

VIDEO INTERVENTION SCRIPT:

ISOLATION PRECAUTIONS VIDEO DEMONSTRATION FOR RNs & NAs: SEQUENCE FOR PUTTING ON & REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of personal protective equipment used will vary based on the level of precautions required, such as standard, and contact, droplet or airborne isolation precautions. For further information regarding the type of PPE required, refer to this video's corresponding educational handout, Stanford's current isolation precautions policy, and C3's unit educator. In this demonstrational video, I will focus on how to properly put on and safely remove PPE.

SEQUENCE FOR PUTTING ON PPE:

A helpful hint to remember the correct sequence for putting on PPE is to "Put PPE on starting from the bottom & going up the body." In this scenario, I will provide instructions on how to put on PPE in the correct sequence for a patient on contact & droplet isolation precautions.

- 1) First, remove **HAND JEWELRY & TIE HAIR BACK**
- 2) Second, perform **HAND HYGIENE**
- 3) Next, put on an isolation **GOWN**:
 - a. Make sure the front & back of the gown are pulled down for complete coverage and the ties are secured at the waist.
- 4) The next step is respiratory protection. Put on either a **SURGICAL MASK** or **RESPIRATOR**:
 - a. Place over your nose, mouth & below the chin. Position the ear-loops around the ears. Form the metal band over the bridge of the nose to minimize air leakage.
 - b. If you had to float to another unit & had a patient on airborne precautions, this requires putting on a fitted N95 Respirator and performing a user seal check. For more information on putting on & removing respirators or Airborne Precautions PPE, please review Stanford's policy.
- 5) Another option for respiratory & eye protection is to put on a **SURGICAL-STYLE MASK with FACE SHIELD**:
 - a. This is put on in a similar fashion as the mask—be sure it is placed over & covering the face & eyes
 - b. Adjust to fit.
- 6) The following step is putting on eye **GLASSES** or **GOGGLES** for eye protection:
 - a. Place over the face & eyes. Adjust to fit.
 - b. Also at this time, putting on a **FACE SHIELD** completely covering the face & eyes may be required, if appropriate and available.
- 7) Last, put on **GLOVES**:
 - a. Select the correct type & size
 - b. Extend to cover the wrists of the isolation gown

~~**Now you are ready to enter the patient's room. Always perform hand hygiene before putting on & after removing gloves. Use safe work practices to protect yourself & limit the spread of contamination. And remember, if your PPE becomes soiled or contaminated, you MUST change it. To further prevent cross-contamination, always start with clean procedures then progress to more dirty tasks.~~

SEQUENCE FOR REMOVING PPE:

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. This demonstration indicates the proper order to remove PPE based on the recently revised isolation precautions policy—updated by Stanford's Infection Prevention & Control Department based on the CDC's most current recommendation.

Remove all PPE before exiting the patient's room at the doorway except a respirator, if worn. Remove the respirator after leaving the patient's room & closing the door.

- 1) First, remove your **GOWN & GLOVES**:
 - a. The front & sleeves of the gown and the outside of the gloves are contaminated! Remember if your hands get contaminated during gown or glove removal, immediately perform proper hand hygiene.

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- b. Grasp the gown in the front or insert your thumbs on each hip between the ties & gown, pull away from your body to break the ties—touching the outside of the gown only with gloved hands.
 - c. While removing the gown, roll or fold it inside-out into a bundle down the body keeping fluids & contaminants contained.
 - d. As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves with your bare hands.
- 2) Next, remove **EYE PROTECTION** or **SURGICAL-STYLE MASK with FACE SHIELD**:
- a. Outside of glasses, goggles, or face shield (with or without surgical mask) are contaminated! ~~Remember if your hands get contaminated during removal of your eye protection, immediately perform proper hand hygiene.~~
 - b. Remove glasses from the back by lifting the frame near the ear without touching the front of the glasses or goggles.
 - c. Remove the mask with face shield by grasping both elastic ear bands & remove away from the body without touching the front. Remove face shield from the back by lifting the headband over the head without touching the front.
- 3) Next, remove your respiratory protective equipment—**SURGICAL MASK** or **RESPIRATOR**:
- a. Front of the mask or respirator is contaminated—*DO NOT TOUCH!* ~~Remember if your hands get contaminated during removal of your respiratory protection, immediately perform proper hand hygiene.~~
 - b. Grasp both elastic ear bands & remove away from the body
 - c. With a respirator, slowly lift the bottom strap up & over your head, while keeping it against your face
 - d. Then lift off the top strap & carefully remove the respirator without touching the front
- 4) Last, perform **HAND HYGIENE**:
- a. Wash hands with soap and water or use an alcohol-based gel hand sanitizer

**Remember to perform hand hygiene between steps if hands become contaminated & immediately after removing all PPE.

Thank you for your participation in keeping our patients, staff, families, & community safe by implementing the proper type of PPE based on the level of precautions required and the correct order for putting on and removing PPE.