



CENTRUM MEDYCZNE
KSZTAŁCENIA
PODYPLOMOWEGO

Metody pobierania materiału z dolnych dróg oddechowych w dobie pandemii Covid-19

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Ochrona osobista



Ochrona osobista przy opiece nad chorymi MERS, SARS, EBOLA, Covid-19

- jednorazowy kombinezon nieprzepuszczalny
- maska N95
- jednorazowa pełna przyłbica
- dwie pary rękawiczek jednorazowych, z wydłużonym mankietem
- ochrona głowy
- ochrona na buty
- jednorazowy fartuch



Gossen (2020)



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Gossen (2020); www.jnj.com



Pobieranie materiału u chorych zakaźnych



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Ochrona osobista przy opiece nad chorymi MERS, SARS, EBOLA, Covid-19



- protokół „ubierania się”
- 20 – 30 kroków w zależności od stanu chorego
- błędy w ubieraniu się
- zalecenia CDC, WHO

Bilski (2020); Gossen (2020); CDC (2020); Kwon (2017), Kang (2017)



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Guidance on Personal Protective Equipment (PPE)
Zasady prawidłowego ubierania się w ubiór ochronny

- **Engage Trained Observer**
- **Remove Personal Clothing and Items**
- **Inspect PPE Before Donning**
- **Put on Boot Covers**
- **Put on Inner Gloves**
- **Put on Gown or Coverall**
- **Put on Outer Gloves**
- **Put on Respirator**
- **Put on Outer Apron**
- **Verify**

- **Inspect:** Inspect the PPE for visible contamination
- **Disinfect and Remove Outer Gloves**
- **Inspect and Disinfect Inner Gloves**
- **Remove Face Shield**
- **Disinfect Inner Gloves**
- **Remove Gown or Coverall**
- **Disinfect and Change Inner Gloves**
- **Remove Surgical Facemask**
- **Disinfect and Remove Inner Gloves**
- **Perform Hand Hygiene**
- **Inspect**



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Use Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19

Before caring for patients with confirmed or suspected COVID-19, healthcare personnel (HCP) must:

- Receive comprehensive training on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper use, maintenance, and disposal of PPE.
- Demonstrate competency in performing appropriate infection control practices and procedures.

Remember:

- PPE must be doffed correctly before entering the patient area (e.g., hallways, rooms, staff offices).
- PPE must remain in place and be worn correctly throughout the duration of work in potentially contaminated areas. PPE should not be adjusted (e.g., wiping gloves, adjusting respirator) to ensure lasting patient care.
- PPE must be removed (doffed) and addressed in a manner that prevents self-contamination. A step-by-step process should be developed and used during training and patient care.

Donning (Putting on the gear):

Always don PPE in an unoccupied area such as a hallway. Perform your personal hygiene (hand hygiene) prior to donning PPE. Perform an assessment of clothing.

- Identify and gather the proper PPE for the situation based on your assessment of the situation (see Donning PPE).
- Perform hand hygiene using hand sanitizer.
- Put on NIOSH-approved N95 filtering respirator or equivalent. If the respirator has a exhalation valve, it should be fitted to fit over both nostrils and the mouth. Check that the respirator fully seals the face and that the exhalation valve is functioning properly. If you are using a filter, ensure the filter is placed in the correct direction.
- Put on face shield or goggles. Do not adjust or touch the respirator, goggles, or face shield until you have performed hand hygiene.
- Put on gown and gloves before putting on gloves. Goggles should cover the full surface of your face.
- Doff any non-water-patient-care.

Doffing (Taking off the gear):

Always doff PPE in an unoccupied area such as a hallway. Perform your personal hygiene (hand hygiene) prior to doffing PPE. Do not touch the front of your PPE.

- Remove gloves. Remove gloves without touching the front of your hands. Do not touch the front of your hands or gloves.
- Remove gown. Remove gown without touching the front of your hands or gown.
- Put on eye protection (goggles or face shield). Do not touch the front of your face or eye protection.
- Remove face shield or goggles. Carefully remove face shield or goggles by holding the straps and do not touch the front of your face or eye protection.
- Remove and discard respiratory filter (NIOSH-approved N95 or equivalent) if used instead of respirator. Do not touch the front of your face or respiratory filter.
- Remove any items that are touching the front of your face or respiratory filter.
- Remove hand sanitizer after removing the respirator/face shield and before putting it in a bag if you are using it in practicing area.

Doing laundry on the go:

Always do laundry in an unoccupied area such as a hallway. Perform your personal hygiene (hand hygiene) prior to doing laundry. Do not touch the front of your clothing.

- Identify and gather the proper PPE for the situation based on your assessment of the situation (see Donning PPE).
- Perform hand hygiene using hand sanitizer.
- Put on NIOSH-approved N95 filtering respirator or equivalent. If the respirator has a exhalation valve, it should be fitted to fit over both nostrils and the mouth. Check that the respirator fully seals the face and that the exhalation valve is functioning properly. If you are using a filter, ensure the filter is placed in the correct direction.
- Put on face shield or goggles. Do not adjust or touch the respirator, goggles, or face shield until you have performed hand hygiene.
- Put on gown and gloves before putting on gloves. Goggles should cover the full surface of your face.
- Doff any non-water-patient-care.

Doing laundry off the go:

Always do laundry in an unoccupied area such as a hallway. Perform your personal hygiene (hand hygiene) prior to doing laundry. Do not touch the front of your clothing.

- Remove gloves. Remove gloves without touching the front of your hands or gloves.
- Remove gown. Remove gown without touching the front of your hands or gown.
- Put on eye protection (goggles or face shield). Do not touch the front of your face or eye protection.
- Remove face shield or goggles. Carefully remove face shield or goggles by holding the straps and do not touch the front of your face or eye protection.
- Remove and discard respiratory filter (NIOSH-approved N95 or equivalent) if used instead of respirator. Do not touch the front of your face or respiratory filter.
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CDC
www.cdc.gov/coronavirus