Welcome ICF/IID Providers!

COVID-19 Updates and Q&A with LTC Regulation and DSHS

May 27, 2020

For more information:
Email: PolicyRulesTraining@hhsc.state.tx.us
Phone: 512-438-3161
COVID-19 Updates

Panelist

Cecilia Cavuto, MSML
NF, ICF & LSC Policy and Rule Manager
Policy, Rules and Training
Long-term Care Regulation

• Introductions
• Updates
Reminder: PPE Infection Control Basics Webinar

The webinar emphasizes how to prevent or minimize the spread of infectious disease by using PPE. During this webinar you will:

• Review standard and transmission-based precautions
• Learn proper hand hygiene techniques
• Demonstrate how to utilize PPE
• Discuss the importance of social distancing in an outbreak situation

May 29: 8:30 a.m.
Register for the webinar here.
ICF/IID FAQs

In the works:

• Updated FAQs
• COVID-19 Response for ICFs version 2.1
• Survey Monkey on webinars
• Weekly webinar going back to Mondays starting next week
COVID-19 Updates

Panelist

Department of State Health Services Representative

• Updates
COVID-19 Q&A

Panelist

Renee Blanch-Haley, BSN, RN
Director of Survey Operations
Survey Operations
Long-term Care Regulation

• Updates
COVID-19 Updates

Panelist

Mary Valente, MPAff, LBSW, SMQT, CMDCP
Policy Development Support Office
1915(b) Waivers Support
ICF/IID Medicaid Policy Specialist
1915(c) Waivers Special Projects

• Updates
COVID-19 Q&A

Panelist

Catherine Anglin
Sr. Policy Specialist; NF, ICF, LSC
Policy, Rules and Training
Long-term Care Regulatory

• Updates
Isolation vs. Quarantine

Question:
What is the difference between quarantine and isolation?

Response:
The **CDC states**: Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Continued…
Isolation vs. Quarantine

Response continued:

The **CDC states:**

**Isolation** is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it’s **safe for them to be around others.** In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).
Isolation vs. Quarantine

Question:
Does a resident who is being quarantined after returning from a home visit have to stay in their bedroom?

Response:
No, the CDC guidance only recommends that individuals be restricted to their bedroom if they are confirmed or suspected of having COVID-19. Being in quarantine after returning from a home visit does not automatically mean they are confirmed or suspected of having COVID-19; rather it means that they had the potential for being exposed to COVID-19 and should be kept away from others while they are under observation.

Continued…
Response continued:

The individual may visit common areas but the ICF will have to determine how to accomplish this safely. Some things to consider:

• Can the individual visit the common areas and still be separate from other individuals who are not under quarantine?
• Can at least 6 feet of distance be maintained between the individual under quarantine and the other individuals?
• Are all individuals wearing a cloth face covering when they are out of their bedrooms?
• Are all individuals practicing hand hygiene, covering coughs and sneezes and properly discarding used tissues?
• Is the facility frequently cleaning and disinfecting high-touch surfaces and equipment?
• Is the facility monitoring for signs and symptoms at least three times a day (each shift)?
• Does the facility have a plan for what to do if the individual starts having signs or symptoms of respiratory illness?
Isolation vs. Quarantine

Question:
How can we isolate an individual with COVID-19? Individuals share a bedroom; we don’t have private bedrooms.

Response:
Isolation of an individual who has COVID-19:

- isolate in a private bedroom with the use of a private bathroom if at all possible;
- consider if there are other rooms in the ICF that could be used as a bedroom during an isolation emergency;
- consider if a bathroom can be reserved only for the use of the individual with COVID-19, possibly the one closest to the bedroom;
- consider cohorting (accommodating in same bedroom) with another individual who also has COVID-19;
- do not cohort with another individual who does not have COVID-19, or whose status is unknown;

Continued…
Isolation vs. Quarantine

(isolation continued)

- maintain at least 6 feet distance between individual’s beds, more if possible, for individuals who are cohorting in the same room;
- increase cleaning and disinfection of the bedroom, including commonly touched surfaces and equipment
- increase cleaning and disinfection of the bathroom, including after each use by the individual with COVID-19 if a bathroom cannot be dedicated for the individual with COVID-19’s use only
- have each individual with COVID-19 wear a facemask at all times
- educate individuals about hand hygiene, covering coughs and sneezes and properly discarding used tissues; help them follow these guidelines
Isolation vs. Quarantine

Question:

How can we quarantine an individual with COVID-19? Individuals share a bedroom; we don’t have private bedrooms.

Response:

Quarantine of an individual who may have been exposed to COVID-19, including individuals whose status is unknown:

• quarantine in a private bedroom with the use of a private bathroom if at all possible
• consider if there are other rooms in the ICF that could be used as a bedroom
• consider if a bathroom can be reserved only for the use of the individual being quarantined, possibly the one closest to the bedroom
• consider cohorting an individual who may have been exposed with another individual who also may have been exposed
• consider cohorting an individual whose status is unknown with another individual whose status is unknown

Continued…
Isolation vs. Quarantine

(quarantine continued)

- do not cohort either with another individual who has COVID-19
- maintain at least 6 feet distance between individual’s beds, more if possible, for individuals who are cohorting in the same room
- increase cleaning and disinfection of the bedroom, including commonly touched surfaces and equipment
- increase cleaning and disinfection of the bathroom, including after each use by the individual being quarantined if a bathroom cannot be dedicated for the individual’s use only
- keep the bedroom door closed when at all possible
- have each individual who may have been exposed to COVID-19 or whose status is unknown wear a cloth face covering at all times when they are not in their bedroom
- educate individuals about hand hygiene, covering coughs and sneezes and properly discarding used tissues; help them follow these guidelines
COVID-19 Q&A

**Question:**
What is the expectation in regards to shoe covers and hair covers as PPE?

**Response:**
CDC guidance does not require shoe covers and hair covers. The facility may require those as part of its own internal policy.

Note: If the facility’s internal policy goes beyond the supplies HHSC routinely provides for surveyors (i.e., the facility policy requires hair/shoe covers), then the surveyor may ask to use those supplies. HHSC is not supplying those items to surveyors as they are in short supply and it is difficult to routinely obtain them.
COVID-19 Q&A

**Question:**
Are shoe covers to be worn on isolated halls?
Some facilitates are being told to provide/wear shoe covers, then spray shoes down after decontaminating. Some are being told they are not effective and not to wear them as they can lead to spread of infection.

**Response:**
CDC does not recommend the use of shoe covers for routine care of COVID-19 positive residents. Shoe covers can be added if a large amount of blood/body fluids is expected during care, which is part of Standard Precautions. Staff may choose to use dedicated footwear during their shift and wipe/spray with an effective disinfectant.

If shoe covers and/or hair covers are included as part of the required PPE for a facility, consider and plan for what will happen when shortages of these PPE items occur, as we are already seeing these items in short supply around the state.
Question:
How can a facility disinfect shoes instead of using shoes covers?

Response:
Per the CDC “To disinfect your shoes, sit down in the clean chair. This will be designated as the clean chair. Once you’re sitting down, use the EPA-registered disinfectant wipes to thoroughly disinfect all the surfaces of your shoes, moving from top to bottom and including the soles. Be sure not to touch your ankles.”

You can find a video of how to do this on the [CDC website](https://www.cdc.gov).
Questions?

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