

Practical PPE advice for primary care

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Disclosure

- I have no specific expertise in public health or infectious disease
- This talk has received no official endorsement from any official body
- This talk is my best advice to colleagues who want to keep seeing patients in the context of critical PPE shortages

Need help?

- For acquiring PPE, contact Janet Dang
 - Janet.dang@thamesvalleyfht.ca
- For help with office logistics, contact Cecilia Doesborgh
 - cecilia.doesborgh@thamesvalleyfht.ca
- If you want some advice from a fellow physician, contact Dr. Mario Elia
 - melia@uwo.ca

Agenda

- Review of what components of PPE we need in our offices
- How to use the PPE properly
- Disposal/Reuse
- Q&A

Docs, please sign up

- Patient-facing triaging tool
- Population-level data shared with public health
- Intended to decant mild symptoms away from your office
- Easy system for reporting probable cases to public health

- LMcovid19.inputhealth.com

Droplet Precautions

- Eye protection
- Gloves
- Mask
- Gown

Donning and doffing

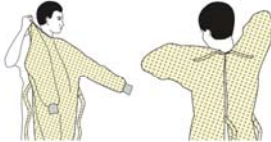
- Print this and post anywhere that PPE is put on or taken off
- <https://www.cdc.gov/hai/pdfs/ppe/ppe-sequence.pdf>

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.


1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin



Masks

- N95 vs surgical/procedure mask
 - N95 for aerosol-generating procedures only
- Reusing
- Stanford study
 - <https://stanfordmedicine.app.box.com/v/covid19-PPE-1-1>
 - 70°C hot air in oven, 30min

Gowns

- Full-sleeve cloth gowns
 - Pattern is available at londonlambeth.ca
 - Lens Mills has donated fabric, local volunteers have sewn hundreds so far
 - Polyester-cotton
 - Same pattern used for ICU/endoscopy gown
 - For additional gowns, Len's Mills will sell \$15 for the kit, \$25 for completed gown
 - If interested in laundering services, reach out to Janet Dang, details not finalized yet

Eye protection

- Important to conserve these, clean well between patient visits



- To 3D print your own, go to <https://github.com/gliax/faceshield>
- Lee Smithson, AMC Western's Business Development Lead at lsmithson@westernamc.ca

Gloves

- Easily available, have yet to hear about shortages here

Office setup





Cleaning equipment



<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

Questions?