

2nd April 2020

Children's Long Term Ventilation Team
E11 Curie Court, QMC Campus
Derby Road, Nottingham
NG7 2UH
Tel: 0115 924 9924 ext.: 82207
LTVteam@nuh.nhs.uk

VULNERABLE PATIENT CONFIRMATION

In response to the COVID-19 (coronavirus) pandemic the following information has been provided as a guide to patients under the care of the **Children's Long Term Ventilation Team** self-isolating at home. The advice has been provided following careful consideration by members of our team of the current government advice and latest statements by national advisory bodies. Our position will be kept under review as further national guidelines are published, but on-going and up to date advice can be found at any time by visiting:

Nationally; <http://www.gov.uk/government/coronavirus>

Locally; www.robinhoodrespiratory.co.uk

You are receiving this letter we consider you to have an underlying health condition which puts you in the high risk group, and we recommend, in line with government advice (<https://www.gov.uk/coronavirus-extremely-vulnerable-guidance>), that you undertake the following shielding precautions:

- Stay at home at all times and avoid face-to-face contact for at least 12 weeks
- Allow visits from homecare workers to continue, but carers must stay away if they have symptoms of coronavirus.
- All people coming into the home should **wash their hands with soap and water** on arrival at your house and frequently during their visit.
- Covering their mouth and nose with a tissue or a sleeve (rather than hands) when coughing or sneezing
- Putting used tissues in the bin immediately and washing hands afterwards
- Try and plan ahead and think about an alternative list of people who can help with care if parents or carers become unwell. Discuss the training needs of these people with the LTV team as soon as possible.
- Follow all agreed treatment plans as much as possible
- Do not stock pile large quantities of medicines and consumables but to try and ensure you have adequate supplies to last for 2 months
- General interventions may include increased cleaning activity and keeping property properly ventilated by opening windows whenever safe and appropriate.
- Put a poster or information at the front door to advise visitors to the home of the precautions they need to take.
- Ask carers to leave their coat in the car or to remove at the door and to wash their hands and change into clean clothes for the shift, leaving their own clothes in a bag in the hallway.
- Ask visitors or members of the care team to put any personal belongings they need for the shift in a bag. They will need to wipe phones and glasses, pens etc with antibacterial wipes at home before they place in the bag.
- Ask care staff not to wear jewellery to work.
- Ask your care staff to have limited close 1:1 contact with your child wherever possible, i.e. No kisses or cuddles if not necessary.

Asymptomatic household

- If the patient, household family member, or outside carer is non- symptomatic, then no personal protective equipment is required above and beyond normal good hygiene practices, and no changes are required to the ventilator set-up.
- Care workers should adhere strictly to hygiene and handwashing measures:
 - Washing hands on arrival and often (before and after contact), using soap and water for at least 20 seconds or use hand sanitiser
 - Covering their mouth and nose with a tissue or a sleeve (rather than hands) when coughing or sneezing
 - Putting used tissues in the bin immediately and washing hands afterwards
- Care workers should stop visiting if they are unwell.

Symptomatic household

If the individual being cared for has symptoms of COVID-19 then the risk of transmission should be minimised through safe working procedures.

Follow escalation and treatment plans as much as possible. If concerned contact 111 online (<https://111.nhs.uk>) or via the telephone.

In an emergency contact 999

Family also advised to contact LTV team on 0115 9249924 ext 82207 8.30am – 4.30pm Mon-Fri. Out of hours advice is from the Paediatric Critical Care Unit on 0115 9249924 ext 61232.

Personal protective equipment – household family members and outside carers.

Household family members and carers should use personal protective equipment (PPE) for activities that bring them into close personal contact, such as washing and bathing, personal hygiene and contact with bodily fluids.

Public Health England (PHE) recommended PPE ensemble for healthcare workers within a metre of a patient with possible or confirmed COVID-19 is:

- Fluid repellent facemask
- Apron
- Gloves
- Eye protection if there is a risk of splashing

The recommended PPE ensemble to be used for **aerosol generating procedures** on patients with possible or confirmed COVID-19 is:

- FFP2 / 3 mask
- Long sleeved disposable gown
- Gloves
- Eye protection (disposable goggles or full-face visor)

Aerosol generating procedures include chest physiotherapy (including cough assist), suction, ventilation, nebulisation.

New personal protective equipment must be used for each episode of care. It is essential that personal protective equipment is removed correctly and disposed of securely within disposable rubbish bags.

These bags should be placed into another bag, tied securely and kept separate from other waste within the room. This should be put aside for at least 72 hours before being put in the usual household waste bin.

Cleaning

Usual household products, such as detergents and bleach will be very effective at getting rid of the virus on surfaces. Frequently touched surfaces should be cleaned regularly.

Personal waste (for example, used tissues, continence pads and other items soiled with bodily fluids) and disposable cleaning cloths can be stored securely within disposable rubbish bags.

These bags should be placed into another bag, tied securely and kept separate from other waste within your own room. This should be put aside for at least 72 hours before being put in the usual household waste bin for disposal as normal.

Laundry

Dirty possibly contaminated laundry should not be shaken before washing. This minimizes the possibility of dispersing virus through the air.

Wash items as appropriate, in accordance with the manufacturer's instructions.

Dirty laundry that has been in contact with an ill person can be washed with other people's items.

Items heavily soiled with body fluids, for example, vomit or diarrhoea, or items that cannot be washed, should ideally be disposed of.

Please note: the advice above relates directly to your compromised respiratory function. There may be additional specific guidance relating to other aspects of your health condition, which have not been alluded to in this letter. For more information regarding your individual circumstances please contact your GP or hospital team.

Help prevent transmission:

- Wash hands and clean surfaces regularly
- Avoid direct physical contact where possible (keep 2 metres away)
- Hand hygiene before and after direct physical contact

Should you need further clarification regarding the content of this letter or have specific concerns which require more input, please contact the LTV team.

Kind Regards

Long Term Ventilation Team

Children's Long Term Ventilation Team
Nottingham Children's Hospital