



COVID-19 Simulation Training

Pre-simulation learning materials

**Familiarise yourself with this content
prior to simulation team training sessions**

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Content

Essential learning (mandatory):

1. Key messages to staff
2. Current UK guidance
 - a. Putting on (donning) PPE
 - b. Taking off (doffing) PPE
 - c. Stay at home advice

Optional

3. Up to date information from Public Health Wales
4. Other relevant links



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Key messages to health care staff

Keep safe and avoid viral dissemination:

1. Wash hands
2. Don't touch your face at work
3. Use PPEs appropriately
4. If indicated, self isolate. (Keep up with guidance changes)

Look after your physical and emotional wellbeing

Support your colleagues

Current UK guidance

[Putting on personal protective equipment \(PPE\)](#) (video)

[Taking off PPE](#) (video)

[Stay at home guidance](#) (regularly updated site)



Putting on (donning) personal protective equipment (PPE)

This is undertaken outside the patient's room.

Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available

Perform hand hygiene before putting on PPE

1

Put on the long-sleeved fluid repellent disposable gown



2

Respirator

Perform a fit check.



3

Eye protection



4

Gloves



Removal of (doffing) personal protective equipment (PPE)

PPE should be removed in an order that minimises the potential for cross contamination.

The order of removal of PPE is as follows:

1

Gloves –

the outsides of the gloves are contaminated



Clean hands with alcohol gel

2

Gown –

the front of the gown and sleeves will be contaminated



3

Eye protection –
the outside will be contaminated



4

Respirator

Clean hands with alcohol hand rub. Do not touch the front of the respirator as it will be contaminated



5

Wash hands with soap and water



In theatre environments alternatives may apply:

Cardiff & Vale UHB Perioperative Directorate (MODIFIED). COVID-19

Public Health England

HAVE YOU GOT A BUDDY?

Putting on (donning) personal protective equipment (PPE)





Think "GREG"

This is undertaken outside the patient's room.

Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery & ID badge
- check PPE in the correct size is available

Perform hand hygiene before putting on PPE

- 1 Put on the long-sleeved fluid repellent disposable gown**

- 2 Respirator**
Perform a fit check.

- 3 Eye protection**
Visor recommended

- 4 Gloves**
Ensure gloves cover cuff of gown

Surgical gloves recommended

Cardiff & Vale UHB Perioperative Directorate (MODIFIED). COVID-19





Public Health England

HAVE YOU GOT A BUDDY?

Removal of (doffing) personal protective equipment (PPE)

PPE should be removed in an order that minimises the potential for cross contamination.

The order of removal of PPE is as follows:

- 1 & 2 Gown and Gloves (SLOWLY! - the outsides will be contaminated) -**
Hold the gown at the shoulders and pull away from you. Lean forwards.
Roll the gown down your arms away from you and take your gloves off with the gown. Take care not to touch the outside of your gown or gloves.
Roll the gown and gloves into a bundle and gently place into orange bin.

Clean hands with alcohol gel
- 3 Eye protection - the outside will be contaminated**
Remove using rear strap

Clean your hands with alcohol gel
- 4 Respirator**
Clean hands with alcohol hand rub. Do not touch the front of the respirator as it will be contaminated.
Remove using straps. Lean forwards.

DIRT ROOM BEFORE REMOVING MASK
- 5 Wash hands with soap and water**

- 6 Wipe shoes if contaminated with bodily fluids. Wash hands again.**



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Optional learning materials



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Public Health Wales

[Up to date information](#)



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Other links

[Intensive care and anaesthesia joint guidance](#)

[Airway management guidance](#)

[Resuscitation Council guidance](#)

[Guidance from the Royal College of Physicians](#)

[AAGBI guidance](#)

[Quick guide to clinical debriefing \(2 videos\)](#)

[Human factors in COVID-19 webinar](#)