan

Org. Sharing CENTER	Ity Improvement anizations Readed ps. Improving Health Care For Articles a Antonio Structure tion Prevention		s. Goals. Stra	tegies, and	
		Pandemic Event (COVID-19 Prepa		8,	
Nursing Home Name:				CCN*:	Date:
should perform a	an infection preventio	selected to address the infection prevention concern identified n analysis and risk assessment to customize a plan that will bes entify goals, strategies, responsible person(s), timeframe, and ev Strategies	t meet the needs o	of their residents reness.	
Area of Concern	Survey Findings	Best Practices by Area of Concern	Responsible Person(s)	Action	Evaluation of Effectiveness via Surveillance
Pandemic Event (COVID-19 Preparation)		 Implement the Centers for Disease Control and Prevention (CDC) COVID-19 control and mitigation strategies. Educate annually, at hire, and when guidelines change regarding expectations of care. Monitor compliance with screening residents/visitors/staff for symptoms. Reinforce hand hygiene, transmission-based precautions, cohorting, and other best-practice interventions. Ensure necessary care products are available to staff (personal protective equipment [PPE], cleaning supplies, hand hygiene products, etc.). Reinforce strategies listed throughout this plan. Stay informed on current national and international COVID-19 literature and practice. See additional detail in COVID-19 mitigation plan. Available at: https://www.cdph.ca.gov/Programs/CHCQ/LCP/CD PH%20Document%20Library/AFL-20-52- 	Infection preventionists (IP5) Managers Staff	Implement plan strategies by [date]. Monitor and improve processes as needed. Implement fully and accept as standard culture.	Maintain zero new confirmed COVID-19 cases in 2020 as reported to the CDC National Healthcare Safety Network (NHSN). Ongoing compliance with COVID-19 mitigation strategies. Report monthly progress to Quality Assurance & Performance Improvement (QAPI) Committee and HSAG.

https://www.hsag.com/globalassets/qii/capaipctoolpandemicfinal.docx



Step 5/6—Solicit Feedback/Keys to Implementation



Losben N. Delivering an Antimicrobial Stewardship Program to Your Facility: How to Lead and Where to Go. 2016.

- Educate staff regarding expectations of care.
- Empower staff to speak up if they identify a concern.
- Engage staff, providers, and residents in IP practices.
- Modify the plan as necessary.

*QAA=Quality Assessment and Assurance



Key Tools and Resources

Resources	Link		
All Areas of Concern	https://www.hsag.com/globalassets/qii/cacombinedpaipctoolfinal.docx		
Antibiotic Stewardship	https://www.hsag.com/globalassets/qii/capaipctoolabxsfinal.docx		
Catheter-Associated Urinary Tract Infections (CAUTIs)	https://www.hsag.com/globalassets/qii/capaipctoolcautisfinal.docx		
Clean/Disinfect Patient Care Equipment and Clean Patient Environments	https://www.hsag.com/globalassets/qii/capaipctoolcleandisinfectfinal.docx		
Clostridioides difficile Infections (CDIs)	https://www.hsag.com/globalassets/qii/capaipctoolcdisfinal.docx		
Hand Hygiene Compliance	https://www.hsag.com/globalassets/qii/capaipctoolhandhygienefinal.docx		
Isolation and Standard Precautions	https://www.hsag.com/globalassets/qii/capaipctoolstandprecautionsfnl.docx		
Pandemic Event (COVID-19 Preparation)	https://www.hsag.com/globalassets/qii/capaipctoolpandemicfinal.docx		
Vaccination	https://www.hsag.com/globalassets/qii/capaipctoolvaccinationfinal.docx		
Additional Resources	Link		
Infection Preventionist Orientation Checklist	https://www.hsag.com/globalassets/qii/ipsorientationchecklistfinal.docx		
Infection Prevention Post-Acute Risk Assessment Prioritization Worksheet	https://www.hsag.com/globalassets/qii/ipriskassesprioritizationfinal.docx		







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Implementation Strategies for COVID-19 Surveillance and Early Detection







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Three Key Steps:

- 1. Keep COVID-19 out!
- 2. Detect cases quickly
- 3. Stop transmission







Tips from Providers:

Manage Staff at the Door

- Wellness checks for all upon entering (checklists are available and spreadsheets for tracking)
 - Document the absence of symptoms (Respiratory symptoms, sense of smell)
 - Checking staff mid-shift* (every 4 hours)
 - Self-assess at end of shift
 - Well trained, non-direct care staff can provide this service
 - Use the opportunity to offer reminders at the door about areas that are in need of greater vigilance
 - Stagger shift start so as not to create traffic jams







Tips from Providers:

On an Operational Level:

- Invest in an organizational culture that prioritizes safety and wellness of staff (paid sick leave)
- Consider 12-hour shifts to limit numbers of staff and pad with extra staff from the eliminated third shift
- Know where agency staff have recently worked
- Encourage staff who work in more than one setting to work at only one single building and pick up extra shifts (if not, shower and new clothes)
- Prepare for staffing shortages-universal workers, waiver jobs, non-direct, DLT, volunteers







Tips from Providers:

Keep visitors away while increasing your communication resources

- Echo Show-Drop-in feature / Portal
- Communication chains
- Caring Bridge
- Lots of helping hands
- Limit vendor access
 - Special protocols for deliveries
- Have a clear return to work policy





Testing

Step 2. Detect Cases Quickly in Residents

Tips from Providers

- Daily rounds
 - Checked every day for signs and symptoms
 - AM meeting with Interdisciplinary Team-sharing information about every person
 - Appetite, cough, fall risk, other issues
- Mid-Shift Huddles
- Back to Basics and Good Assessment Skills
 - Watch for subtle signs
 - You are the eyes and ears

Surveillance Step 3. Stop Transmission



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Tips from Providers:

- Wash resident hands
- Chess board pieces can be deadly if they go from room to roomthoroughly clean anything that will be used by others
- Provide alert residents with wipes and sanitizer (document in Care Plan)
- Hallway Activities
 - Remote control cars
 - Hallway activities viewable by many





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Resources

IPRO Monthly Infection and Antibiotic Tracking Worksheet and **Instruction Guide**

https://www.ltcdownloads.com/?autologin code=UEaWmQnG2bdiPvGGuUm26SbcE75T S8i6 (use Chrome browser to access)

- Reducing COVID-19 Deaths In Nursing Homes: Call To Action, Health Affairs Blog, May 27, 2020.DOI: 10.1377/hblog20200522.474405 https://www.healthaffairs.org/do/10.1377/hblog20200522.474405/full/
- AHCA Algorithm for Testing https://www.ahcancal.org/facility_operations/disaster_planning/Documents/Algorithm-Testing-Cohorting.pdf
- CDC Interim Testing Guidance in Response to Suspected or Confirmed **COVID-19 in Nursing Home Residents and Healthcare Personnel** https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-homes-testing.html





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For More Information

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Cohorting: Effective Management of Residents and Staff



Deb Smith, MLT (ASCP), BSN, CIC, CPHQ Infection Preventionist Health Quality Innovators (HQI)



Objectives

- 1. Understand cohorting as a core intervention of effective infection prevention programs
- 2. Become familiar with COVID-19 cohorting recommendations



Cohorting

Intensified interventions for an outbreak, novel or resistant pathogen, or highly transmissible disease

Goal: Minimize the risk of non-infected residents interacting with infected or colonized residents and limit exposure to staff

Residents: Confine to one area those infected or colonized with the same infectious agent

Staff: Assign to a specific cohort of residents

Siegel, J.D., Rhinehart, E., Jackson, M., Chiarello, L., & the Healthcare Infection Control Practices Advisory Committee. (2007). 2007 Guideline for isolation precautions: Preventing transmission of infectious agents in healthcare settings. <u>https://www.cdc.gov/infectioncontrol/guidelines/isolation/index.html</u>



Creating a COVID-19 Care Unit

- Standard precautions plus respirator, gown, gloves, eye protection
- Physically separate location if possible
- Dedicated nursing assistants and nurses
- Restrict ancillary staff whenever possible if unable to dedicate them to the COVID unit

https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-homes-responding.html



Creating a COVID-19 Care Unit, continued

- Post signage at the entrance, including PPE instructions
- Keep the door closed or create a barrier at the entrance
- Train unit personnel in infection prevention, including PPE use
- Monitor PPE and implement optimization strategies if needed
- Dedicate resident care equipment that does not leave the unit



Staffing the COVID-19 Care Unit

- Assess adequate availability of all personnel
- Assign dedicated staff
 - Should not work in other areas of the nursing home or other facilities
 - Consider assigning dietary and housekeeping duties to nursing
- Enhance staff education
 - PPE use, COVID-19 signs and symptoms
- Limit access to other areas of the facility
 - Provide dedicated break rooms, supplies, separate entrance

https://www.cms.gov/files/document/4220-covid-19-long-term-care-facility-guidance.pdf



Managing Residents with COVID Symptoms

- Residents with symptoms of COVID-19
 - Place in single room pending test results
 - Symptomatic cohorting only if single room not available
 - Intensified interventions for infection prevention and control
 - If COVID-19 confirmed, transfer to COVID unit or cohort with resident who has confirmed COVID-19
- Roommates of residents with COVID-19
 - Consider exposed and potentially infected
 - Single room preferred
 - Cohort with other exposed residents if single room not available

https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-homes-responding.html



Cohorting Admissions and Readmissions

- All residents with confirmed COVID-19 not meeting transmission precaution discontinuation criteria should be cohorted or admitted to the COVID-19 unit
- Residents who meet transmission precaution discontinuation criteria can be admitted to regular units
- Residents with status unknown Place in single room or observation area and monitor for evidence of COVID-19 for 14 days
 - All COVID-19 recommended PPE should be worn during resident care
 - Consider admission testing* to identify asymptomatic carriers

*Influenced by capacity for testing (access to swabs and PPE)

https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-homes-responding.html



Discontinuing COVID-19 Cohorting

Continue transmission precautions and cohorting until criteria for discontinuation are met

- Symptomatic resident
 - Symptom-based: 10 days* since onset of symptoms, afebrile 72 hours, respiratory symptom improvement
 - Test-based: Afebrile, respiratory improvement, two negative COVID-19 results collected > 24 hours apart
- Asymptomatic resident
 - Time-based: 10 days* post COVID-19 testing is still asymptomatic
 - Test-based: Two negative COVID-19 results collected > 24 hours apart, is still asymptomatic

*Refer to your state or local regulations if longer

https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html



Cleaning to Prevent Infection Transmission

The nursing home environment is a reservoir for infectious agents, including COVID-19

- Enhance environmental cleaning during pandemics and outbreaks
- Clean rooms daily and after residents move or are discharged ("terminal" cleaning)
- Clean high-touch areas more frequently
- Use approved disinfectant <u>https://www.epa.gov/pesticide-</u> registration/list-n-disinfectants-use-against-sars-cov-2-covid-<u>19</u>



Thank you!

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Call 877.731.4746 or visit www.hqin.org



@HQINetwork Health Quality Innovation Network



Clinical Care

Managing COVID-19-Positive Residents



Meet your Speaker





Kimberly Rask, MD, PhD Chief Data Officer Alliant Quality



Initial Symptoms May Be Mild



- No symptoms
- Minor symptoms with recovery (fever, respiratory, GI)
- Minor symptoms followed by rapid decline and respiratory/organ failure
 - Increase monitoring of ill residents, including assessment of symptoms, vital signs, oxygen saturation via pulse oximetry, and respiratory exam, to at least 3 times daily to identify and quickly manage serious infection.
 - Consider increasing monitoring of asymptomatic residents from daily to every shift to more rapidly detect any new symptoms.



Clinical Presentation in Older Residents is Often Not Typical



- "Dwindling" with no typical fever or respiratory symptoms
 - Fatigue, change in alertness, stop eating over several weeks
 - Importance of staff familiarity with residents and good communication
- COVID-19 associated with stroke and blood clots



Advance Care Planning



- Difficult but meaningful conversation
- With COVID it is crucial to have conversation and document in advance given lack of "typical" symptoms in many residents and potentially rapid clinical decline
- Does the resident want to be transferred to hospital if symptoms worsen?
 - Ventilator support available but high mortality rate
 - Ability to stay in familiar environment with comfort measures



Managing Symptoms



- Ensure availability of comfort medications for care in place
- Standing orders
 - Acetaminophen
 - supplemental O2 and proning positions
 - discontinue non-essential medications,
 - change nebulizers to metered dose inhalers
- Quick access to concentrated opioids for shortness of breath
- CDC resources: Evaluate and Manage Residents with Symptoms of COVID-19: <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html</u>





Using Personal Protective Equipment



Susan Purcell, RN, BS, CPHQ Project Director TMF Quality Innovation Network







Objectives

- Understand why using personal protective equipment (PPE) is necessary for infection prevention
- Describe how to properly use PPE
- Understand where additional resources can be identified



PPE Defined

"Specialized clothing or equipment worn by an employee for protection against infectious materials."

- Occupational Safety and Health Administration



Why use PPE?

- Used by health care professionals to protect themselves, patients, residents and others when providing care
- Protects from infectious patients, residents, lab samples, toxic medications, potentially dangerous substances used in health care



Types of PPE

- Gloves protect hands
- Gowns protect skin and/or clothing
- Face masks protect mouth and nose
- Respirators protect respiratory tract from airborne infectious agents
- Eye protection protects the eyes
- Face shields protect face, mouth, nose and eyes



Who needs PPE?

- Residents with confirmed or possible COVID-19 should wear a face mask
- Health care personnel should adhere to standardand transmission-based precautions
- Recommended PPE is described in the <u>Infection</u> <u>Control Guidance</u>



Proper Use of PPE

- PPE must be donned correctly
- PPE must remain in place for the duration of work in potentially contaminated areas
- PPE should not be adjusted during resident care
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination
- A step-by-step process should be developed and used during training and resident care



How to properly use PPE

 Refer to guidance from the Centers for Disease Control and Prevention: <u>https://www.cdc.gov/coronavirus/2019-</u> <u>ncov/hcp/using-ppe.html</u>



Identifying Correct PPE

- Standard Precautions for All Patient Care
- Transmission-Based Precautions

https://www.cdc.gov/infectioncontrol/basics/index.html

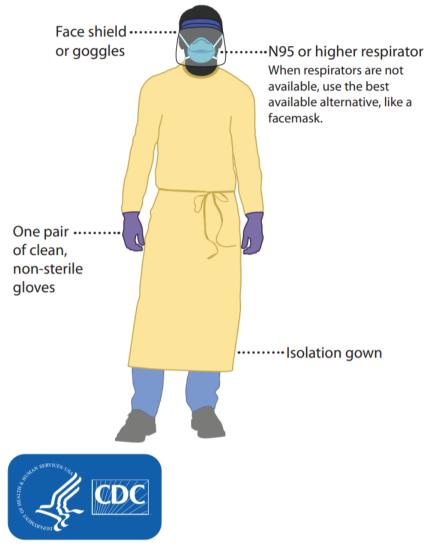


Donning

- 1. Identify and gather the proper PPE to don
- 2. Perform hand hygiene using hand sanitizer
- 3. Put on isolation gown
- 4. Put on an N95 filtering face piece respirator or higher that is approved by the National Institute for Occupational Safety and Health. Use a face mask if a respirator is not available
- 5. Put on face shield or goggles
- Put on gloves. Gloves should cover the cuff (wrist) of gown



Preferred PPE – Use N95 or Higher Respirator





Doffing

- 1. Remove gloves
- 2. Remove gown
- 3. Health care professional may now exit patient room
- 4. Perform hand hygiene
- 5. Remove face shield or goggles
- 6. Remove and discard respirator (or face mask if used instead of respirator)
- 7. Perform hand hygiene after removing the respirator/face mask and before putting it on again if your workplace is practicing reuse

https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated D0 NOT TOUCH!
 If your hands get contaminated during mask/respirator removal,
- immediately wash your hands or use an alcohol-based hand sanitizer Grasp bottom ties or elastics of the mask/respirator, then the ones at
- the top, and remove without touching the front

 Discard in a waste container

4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE







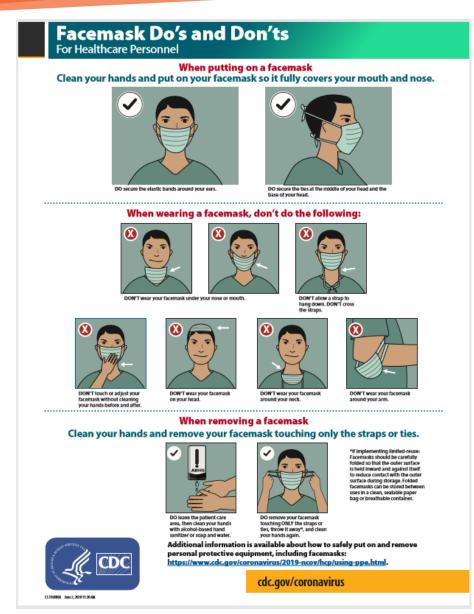


Face mask Do's and Don'ts

- When putting on a face mask:
 - Clean your hands and put on your face mask so it fully covers your mouth and nose
- When wearing a face mask, don't do the following:
 - > Don't wear your face mask under your nose or mouth
 - > Don't allow a strap to hang down. Don't cross the straps
 - Don't touch or adjust your face mask without cleaning your hands before and after
 - > Don't wear your face mask on your head
 - > Don't wear your face mask around your neck
 - > Don't wear your face mask around your arm

https://www.cdc.gov/coronavirus/2019-ncov/downloads/hcp/fs-facemask-dosdonts.pdf





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CDC resources - Information for PPE reuse/supply optimization

- Resources:
 - <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/decontamination-reuse-respirators.html</u>
 - https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/
 - <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/powered-air-purifying-respirators-strategy.html</u>
 - <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/isolation-gowns.html</u>
 - <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html</u>
 - <u>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html</u>

Open Discussion and Questions













Your opinion is valuable to us. Please take a moment to complete the post event assessment here:

https://www.surveymonkey.com/r/07_21_20

We will use the information you provide to improve future events.



This material was prepared by The Bizzell Group (Bizzell), the Data Validation & Administrative Contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. 12SOW/Bizzell/DVAC-0155-07/17/2020