

Safety with patient personal hygiene care during COVID-19

Providing personal hygiene care to patient, resident, or client in a wet enclosed space where physical distancing cannot be maintained may pose a transmission risk of Coronavirus to healthcare workers. Humidity and ventilation in bathrooms may impact mask moisture levels, filtration ability and fit seal.

Providing personal hygiene for a patient is a core right whilst maintaining the safety of healthcare workers by mitigating risks. Patient hygiene activities in the bathroom include bathing, dressing, grooming, toilet support and washing.

Risk Factors to Healthcare Workers

The risk factors include:

- Poor ventilation and high humidity in an enclosed space
- Being in close proximity to patients suspected or confirmed COVID-19 when distancing of 1.5m cannot be maintained
- Being in a wet and enclosed environment over a prolonged period of time (>15 minutes at less than 1.5, or longer than 2 hours in an enclosed space)
- Contact with contaminated bathroom objects and surfaces
- Exposure to bodily fluids from showering, washing at the bathroom handbasin, or a bathtub from splashes or sprays of contaminated water
- Damp or soiled PPE

How to Reduce the Risk of Transmission of COVID-19 During Patient Personal Hygiene

Follow these general principles for minimising your risks:

- Use aids and equipment to increase independence of patients where appropriate
- Ensure the bathroom is well ventilated with a working exhaust fan. If the bathroom has windows, keep them open and the bathroom door open (if it opens to a single room) to reduce humidity and improve air flow
- Use the largest bathroom available to maintain physical distancing
- Limit the number of staff with a patient to comply with the required 4x4 square metre rule
- Minimise the time spent in the bathroom to less than 15 minutes
- Clean the bathroom after each patient use
- Remove PPE with appropriate hand hygiene between each step, replacing mask and eye protection outside of the patient room

Patients with Low Risk of COVID-19 (Tier 1 PPE)

For patients with low transmission risk, including those **not** suspected or confirmed to have COVID-19, **or** not in quarantine as a close contact to a confirmed case or linked to an outbreak. For all showering and bathroom activities, continue with routine case whilst using the above steps to minimise your risks.

Patients with suspected or confirmed COVID-19 (Tier 2 and 3 PPE)

Patients who can safely undertake their personal hygiene care **independently without assistance or supervision** can continue to do so. If it is a shared bathroom, the bathroom must be cleaned after each use.

Patients who **require direct physical support** with their bathroom activities, including toileting, can be assisted by healthcare workers noting:

- **A bed bath using 'bag baths' wash wipes is the preferred option** for patients who require physical support until they are cleared of COVID-19. Shampoo caps are available for hair cleaning
- **A commode or bed pan is the preferred option** if **physical support** is required and physical distancing cannot be maintained and requires healthcare workers to be in the wet and enclosed space for > 15 minutes

If the healthcare worker determines that the use of 'bath bags' wash wipes or a commode/bed pan is not appropriate, a patient who **requires supervision** with their bathroom activities can be assisted by the healthcare worker in the bathroom having consideration for:

- Using aids and equipment to increase independence of patients where possible
- Where possible, carry out most activities outside of the bathroom such as changing and drying if in a single room
- Prepare the bathroom ahead of the patient by placing bathroom items within easy reach
- Wait outside of the bathroom if it is safe for the patient to be left alone. Ensure the bathroom extraction fan is on
- Ensure the patient uses the lowest temperature possible that is comfortable for them to reduce the steam and humidity in the bathroom
- Minimise the time spent in the bathroom to less than 15 minutes
- Ensure the bathroom is cleaned after each use
- Wait 30 minutes between patients using the bathroom
- Dispose and replace your PPE including mask and eye protection with required hand hygiene, after assisting the patient:
 - Remove damp or soiled gowns and remove plastic aprons if worn inside the patient room
 - Remove eye protection and mask with hand hygiene between each step and replace with fresh mask, in the corridor outside a patient room or bay, in a designated doffing zone or outside of the anteroom of a negative pressure room
 - Perform a fit check each time a P2/N95 mask is donned
 - If wearing a surgical mask ensure a good nose, cheek, and chin fit

Shared Bathrooms

- Patients with confirmed COVID-19 must have a designated shower separate to suspected COVID-19 and non-coronavirus patients
- Reduce the numbers of patients using the same bathroom
- Clean bathrooms after each use
- Stagger bathroom use for patients with a 30-minute break between showers

Asymptomatic Close Contact or Quarantined Patients

Healthcare workers should follow the same precautions as outlined for a patient suspected or confirmed with COVID-19 until the results of their swabs are known and they have completed their quarantine period.

Appendix 1: How to Use the Bath Wipes

Molicare wipes are soft wipes designed to be used on the following areas. 1-2 wipe per area should be used:

1. Face/Neck
2. Chest
3. Right arm
4. Left arm
5. Perineum
6. Right leg
7. Left leg
8. Buttocks



The pack should be discarded after the patient is discharged and not reused. It can go with the patient if transferred to another ward.

The preferred brands of wipes available to order on Oracle




PAUL HARTMANN PTY LTD	1826621	WIPE CLEANSING MOIST SKIN CARE 200 X 300mm REFILL ONLY (pkt50) (MOLICARE) #995038 (CARTON 12)	5313.1600	995038	507371	04052199261126
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LIVB850 Bed Bath Wipe

Suggested for use on:
Face, neck, back, chest, arms, armpits, legs, groin area and buttocks.

Contents:
SY-PHP, Aloe Vera, Bronopol, T-20, Citric Acid, Glycerol, Propylene Glycol, Vitamin E, Coconut oil, Fragrance and Sodium lauryl sulfate.

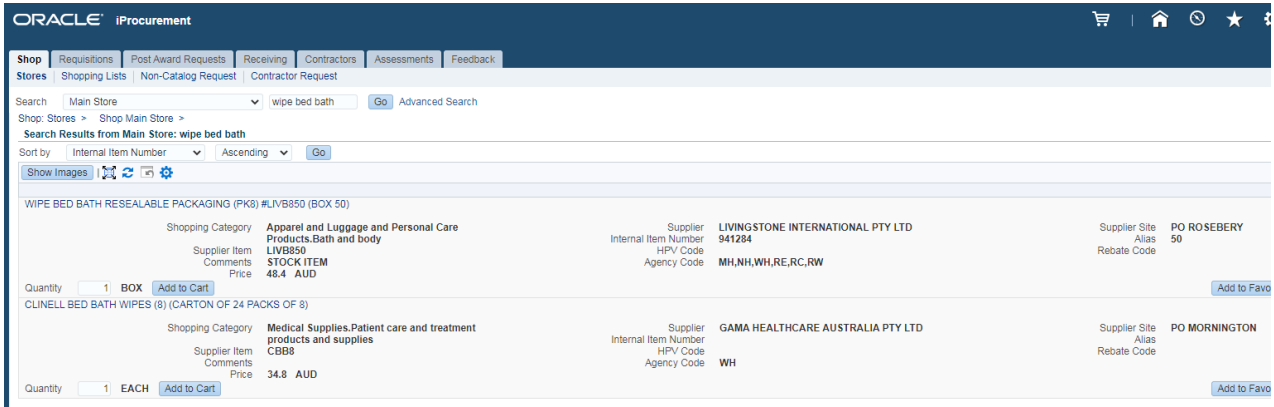
Preparations:

-  **In Microwave:** Heat cloth pack for 30-40 seconds. Check temperature before use.
-  **In Hot Water:** Place sealed cloth pack in hot water for 10 minutes. Check temperature before use.
-  **Cloths are suitable to use at room temperature.** Remember to dispose of each cloth responsibly. They should not be flushed in the toilet.



Bed bath wipes are large, soft wipes designed to be used on the following areas. 1wipe per area should be used:

1. 1 wipe for Face, Neck and Chest
2. 1 wipe for Left arm and armpit
3. 1 wipe for right arm and armpit
4. 1 wipe for groin area
5. 1 wipe for Left leg
6. 1 wipe for Right leg
7. 1 wipe for Back
8. 1 wipe for Buttocks



Clinell (Carell) Bed Bath Wipes

Easy-to-use bathing solutions to clean, moisturise and refresh. Complete rinse-free body bathing solution.

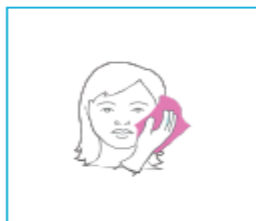
Replace cumbersome and costly traditional bed bath methods. Our Carell bedbath products deliver a full body wash in a single product. No need to spend time gathering supplies.

They contain aloe vera and active moisturisers to promote healthy skin. They're dermatologically-tested and alcohol, lanolin and paraben free, with a patented skin-pH neutral formula.

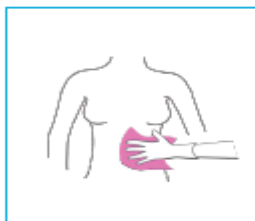


Bedbath Wipes
(Pack of 8 – CBB8)

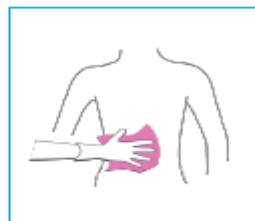
INSTRUCTIONS FOR USE:



Wipe 1: Face & neck.



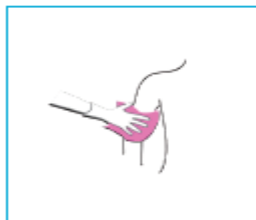
Wipe 2: Chest.



Wipe 3: Back.



Wipe 4: Right arm & axilla.



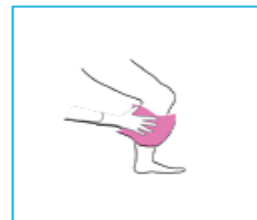
Wipe 5: Left arm & axilla.



Wipe 6: Perineum & buttocks.



Wipe 7: Left leg.



Wipe 8: Right leg.

GHA200157

Appendix 2: Verasoft Shampoo Cap

Verasoft shampoo cap provides rinse free shampoo and conditioning in one step. The shampoo caps are individually packed in a pouch.

Directions for Use

The shampoo cap may be heated in a microwave prior to use. If microwave used never heat for more than 20 seconds. **Note:** heating times may vary according to microwave wattage.

1. Once heated, place cap on the head and massage hair through the cap until hair appears saturated.
2. Remove cap and discard.
3. Towel dry hair and comb through as desired.



CAUTION: Ensure the shampoo cap is not excessively hot prior to application.

- Contents may burn the skin if heated for long periods.
- Do not exceed 20 seconds heating time in total.
- If irritation develops, discontinue use immediately.
- Avoid contact with eyes.
- Discard immediately if cap is dry upon opening package.
- Single use only

Order code

Supplier Name	PO Number	Price Break	Line No	Description	Category	Supplier Item	Internal Item Number	Unit	Price	Comments	Hpv Code	Agency Code	GTIN Num
SENTRY MEDICAL PTY LTD	1883660		1	SHAMPOO CAP HAIR RINSE FREE WATERLESS (VERASOFT) LATEX FREE #VER030(EACH)	5313.1600	VER030	507022	CARTON 30	55.62	STOCK ITEM	NON COMPLIANT HPV-009	MH,NH,RC,RW,PM	29326306007020