

# Winter readiness for managers

The webinar will begin shortly



# Contents

- Revisit general IPC practices
- Overview of key principles in successful isolation of residents with infections
- Reminder of Influenza like illness actions
- Booster and flu vaccination update

# Infection prevention

For people living in care homes, infections can be serious, and in some cases, life-threatening. They can also make existing medical conditions worse.

Regular contact with staff, other residents, family and friends and the shared living space all mean **infection can easily be passed around**. It is therefore vital to take the steps that can **help prevent infection occurring**:

- **Having clean hands is the most effective way of preventing infection from spreading**. Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu.
- Review PPE; waste disposal; keeping a clean environment increasing frequency of high touch surfaces; equipment cleaning and social distancing
- Provide tissues and no-touch bins for used tissue disposal and support people to clean hands wash

## CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



## BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



## KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



**NHS**



# Isolation

- What does isolation mean?
- Aim of isolation
- Challenges
- Correct actions when isolating
  - Door should be closed
  - Hand hygiene facilities should be in the room
    - if not how is this going to be managed safely
  - Waste disposal
  - Stock – changing gloves between dirty and clean tasks
- Undertake risk assessments if unable to isolate a resident
- Consider the psychological wellbeing of a person – communication/information
- If any doubt that Covid 19 is also circulating isolation is 14 days (if only flu it is 5 days)
- Who can support



The infographic is a vertical yellow banner with a red octagonal 'STOP' sign at the top left. To the right of the sign, the text reads 'SPEAK TO NURSE IN CHARGE BEFORE ENTERING ROOM' in bold black letters, followed by 'Call Infection Prevention on ext: 4669 for general enquires'. Below this are five horizontal bars with icons and text: a purple bar with a hand-washing icon and text 'Before entering: Wash hands with soap and water, or use alcohol gel.'; a green bar with an apron and gloves icon and text 'Whilst inside: Staff must wear yellow apron and gloves.'; a pink bar with a door icon and text 'At all times: Keep door closed. Complete and document a risk assessment if observing patient.'; a blue bar with a person and trash bin icon and text 'Before leaving: Dispose yellow apron and gloves in the waste bin. Then wash your hands with soap and water.'; and a dark blue bar with a cleaning icon and text 'Cleaning: Barrier clean is needed on transfer or discharge of patient.'

**STOP**

**SPEAK TO NURSE  
IN CHARGE BEFORE  
ENTERING ROOM**

Call Infection Prevention on  
ext: 4669 for general enquires

**Before entering:** Wash hands with soap and water,  
or use alcohol gel.

**Whilst inside:** Staff must wear yellow apron and  
gloves.

**At all times:** Keep door closed.  
Complete and document a risk assessment if  
observing patient.

**Before leaving:** Dispose yellow apron and gloves in  
the waste bin. Then wash your hands with soap and  
water.

**Cleaning:** Barrier clean is needed on transfer or  
discharge of patient.

# Infectious diseases

- Covid 19
- Seasonal Influenza A or B
- Other common respiratory illnesses
  - Rhinovirus
  - Adenovirus
  - Parainfluenza
  - Respiratory syncytial virus
  - Human metapneumovirus
- Don't forget
  - NOROVIRUS (diarrhoea and vomiting – oral/faecal transmission)



# COVID-19 and Flu

- Co-circulation of COVID-19 and influenza in the UK this winter is probable.
- Symptoms are difficult to distinguish between COVID-19, influenza and illness caused by other respiratory viruses.
- It is anticipated that COVID19, influenza and other respiratory illnesses will need to be investigated and managed simultaneously.
- Consequently, outbreaks of acute respiratory illness in care homes should initially be managed by immediate implementation of the more stringent infection control measures required for COVID-19 (as per COVID-19 guidance) until the causative organism is shown not to be SARS-CoV-2 by viral testing.

# What is a flu outbreak?

An outbreak is where **two or more people (residents or staff) in a home have similar symptoms**, suggesting they may have the same infection

**Or** a higher than normal number of people in a home that have the same infection.

**Do 2 or more residents or staff have the following symptoms?**



Fever of  
**37.8°C**  
or above



New onset or acute worsening of one or more of these symptoms:

- cough
- hoarseness
- runny nose or congestion
- shortness of breath
- sore throat
- wheezing
- sneezing
- chest pain



Sudden decline in physical or mental ability

If you notice 2 or more residents or staff meeting these criteria, occurring within 2 DAYS (48 HOURS), in the same area of the care home **you might have an outbreak**. Consider influenza as an alternative diagnosis in residents with suspected chest infection

# Immediate actions

If you suspect, there is an Influenza like illness outbreak

## **Step 1**

If you have residents showing flu-like signs and symptoms contact your resident's GP during practice hours or NHS 111 \*6 (dial 111 and press \*6) to seek senior clinical advice and guidance on how to manage the clinical care of all symptomatic residents within the home.

## **Step 2**

Contact your local PHE Health Protection Team once you have spoken to a GP to inform them about the suspected outbreak. Local HPU for Hertfordshire is East of England HPT :

Telephone 0300 303 8537 option 1 for HPT You can also call this number out of hours/ weekends

## **Step 3: If urgent clinical support required**

If you have contacted your residents GP but your resident is starting to deteriorate before they arrive on-scene, contact NHS 111 \*6 (dial 111 and press \*6) to speak to a GP or Senior Clinician for further advice OR 999 if life threatening

# Testing for influenza like (ILI)

- Continue with the Covid 19 testing as in national guidance
- PHE HPT will risk assess the situation and if an outbreak non-Covid-19 is suspected arrange for Commisceo to attend site to test up to 5 residents who have been the most recent to develop symptoms
- Commisceo will call you prior to the visit as they will require a list of residents as this will be required to prescribe antivirals if indicated – **please do this promptly**
- If Flu is the causative organism then Commisceo will arrange for the antivirals to be delivered
- Antivirals should be administered as soon as possible to provide optimum benefits.
- Once the cause of the outbreak is established, new symptomatic cases may arise. A decision to test these individuals should be risk assessed to determine whether a test result is likely to change the management of the outbreak. HPT will advise.

# Reducing exposure – limiting spread

- Continue to social distance (Respiratory infections)
- Isolate any residents with symptoms in own room. Close contacts of a resident with a respiratory virus other than COVID-19 do not need to self isolate
- Restrict access to communal areas – this should be based on a risk assessment
- Residents should only leave the home to attend out-patient or investigation appointments where these are clinically urgent
- Aim for staff to work in teams:
  - one team caring for affected residents and the other caring for unaffected residents
  - agency staff in contact with residents with symptoms should not work elsewhere (e.g. in a local acute care hospital, or other care home) until 2 days after last exposure and they do not have symptoms

# Reducing exposure – limiting spread

- Staff or visitors with symptoms should be asked to stay away from the home until they are fully recovered
- Elderly, very young and pregnant women, who are at greater risk from the complications of flu, should be discouraged from visiting
- Communication
  - inform visiting health professionals and rearrange non urgent visits
  - inform the hospital in advance if a resident requires urgent attendance at hospital

# End of an outbreak

Influenza or other non-COVID-19 respiratory infection

- minimum of 5 days after the onset of symptoms in the latest case.
- If there are risk factors for prolonged shedding, infection control measures should be maintained for longer than 5 days

COVID-19

- can be declared over, once 14 days have passed since onset of symptoms in the most recent case unless it has been identified as a variant of concern, and it will be 28 days

It is important to maintain infection prevention and control measures throughout this winter. COVID-19 precautions should be maintained even after the declaration of the end of an outbreak.

# How to get your flu jab...



Your local social care providers can access **free flu vaccinations** by one of two means

## Option 1

**PCN to vaccinate care home staff when they come into the home to vaccinate care home residents**

## Option 2

**Vaccinations can be provided in community pharmacies, GP practices.** Social care workers just need to take ID and a letter of eligibility from their employer

# How to get your COVID booster

The COVID booster vaccine is available for front line social care workers who had their second vaccine 6 months ago

## Option 1

**PCN to vaccinate care home staff**  
when they come into the home to  
vaccinate care home residents

## Option 2

**Care home staff can book via NBS**  
which will give you locations  
across Hertfordshire Please take  
ID and/ or letter of eligibility from  
your employer with you

# Key messages for care managers

Be prepared and take the lead

Talk to staff around common causes of outbreaks so they know the symptoms

Promote effective hand hygiene for all

Recognise potential outbreaks early

Support residents and staff to be vaccinated

Ensure you have adequate stocks of items – PPE/hand hygiene products/ waste bags/consumables/ test kits

Report outbreaks promptly

# Q&A

## Provider Hub

Call 01707 708 108 (9am – 5pm | Mon – Fri)

Email [assistance@hcpa.co.uk](mailto:assistance@hcpa.co.uk)

Visit- [hcpa.info/covid-19](https://hcpa.info/covid-19)

Sign up for the Daily HCPA newsletters at [hcpa.info/news](https://hcpa.info/news)



# Support COVID-19 pages managed on the HCPA website- [hcpa.info/covid-19](https://hcpa.info/covid-19)

