

COVID-19: Guidelines for Home Health Prevention and Management



TEACHING PLAN

To use this lesson for self-study, the learner should read the material, do the activity, and take the test. For group study, the leader may give each learner a copy of the learning guide and follow this teaching plan to conduct the lesson.



LEARNING OBJECTIVES

Participants will be able to:

- Define the virus known as COVID-19
- Identify the risks that COVID-19 presents to home health patients
- Understand how COVID-19 transmission occurs and who is at highest risk
- Understand precautions that should be taken by home health staff to reduce COVID-19 transmission
- Recognize strategies for prevention and management of COVID-19



LESSON ACTIVITY

- Begin by asking the learners to tell you what they already know about COVID-19 and how it has impacted their own work and their patients. Ask if any learner can provide an example of how patient care has been altered by this virus and/or how the learner has had to change his or her patient care practices due to COVID-19. Provide examples if no one in the group has any to share.
- Visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> with the learner or group of learners to view the most up to date information from the Centers for Disease Control (CDC) regarding COVID-19. Additional information can also be viewed at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html> regarding current CDC guidance for home care of patients with a COVID-19 diagnosis not requiring hospitalization.
- With the learner or group of learners, complete the matching quiz below for practice.

MATCHING QUIZ

INSTRUCTIONS: Draw a line between the term and its definition to match one to the other.

Social Distancing	Strain of coronavirus that results in COVID-19 infection
Isolation	Preventative measures
Quarantine	High Risk Transmission Areas
SARS-CoV-2	keeps someone who is infected with the virus away from others, even in their home
Wearing a mask in public, disinfecting surfaces, handwashing, avoiding touching of eyes/mouth/nose	keeping a safe space between yourself and other people who are not from your household
Nursing homes, Public Housing, Correctional Facilities	Mask that filters out at least 95% of very small (0.3 micron) particles including bacteria and viruses
N95 Respirator	keeps someone who might have been exposed to the virus away from others



THE LESSON

Review the material in the lesson with participants. Allow for discussion.



CONCLUSION

Have participants take the test. Review the answers together. Award certificates to those who answer at least seven (70%) of the test questions correctly.



TEST ANSWERS

1. f
2. c
3. c
4. b
5. f
6. False
7. Face shield or goggles, gloves, N95 filtering facepiece respirator, isolation gown
8. wear a face mask during encounters with home health clinical professionals and any other non-residents, practice standard precautions, social distancing
9. True
10. False

COVID-19: GUIDELINES FOR HOME HEALTH PREVENTION AND MANAGEMENT

What is COVID-19?

Coronaviruses are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). A novel coronavirus is a new coronavirus that has not been previously identified. Coronavirus disease 2019 (COVID-19), caused by the virus SARS-CoV-2, is a respiratory illness that can spread from person to person.

Transmission of COVID-19

The virus that causes COVID-19 is spread mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet). It is possible for respiratory droplets to linger in air for longer periods of time after a person has left a space, allowing for respiratory transmission of the virus. For this reason, it is important that an individual's respiratory droplets are contained by wearing a mask, covering one's mouth or nose when coughing/sneezing, and regularly disinfecting high-touch surfaces.

Community Spread of COVID-19

As the spread of this novel coronavirus has grown, it has become clear that some there are some conditions under which COVID-19 spreads more easily. There is evidence that under certain conditions, people with COVID-19 seem to have infected others who were more than 6 feet away. These transmissions occurred within enclosed spaces that had inadequate ventilation, which may include certain living conditions where persons are in close contact and may already be at risk such as correctional facilities, senior living facilities/housing, skilled nursing facilities ("nursing homes"). Under these circumstances, scientists believe that the amount of infectious smaller droplet and particles produced by the people with COVID-19 became concentrated enough to spread the virus to other people.

Who is at risk for COVID-19?

Some individuals may be at greater risk for COVID-19, including older adults and those with certain comorbid medical conditions. According to the CDC, the highest percentage of hospitalizations due to COVID-19 since the inception of the virus have occurred in adults over the age of 65. Adults of any age with existing respiratory, cardiac/circulatory, neurologic, endocrine (diabetes), liver or other conditions causing immunocompromise are also at increased risk. These individuals should not only take all

TEST

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Name _____ **Date** _____ **Score** _____

Directions: Read each question carefully, then determine the best answer to each question. Seven correct answers are required.

1. Persons over the age of 65 account for the greatest number of hospitalizations since the inception of the pandemic and should take which additional precaution(s) specifically:

- a. Wear a mask and gloves in public.
- b. Social distancing.
- c. Limit all possible interactions with others.
- d. Contact a healthcare provider within 24-hours if experiencing symptoms of COVID-19.
- e. A, B, & C
- f. C & D

2. When caring for a COVID-19 positive patient in the home setting, the proper method of removing a gown is

_____.

- a. Folding it up and placing in a plastic container or bag
- b. Double bagging for disposal
- c. Away from the body
- d. As quickly as possible to avoid contamination

3. When preparing to don PPE for the care of a COVID-19 positive patient in the home setting, the healthcare provider should first perform which ONE of the following:

- a. Assure all household members have exited the home and the patient is in an isolated room with a mask on.
- b. Wash hands with soap and water for 2 minutes from the fingertips to elbows.
- c. Perform hand hygiene using an alcohol-based sanitizer with 60% minimum alcohol concentration.

4. Which of the following conditions may result in a COVID-19 positive patient not being deemed appropriate for care in the home setting:

- a. The patient is diabetic and his/her physician has deemed that the patient is overweight
- b. The patient lives in a one-bedroom apartment with his elderly spouse in a senior living complex with a shared hallway to access common areas such as dining, and other areas. The apartment has no door on the bedroom and there are only two rooms: the bedroom and a combined living room and mini kitchen.
- c. The patient is a twenty-two-year-old with asthma who has symptoms of low-grade fever, a headache, and diarrhea.
- d. The patient was hospitalized for two weeks and completed treatment with Remdesivir, an antiviral. He has a residual cough, but no fever or other symptoms and lives alone in a single-family home.