

CNA TODAY

CDPH-HAI PROGRAM PROJECT FIRSTLINE



Print this newsletter and display it in your break room!

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Who? What? Wear? **Personal Protective Equipment in Skilled Nursing Facilities**

How do you select the appropriate type of Personal Protective Equipment (PPE)?

Determine isolation precautions status

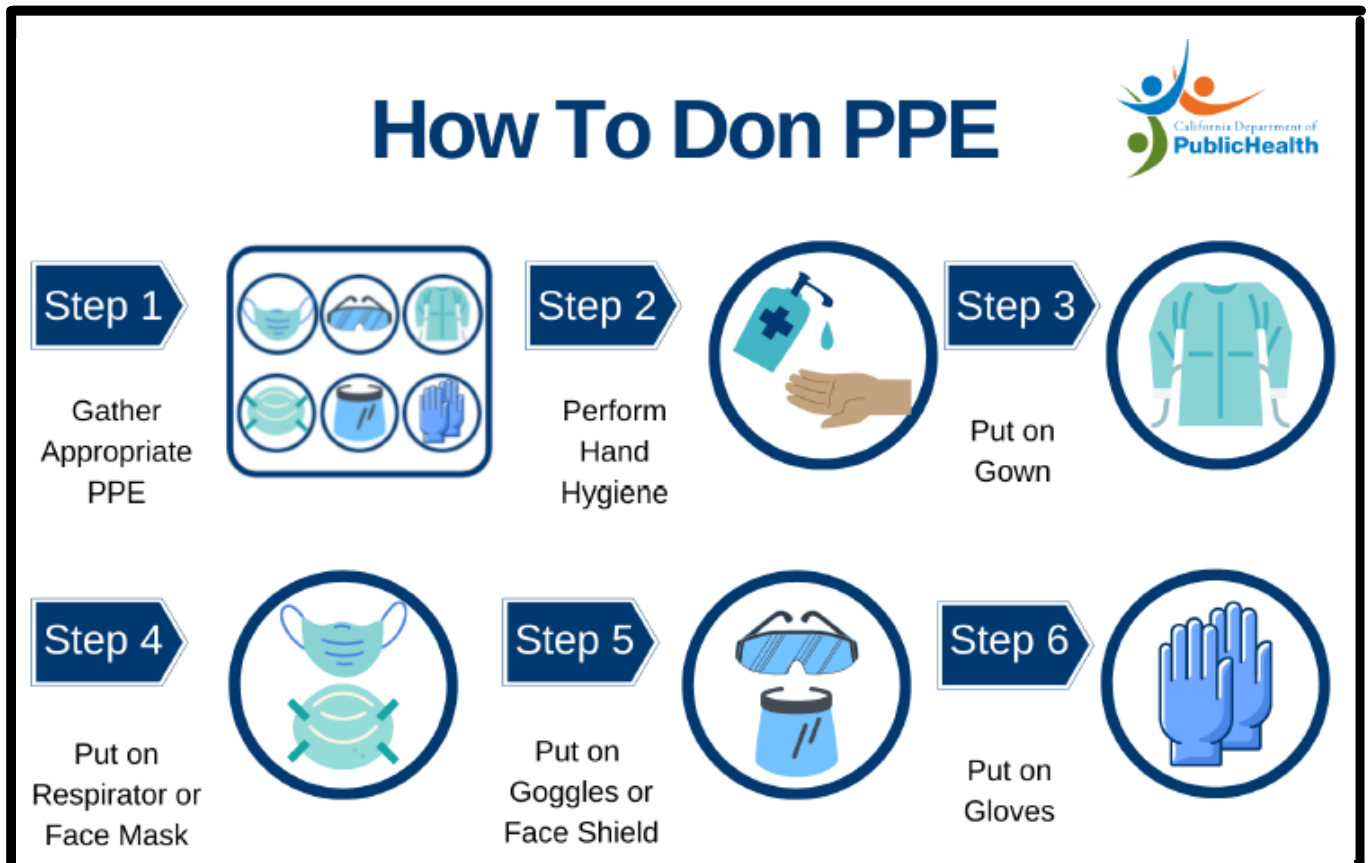
- Consider the care activities to be performed and whether there is risk of splash, spray or contact with blood or body fluids

Ensure fit

- Perform a seal check on N95 respirators
- Make sure gloves fit (not too big or too small)
- Check that the gown fits (not too big or too small) and completely covers your clothes
- Contact your Infection Preventionist (IP) or the person who is responsible for ordering PPE if your PPE does not fit correctly



Donning PPE



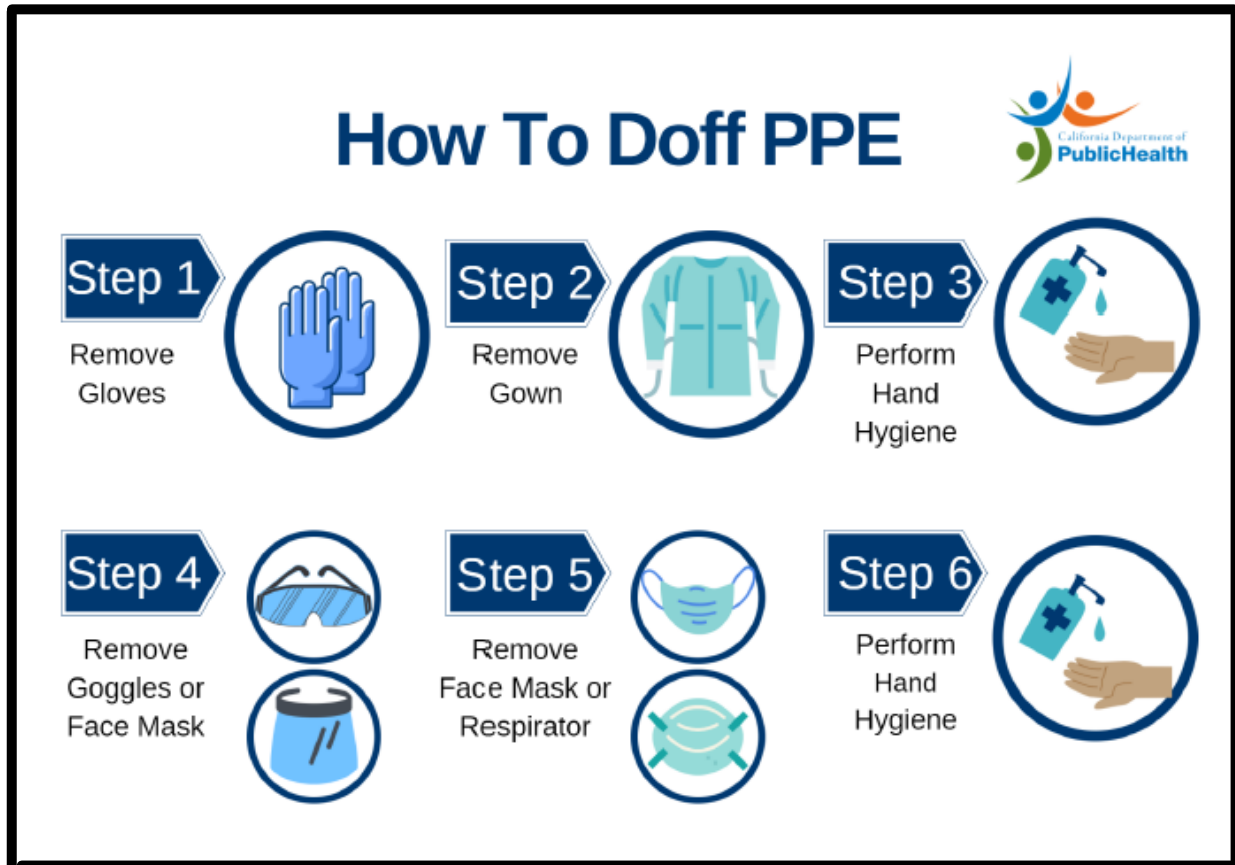
More than one donning method may be acceptable. Stay up to date with training and follow your healthcare facility's protocol. See [Personal Protective Equipment and Precautions](http://www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/FrontLineStaffTraining_Flipchart_PPE_Final_ADA.pdf) (www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/FrontLineStaffTraining_Flipchart_PPE_Final_ADA.pdf) or contact us at HAIProgram@cdph.ca.gov

Each step in the donning process provides an opportunity to prevent contamination of the PPE and to prevent the spread of germs. For example, while donning, gloves go on last after eye protection and masks because touching your hair or face while wearing gloves will contaminate your gloves.

Donning Steps

- Step 1: Determine what kind of PPE you'll need for your task, and gather it
- Step 2: Perform hand hygiene with alcohol-based hand rub or soap and water
- Step 3: Put on gown
- Step 4: Put on NIOSH-approved N95 respirator or face mask
- Step 5: Put on goggles or face shield
- Step 6: Put on gloves

Doffing PPE



More than one doffing method may be acceptable. Always follow your healthcare facility's procedure. The sequence for removing PPE is intended to reduce chances of spreading germs by removing the dirtiest items first, and by performing hand hygiene.

All PPE is contaminated after use, and it must be disposed of, unless it is marked as reusable. Reusable PPE must be reprocessed before being used again.

If your facility is implementing reuse or extended use of PPE during a critical shortage, adjust your donning and doffing procedures to accommodate those practices.

Doffing Steps

Step 1: Remove gloves (the most contaminated pieces of PPE)

Step 2: Remove gown – avoid touching contaminated areas, like the sleeves and outside front of gown

Step 3: Perform hand hygiene with alcohol-based hand rub or soap and water

Step 4: Remove goggles or face shield

Step 5: Remove face mask or respirator

Step 6: Perform hand hygiene with alcohol-based hand rub or soap and water

FAQ Expressway

Frequently Asked Questions about PPE

Q: I see doctors going into isolation rooms without proper PPE. What should I do?

A: We recommend mentioning this to your facility Infection Preventionist (IP), who will either speak to the doctor directly or speak to an administrator or medical director who can speak to the doctor.

Another option is to lead by example and state "this is how we put on gloves/gowns/other PPE," depending on what you are comfortable doing.

Q: Do I need to wear PPE when transporting a resident around the facility?

A: Wear appropriate PPE when preparing a resident for transport. Depending on your resident's isolation status, they might need to wear PPE for (source control) as well (e.g., a clean sheet draped over a dressing, or a mask). The PPE you wear while getting a resident ready for transport becomes contaminated, so upon transporting the resident you need to remove (doff) your PPE after leaving the room, perform hand hygiene, then transport the resident. Discuss with your IP and follow your facility's transportation policy.

Q: What is the acceptable minimum alcohol content of a hand rub?

A: Alcohol-based hand rub must have at least 60% (60% - 95%) alcohol content.



Certificate Of Attendance

Q: Will I receive a certificate of attendance after your sessions?

A: YES! After you attend a session, we will email you within 5-7 days with a link to a course evaluation. You will receive your Certificate of Attendance upon completion of the evaluation.

For groups (registered under one email):

Participants will need to register with a unique email address to receive a post-session evaluation and Certificate of Attendance.

The person who registered the group for the training sessions should send a list of participants and their email addresses to

projectfirstline@cdph.ca.gov from the registered email.

Once received, we will confirm attendance and reach out to each participant with next steps.

FAQ Expressway cont.

Q: Should gloves be worn in the hallway?

A: Gloves should not be worn in the hallway. Wearing gloves in the hallway may lead to contamination of the environment from germs that are on your gloves.

Q: Do I have to wear PPE in an isolation room if I'm only going in to ask a question?

A: YES, PPE is always required when entering an isolation room, but may vary depending on the isolation taking place. You never know what may happen once you enter a room and it is important to protect yourself, your residents, and your colleagues.

Q: What if our facility-provided gloves roll up and don't cover our PPE gown cuff?

A: Speak with your IP or person responsible for ordering PPE at your facility. Inform them that your gloves are not covering your gown, and therefore, you are not fully protected. Discuss with them the possibility of ordering new types of gloves that will cover your gown, or ordering gowns with longer sleeves.

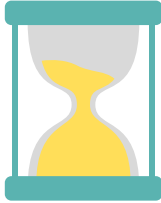
Q: Do I need to wear gown/gloves while feeding a resident?

A: In general, you don't need to wear any PPE to feed a resident who is not on isolation precautions. However, if your resident is completely dependent for all activities of daily living, you need to wear gloves and a gown to feed them. If the resident is on isolation precautions, you must wear the correct PPE that matches their isolation status.

Q: What if I forget the order to don or doff?

A: There is less chance of doing something incorrectly if you always do it the same way. If you always don and doff your PPE in the correct order, you're less likely to forget how to do it. We suggest printing and laminating the graphics included in this newsletter to keep near your PPE station.





Present Day Current Event

Suspension of Professional Certification Requirements for Certified Nurse Assistants Ends September 30th!

The California Department of Public Health (CDPH) announced in April 2020 that it would waive certain professional certification requirements for Certified Nursing Assistants (CNAs) until the end of California's declared state of emergency through the All Facilities Letter 20-35.4.

AFL 20-35.4 is no longer active as of September 30th, 2021.

As of September 30th, 2021:

- All nurse assistants employed under this waiver must now **complete the initial certification program** to continue providing care.
- All nurse assistants **must complete the test for tuberculosis infection** as soon as practical but no later than September 30, 2021, to continue providing care.
- All CNAs with an existing waiver must **complete in-service and continuing education requirements and renew their certification** to continue providing care. CDPH encourages submission of renewal applications well in advance of the waiver expiring.
- All CNAs employed under this waiver **must renew their certification** to continue providing care.
- All LVNs or RNs **must receive CNA certification approval** to continue providing care.
- A CNA must notify CDPH of a change of address as soon as practicable, but no later than September 30, 2021.

The **now inactive** AFL 20-35.4 stated that CNAs may:

1. Delay the completion of their training programs and/or competency testing until the state of emergency has been declared over
2. Provide patient care prior to completing a tuberculosis (TB) test
3. Complete all continuing education requirements for certification renewal via remote learning



Present Day

Continued

4. Continue to work as a CNA for the duration of the emergency, despite a current certification expiring within the last two (2) years
5. If licensed as a vocational nurse or registered nurse in another state, begin working as a CNA in California immediately upon submission of an application for certification to CDPH. In addition, anyone working as a CNA would not be required to submit proof of fingerprinting completion, and is not required to notify CDPH of a change of address until after thirty (30) days after the expiration of the state of emergency.

If you have any questions about this AFL, *please contact the Healthcare Workforce Branch, CNA Review/eLearning & Licensing Section via email at cna@cdph.ca.gov*. Please include reference to *AFL 20-35.4: Suspension of Professional Certification Requirements for CNAs* in the subject line of the email.



CNA Runway

CNA Spotlight



**Project Firstline would like to get to know you,
one of California's CNAs!**

As a CNA, you are with your residents every day and get to know them on a personal level. Project Firstline would like to get to know you as well.

Nominate yourself or a fellow CNA to be featured in our monthly newsletter, "CNA Today's: CNA Runway".

This newsletter will contain reviews of the previous month's curriculum, FAQs, a CNA event, and a spotlight of a different CNA in California.

If you would like to be featured, email us!

The Project Firstline Team will email the nominated CNAs with a few interview questions to have featured in a future issue. Taking part in the CNA Runway will allow you to share your story as a CNA in California and allow other CNAs to learn about their fellow frontline healthcare workers!

Mindfulness Mainstay

Mindfulness plays a vital role in everyday patient care, and self-care. It can improve employee productivity, morale, and retention. Practicing mindfulness can retrain the brain to be focused, be efficient, and manage stress in the workplace. Take time to allow yourself to be present in the moment.

Take a moment to yourself by completing the following PPE word search.



PPE Word Search

Y E E V D W S I N U R V N A E
G F N V T E R W S S E M O G G
H D W G L Y O D U W S H I C U
S U G G X G C X S Q P T T A F
S E G I D D D J R L I N C R T
D O Q U B K M G K S R T E Q U
G Q H G Z F D A M C A B T A C
O N K Z O P X O S M T T O T W
L J H Z M G W F N K O E R Z I
D L O I K X O P W N R Z P C K
O E N E I G Y H D N A H E C Y
F S Z P J S X L D Z R Z Y O X
F D F P D F A C E S H I E L D
V O C C E A V S O V Q U E R T
M W D O V U K G L O V E S S V

Doff
Donn
Eye Protection
Face Shield
Gloves
Goggles
Gown
Hand Hygiene
Mask
PPE
Respirator

Join the California Project Firstline Team at our next Training Session!



Ashya Cabral
IPC Trainer



Priscilla Bennett
IPC Trainer



Geraldo Garcia
IPC Trainer



Peea Purkaystha
IPC Trainer



Kirsten Keller
IPC Trainer

IPC: Infection Prevention and Control Trainer
PM: Project Manager



Ayda Alemayehu
IPC Trainer



Brie Martin
PM- Northern



Neha Sardana
PM- Central



Lisa Franqui
PM- Southern

Training Sessions (Online)

November Sessions Dates

<u>Standard Precautions</u>	<u>PPE</u>
Saturday November 6th 10AM-1AM	Monday November 8th 6PM-7PM
Tuesday November 16th 10AM-11AM	Tuesday November 16th 6PM-7PM
Thursday November 18th 6PM-7PM	Friday November 19th 2PM-3PM
<u>Bathing & Dressing</u>	
Wednesday November 10th 10AM-1AM	
Tuesday November 18th 10AM-11AM	

Monthly Topic Schedule



Curriculum Topics

Standard Precautions	July 2021
Personal Protective Equipment (PPE)	August 2021
Bathing & Dressing	September 2021
Skin, Perineal, & Urinary Catheter Care	October 2021
Encore: Standard Precautions, PPE, Bathing & Dressing	November 2021
Oral Care & Feeding	January 2022
Changing Linens & Bed Making	February 2022
Proper Positioning & Transferring	March 2022
Nail Care & Shaving	April 2022
Environmental Cleaning & Disinfection	May 2022

Trainings focus on infection prevention and control practices while performing common CNA tasks

For More Information

E-Mail: ProjectFirstline@cdph.ca.gov

[CDPH Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline)

[CDC Project Firstline Website](http://www.cdc.gov/infectioncontrol/projectfirstline/about.html)

(www.cdc.gov/infectioncontrol/projectfirstline/about.html)

How To Don PPE



Step 1

Gather
Appropriate
PPE



Step 2

Perform
Hand
Hygiene



Step 3

Put on
Gown



Step 4

Put on
Respirator or
Face Mask



Step 5

Put on
Goggles or
Face Shield



Step 6

Put on
Gloves



More than one donning method may be acceptable. Stay up to date with training, and follow your healthcare facility's protocol.

For more information, visit:

https://www.cdph.ca.gov/Programs/CHCQ/HA/CDPH%20Document%20Library/FrontLineStaffTraining_Flipchart_PPE_Final_ADA.pdf link] or contact us at HAIProgram@cdph.ca.gov

How To Doff PPE



Step 1

Remove
Gloves



Step 2

Remove
Gown



Step 3

Perform
Hand
Hygiene



Step 4

Remove
Goggles or
Face Mask



Step 5

Remove
Face Mask or
Respirator



Step 6

Perform
Hand
Hygiene



More than one doffing method may be acceptable. Stay up to date with training, and follow your healthcare facility's protocol.

For more information, visit:

https://www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/FrontLineStaffTraining_Flipchart_PPE_Final_ADA.pdf
link] or contact us at HAIProgram@cdph.ca.gov