



Community based home care, PPE, introduction to contact tracing and community based surveillance

17th February 2020

Presentation number 3

Learning objectives

By the end of this session, participants will understand:

- How to support the community in safe home based care messages
- Minimise the spread to other family and community members through key messages
- Protect yourself
- Protect your family
- Protect your community

....let's start with a question....

What do you think are important considerations if someone wants to be at home with the Corona virus instead of being in hospital?

Home based care – why?

- Health facility care not available
 - Too far away
 - Overwhelmed with cases
 - Limited resources available
 - Refusal by the sick person to go to a health facility for care
- Mild symptoms only

Home based care messaging- infection prevention

- The sick person must be isolated from rest of family in different room and should wear a mask when their carer comes into room
- The room should have good ventilation (air flow)
- One person in the family should be the care giver (someone who is in good health)
- The carer should observe social distancing when not providing immediate care
- The carer should practice good hand hygiene frequently – before and after caring for the sick person
- No other visitors!
- The carer should be supplied with personal protection equipment (masks and gloves)
- The room should be cleaned each day (wash bedlinen, clothes and wipe down surfaces)

RCRC volunteer role

What do you think the RCRC volunteer can do to help with someone who is receiving home based care?

Case management and referral

- Encourage the sick person to have plenty of rest
- Encourage them to drink plenty of fluids
- Assist in getting help if the person is having trouble breathing or unconscious (can't wake them up)
- Managing fever and dehydration (ECV tools for managing a fever and preparation of ORS)

Wearing a mask

Now you know the way the corona virus spreads from person to person and the key messages when do you think it is important: to wear a mask?

Should everyone in the family wear a mask?

Should you as a volunteer in the community wear a mask ? If so when?

Wearing a mask

Anyone who is sick with the virus and coughing and sneezing should wear a mask when a carer enters the room or if they move outside of the room

Anyone caring for a sick person suspected of having the virus should wear a mask when in the same room

Anyone who wears a mask should know how to:

- Put it on properly
- Fit it firmly for safety
- Not touch their own face whilst caring for the sick person
- Remove carefully
- Dispose properly
- Wash hands thoroughly with soap and water

When to use a **mask**



1. If you are healthy, you need only to wear a mask if you are taking care of a person with suspected 2019-nCoV infection



3. Masks are effective only when used in combination with frequent hand-washing with alcohol-based hand rub or soap and water



2. Wear a mask if you are coughing or sneezing



4. If you wear a mask then you must know how to use it and dispose of it properly

Mask management



- Locate the metal strip at top of mask and place over top of nose, secure the elastic around ears or tie strings behind your head
- Make sure it covers nose mouth and chin
- While in use do not touch the front of the mask
- To remove the mask take the elastic form behind your ears or untie from behind your heads
- Do not touch the front of the mask as it may be contaminated
- Remove the mask and discard into a closed rubbish bin or allocated waste disposal place
- Wash your hands with soap and water
- If your mask becomes damp or humid discard and replace with a new one

How to put on, use, take off and dispose of a mask



1. Before putting on a mask wash hands with alcohol-based hand rub or soap and water



4. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



5. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water



3. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

Fitting and removal of a mask

- Click on and watch WHO video links below demonstrating putting on and removal of a mask

https://youtu.be/Ded_AxFfJoQ

https://youtu.be/IrvFrH_npQI

Wearing gloves

Now you know the way the corona virus spreads from person to person and the key messages when do you think it is important: to wear gloves?

Should everyone in the family wear gloves?

Should you as a volunteer in the community wear gloves? If so when?

Gloves

- It is more important to practice regular washing hands with soap and water before and after caring for someone who is sick or handling their belongings.
- If gloves are available it is reasonable to use gloves when handling the persons belongings (washing) cleaning dirty surfaces and removal of any waste materials (used tissues)
- Ensure gloves are disposed of immediately into the same rubbish container as the waste and wash hands thoroughly straight away
- If gloves are not available follow hand hygiene practices strictly after doing any of the above

Community based surveillance (CBS)

- Being alert to clusters (groups) of people with disease and reporting
 - Being alert to rumours of disease and reporting
 - Identify cases and refer if necessary
 - Contact tracing
 - Allows us to get a better picture of the spread of the epidemic if we capture information at the community level
- ❖ *RCRC volunteers may be asked by the MoH to be part of CBS and contact tracing data collection*

Contact tracing

- Anyone who is in close contact with a sick person is known as a contact and is at risk of developing the sickness themselves
- Contacts should also stay away from the rest of the community for a period of 14 days from the time that the person developed symptoms
- It is important to notify the MoH when a new case develops so they can provide information to the community
- RCRC may be asked by the community to be involved in contact tracing (the volunteer should receive training on this first)

Follow up

The volunteer is the face on the ground so is well placed to:

- Notify their supervisor about any cases of home based care (the NS will have a contact within the MoH to report this information to)
- Notify the supervisor of any problems or concerns in the community