

Training on Hospital Management for Ebola Virus Disease
Department of Health - Research Institute for Tropical Medicine

PPE PRACTICE EXERCISE (FACILITATORS' GUIDE)

Materials:

- Step-by-step guide for putting on and taking off
- Index cards or squares of paper and pen for incident reports
- Tape to indicate high-risk and low-risk zone on the floor
- PPE
- Red paint (for final day)

Instructions

Trainees arrange themselves into pairs.

Day 1 or Day 2: One person will act as the trained observer and the other will be the healthcare worker putting PPE on and off. Once complete, participants will switch roles.

Day 3: On final day both partners will put on and off PPE using red paint to simulate contamination.

Each person will have one set of PPE and one step-by-step guide for putting on and taking off.

1. The trained observer will read out the instructions on the step-by-step guide while the healthcare worker puts on the PPE.
2. When in full PPE the Trained observer will become the patient and the healthcare worker in PPE will examine their oral cavity, take their pulse, assist them to reposition and take their temperature.
3. The trained observer will read out the instructions on the step-by-step guide while the healthcare worker takes off the PPE.
4. If there are any breaches the Trained Observer and/or Healthcare Worker will write an "incident report" and alert a facilitator who will discuss this with them.

Facilitator Role:

1. The facilitator will observe several pairs putting on and off the PPE to be sure they have the correct technique. Be sure to point out to them the following:
 - a. Read aloud each step of the procedure, healthcare worker repeats back the step they are about perform ("talk-back" technique)
 - b. Don't memorize steps but let Trained Observer guide
 - c. All skin covered when PPE is fully on
 - d. Comfortable: able to extend the arms, bend at the waist and do range of motions
 - e. All areas of the body remain covered during range of movement
 - f. NEVER touch or adjust PPE
 - g. All actions are done slowly, deliberately and carefully
 - h. Incident report for any breaches
 - i. Trained Observers should:
 - i. Remind healthcare worker to avoid automatic actions that may put them at risk (e.g., touching their face)
 - ii. Healthcare worker repeats back the step they are about perform (talk-back)
 - iii. Confirm visually that the PPE has been removed properly
 - iv. Minimize touching healthcare workers or their PPE during the process
 - v. If contact with the healthcare worker is made, the trained observer immediately disinfects the outer-gloved hands.