

# Clinic and Inpatient Guidelines



**W**e do things every day to help keep ourselves safe! We wear seat belts, we look both ways before we cross the street, and we protect our children from poisons by locking cupboards and keeping medications and other unsafe items out of reach. Wearing a helmet does not mean we will never fall off our bike, but it will help keep us safe if we do.

The same goes for following guidelines for infection prevention and control. Germs are everywhere, and although we don't expect or want anyone to live in a bubble, there are things we can do to decrease the chances of getting a new lung infection.

**T**he Cystic Fibrosis Foundation recently provided updated recommendations for Infection Prevention and Control in CF. These guidelines were created by a committee of 21 experts in Cystic Fibrosis and Infectious Diseases, and are based on more recent clinical and research experiences. **The goal of these guidelines is to minimize the chances that people with CF will get a lung infection from other people with CF.**

This newsletter will cover the Guidelines for clinic (outpatients) and hospital (inpatients). In summary, the guidelines include:

## Outpatients:

- **All people with CF will wear a surgical (face) mask** (also known as a procedure or isolation mask) when in a healthcare facility to reduce the risk of droplet transmission. The mask should be worn throughout the facility except in the exam room or during Pulmonary Function Testing.
- All people with CF, *regardless of their respiratory culture results* should be **separated by at least 6 feet** from other people with CF, in healthcare and non-healthcare settings. This does not apply to members of the same household.
- **Handwashing** is one of the most effective ways to prevent spread of germs, and should be done by both us (the health care workers) and the patients. Handwashing prevents the spread of germs that can happen with direct and indirect contact.

All people with CF and their family members are to perform hand hygiene (with either alcohol based hand rub or with an antimicrobial soap and water when:

- Entering and leaving the exam room in clinic, PFT room, bathroom
- Hands become contaminated with respiratory secretions (for example, after coughing or performing pulmonary function tests or airway clearance.
- In CF clinic and PFT labs, **all healthcare personnel will wear a gown and gloves**, regardless of respiratory tract culture results.

#### Inpatients:

- All people with CF when admitted to the hospital will **wear a surgical (face) mask when outside of their hospital room**.
- Activities outside of the room (such as the playroom) require special precautions, and must be done with consideration of the local hospital policies. Patients will be expected to follow these practices:
  - Perform hand hygiene and put on a face mask immediately before leaving the patient's room.
  - Avoid direct contact with other people with CF in the hospital unless they live in the same household.
  - Use the hospital activity rooms (for example, playroom, exercise room, schoolroom) only when no other person with CF is present (cleared by Child Life).
  - *Children's Hospital's Policy does not permit any patient who requires contact precautions to participate in activities in the 6<sup>th</sup> floor Atrium or Healing Garden, or to use common areas such as the cafeteria, lobby, or gift shop.*
- People with CF can participate in pet therapy (pet therapy dogs visiting in rooms) in accordance with hospital protocols.
- All hospital personnel will use Contact Precautions for all people with CF and wear a gown and gloves, regardless of respiratory culture results.

#### EXPECTATIONS:

The next 2 pages explain what we expect of you when you come to clinic and **what you can expect from us**. We expect you to do the best you can to follow these recommendations. You can expect us to do all we can to keep you safe when coming to CF Clinic and the hospital.

- We will do our best to place you in the clinic room as quickly as possible.
- We will thoroughly disinfect the examination rooms between patients
- We will use gowns and gloves for all patient encounters
- We will use good hand hygiene practices

## GUIDELINES FOR OUTPATIENTS



### Hand Hygiene:

- Hand-washing is most important means of preventing the spread of infection.
- Wash hands after coughing and entering and leaving the clinic room.
- Wash hands before and after using common rooms (PFT room, restroom and waiting room)



### Mask:

- A mask is to be worn by patients over the age of 2 years in all areas of the hospital and clinic except for the PFT room and exam room.
- Mask should cover the nose and mouth.

### Use Of Common Areas:



- We advise *against* using the cafeteria and gift shop. We suggest you bring healthy snacks and foods with you.
  - If you must - due to long travel or extended time without food - do NOT allow your child to reach for food items. Keep the mask on until seated. We strongly recommend that you sit a distance from others and wipe the area prior to and following use to keep yourself and others safe.
- Do NOT allow your child to play with general use computers and games in waiting areas.

### Contact with other people:

- No contact within 6 feet of other patients with CF
- Wink, nod, smile; NO SHAKING HANDS
- Respectfully sit at a distance from others in common areas.

### What Parents/Patients Can Do:

- Wash hands after common rooms and coughing
- Bring your own toys to clinic
- Nod, wink and smile/ NO SHAKING HANDS
- Cover your cough and dispose of tissues in trash bin
- Do NOT allow children to play with medical equipment.

## CONTACT PRECAUTIONS—HEALTHCARE WORKERS

### Hand Hygiene:



- Use antibacterial soap if hands are visibly soiled or gel is not available. Use hand gel for all other times
- Hand hygiene every time in contact with the patient and patient's environment.



### Gown:

- Everyone must wear a gown when entering the patient's room.
- Remove gown before leaving the patient's room



### Gloves:



- Wear gloves when providing patient care
- Wear gloves when having direct contact with the patient
- Wear gloves when having direct contact with the patient's environment
- Wear gloves when contact with the patient's secretions is expected.
- Remove gloves before leaving the patient's room.

### Mask:

- Wear mask when contact with respiratory secretions is anticipated – e.g. respiratory therapist will wear masks for all treatments
- Mask should cover both nose and mouth



### Other:

- Patient is to be admitted to a private room whenever possible
- If a patient with CF is admitted to a semi-private room, then the roommate should NOT have CF, another respiratory illness, or an immune deficiency.

*It is ok to remind health care providers to comply with these guidelines*

## How will I get a mask?

You will receive two masks with this newsletter. You can wear one of these masks today and bring the next one with you when you come to the hospital or clinic.

Two mask sizes will be available at each clinic location.

Additional masks can be obtained before leaving each clinic visit.

Masks can be obtained in the following ways:

- At the Cow pod on the 3<sup>rd</sup> floor of the main hospital in Lawrenceville.
- At the registration desk in the South (Bethel Park) and East (Monroeville) Satellite clinics.
- At the greeter's desk in the North (Wexford) Satellite clinic.
- In the waiting room of the 6<sup>th</sup> floor PFT lab at the Lawrenceville location.
- At the registration desk of Falk Clinic, Oakland.



## Questions and Answers

*Q: Why do I need to wear a mask at the hospital and clinic, but I don't need to wear one at school?*

A: When you come to the hospital and clinic, there is an increased chance that you may come in contact with germs that can be spread among people with CF. It is true that germs are everywhere, but taking this added precaution to keep yourself and others safe is a smart thing to do based on research and evidence that germs can and have spread among people with CF.

*Q: Are people with CF contagious?*

A: It is important to remind yourself and your child that CF itself is NOT a contagious disease. Also, there is no evidence that germs that are a problem for people with CF have been spread to others who do not have CF in the community.

*Q: Is it ok to not wear a mask if I stay at least 6 feet away from others?*

A: No. Newer evidence tells us that droplets can travel further than previously understood.

Learn more about Staying Healthy with CF at [cff.org](http://www.cff.org):  
<http://www.cff.org/treatments/CFCareGuidelines/InfectionControl/>

- What you Should Know about Germs
- Stopping the Spread of Germs (includes how to Clean and Disinfect Respiratory Equipment)
- Infection Control and CF: An Education Webcast
- Everyday Life with CF and Infection Control: An Education Webcast
- Burkholderia cepacia FAQs
- CF and Methicillin Resistant Staph Aureus (MRSA): An Education Webcast
- CFF Recommendations and Guidelines for: More than one person with CF in the same school

## Making Change Fun!

We know it is a big deal to start wearing a mask in common areas. Please read on for suggestions from our Family Advisory Board that might help make the change a little more fun!

### Join our Mask Decorating Contest!

Join the Fun! You can decorate a mask, however you like and with whatever you like—you can use markers, crayons, glitter, sequins, feathers, or more. Bring it to your next clinic visit, and give it to one of the nurses. Please wear the other mask that we are giving you.

Who can join? Anyone who has CF! It's mostly about having fun, but prizes are fun too. We hope to have some Gift Cards and Small Toys to share with the winners of our contest!



We are hoping to show the submitted masks on the [chp.edu/cf](http://chp.edu/cf) website.

### Tips from Parents

- Bring your stroller or car seat carrier into clinic as a secure place for your child prior to and following their exam.
- Bring some of your own special toys to the clinic areas
- Make a special bag of toys that your child can only play with at clinic visits.
- Practice playing with masks at home with stuffed animals, dolls, and even each other.

Look forward to a message from Pittsburgh Steeler Brett Kiesel about staying safe with CF! Check [www.chp.edu/cf](http://www.chp.edu/cf)

