

PERSONAL PROTECTIVE EQUIPMENT

Recommendations for PPE use

Personal protection equipment (PPE) includes masks, eye/face shields, gloves, gowns and aprons. Varying levels and types of PPE are required, depending on the level of exposure and the risk of transmission.

Whatever the level of PPE to be used, education and training is necessary to ensure the equipment is used and disposed of correctly, to maintain the equipment's effectiveness.

Estimate for PPE

One patient requires one GP and one Nurse:

PPE required for 1 patient = 2 masks, 2 pair gloves, 2 gowns

GP sees 4 patients per hour = 8 pair gloves per hour
= 96 patients per 24 hours
= 192 pairs per 24 hours
= 672 patients per week
= 1344 pairs gloves per week

Gloves supplied per box = 100 therefore 26-27 boxes of gloves per week

N95 masks last up to 4 hours = 12 per day per one GP and one Nurse (6 each)
= 84 per week

N95 masks supplied per box = 35 therefore 2.4 boxes per week

Surgical masks for patients = 672 patients per week
Surgical masks supplied per box = 50 therefore 13-14 boxes per week

If the gown is to last 4hours = 12 per day (as for masks)
= 84 per week

Gowns supplied per carton = 50 therefore 2 cartons per week

Gowns - you will need to decide how long your gown should last. In the hospital situation a gown is single use. In the primary care setting you may decide to use one gown for 4-8 hours. This will depend on the contact with patients and the care and contamination of the gown.

Gloves may not be required for all patient contacts. Handwashing or the use of alcohol hand gel may be sufficient in most cases.

NOTE: These numbers are only estimates and may vary during the phases of a pandemic. There are many variables to be considered i.e. patients seen, acuity, potential for contamination of PPE.

Summary of PPE requirements:

	Entering Room but no close contact (> 1 metre from patient)	Close patient contact (<1 metre from patient)	Aerosol generating procedure being performed (including nose/throat swabs)
N 95 mask	No	No	Yes
Surgical mask	Yes	Yes	No
Gown, non sterile, long sleeved	No	Yes	Yes
Gloves, non-sterile	Yes	Yes	Yes
Eyewear, protective	No	No	Yes

Using disposable surgical masks, gloves and gowns/aprons

Disposable surgical masks are recommended for first responders and health care/support workers in a health care setting who are at risk from droplet transmission.

Disposable gloves are recommended as a means of reducing the likelihood of influenza transmission when handling objects contaminated with respiratory secretions. Apart from health care settings, the use of gloves is less important than careful hand washing. The use of gloves does not replace the need for hand washing.

Disposable gowns or splash resistant aprons may also reduce opportunities for transmitting influenza. However, it may not always be practical to use gowns/aprons outside the health care setting.

Checklist for Staff before Entering Designated Areas

The following points must be checked before entering a designated area:

- Cellphones or pagers left outside the area along with pens, stethoscopes and tourniquets
- Shoulder length hair must be clipped or tied back
- Shoes should cover and protect feet from splashes and dropped equipment and should have wipeable surfaces
- A mask must be worn and fit securely
- A gown must be worn and be tied firmly
- Gloves should be worn covering the wrists

Using Personal Protective Equipment

Order for putting on:

- Change into work clothing, shoes should be either designated work shoes or be suitable for disinfection
- Put on gown or apron
- Fit mask ensuring a good seal (can be worn for 4 hours before being replaced unless wet)

Removal:

- Remove gown/apron and gloves (if worn) taking care to minimise contamination of self and clothes
- Using two hands, untie mask strings and lift off forwards taking care not to touch the pouch of the mask

Wash hands

Notes:

If any of the following occurs the mask must be changed:

- if you touch it
- if it is grossly contaminated
- if it becomes wet for any other reason
- if it becomes hard to breathe through

Masks should be placed in a biohazard bag after removal.

If at any time gloves become contaminated, they must be removed, hands washed and clean gloves put on.