RESIDENT REDEPLOYMENT RESOURCE DURING THE COVID-19 PANDEMIC
A guide for residents by residents
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REDUCING TRANSMISSION BEFORE YOUR SHIFT

- Remove watch/jewelry
- Pack food/water
- Place personal items in a freezer bag
- Leave disinfectant wipes* in your car
- Tie long hair into a tight bun, and shave facial hair
- Obtain clean scrubs at the hospital
- Put on work shoes, and leave these at the hospital
- Put home clothes and shoes into the freezer bag

* If you do not have disinfectant wipes, consider using a disinfectant spray and paper towel or make your own disinfectant spray by mixing 25 mL of bleach in 750 mL of water in a spray bottle
## PERSONAL PROTECTIVE EQUIPMENT (PPE) REQUIREMENTS

<table>
<thead>
<tr>
<th>PATIENT STATUS</th>
<th>NO RESP SYMPTOMS</th>
<th>DROPLET/CONTACT PRECAUTIONS (COVID-19 NEGATIVE)</th>
<th>COVID-19 CONFIRMED OR SUSPECTED</th>
<th>TYPE OF PROCEDURE</th>
<th>PPE PRODUCTS</th>
<th>REMINDERS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Aerol Generating</td>
<td>Routine Care</td>
<td>Aerosol Generating</td>
<td>Routine Care</td>
<td>Wipe keyboards, computers, pens, stethoscopes, etc.</td>
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<td>Surgical Mask</td>
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<td>N95 Mask</td>
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<td>Face Shield</td>
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<td>Level 2 Gown/Gloves</td>
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**EXAMPLES OF AEROSOL GENERATING PROCEDURES**

CPR, BMV, NIV, HFNO, nebulized medications, intubation, proning, extubation, tracheostomy, procedures that induce coughing, bronchoscopy, sputum induction
SAFE PRACTICE DURING YOUR SHIFT

PROTECTED CODE BLUE AS A FIRST RESPONDER TOP SIX KEY MESSAGES

1. Ensure airborne PPE for all providers before initiating BLS or ALS
2. Apply NRB with filter to patient when initiating CPR
3. Leave oxygen mask on patient during defibrillation but turn off oxygen
4. No BVM ventilation prior to intubation
5. Prioritize intubation using a protected airway process
6. Pause chest compression during intubation

Protected code blue protocols may differ between hospitals

Please also refer to your local hospital’s protocol
HOW TO CORRECTLY DON AND DOFF PPE

DONNING PPE

1. Wash or sanitize hands
2. Tie back of gown
3. Wear mask or respirator depending on setting
4. Apply eye protection
5. Wear gloves

DOFFING PPE

1. Wash hands
2. Remove gloves
3. Untie and remove gown
4. Wash or sanitize hands
5. Remove mask
6. Wash hands
7. Remove eye protection
8. Wash or sanitize hands

ENSURE YOU FOLLOW YOUR HOSPITAL’S DONNING AND DOFFING PROTOCOL
REDUCING TRANSMISSION AFTER YOUR SHIFT

- Shower at the hospital if possible
- Change into home clothes/shoes
- Sanitize your personal items and put into a freezer bag
- Put food container/water bottle into the dishwasher
- Leave freezer bag of work items in the garage or under a bucket outside
- Disinfect* your car seat, steering wheel and gear shift
- Put clothes directly into the washing machine (hot water)
- Take a shower
- Practice wellness

* If you do not have disinfectant wipes, consider using a disinfectant spray and paper towel or make your own disinfectant spray by mixing 25 mL of bleach in 750 mL of water in a spray bottle.
MANAGING COVID-19 PATIENTS

BACKGROUND
• $R_0 = 2 – 4$
• Incubation period 3 – 14 days (may be up to 21 days)
• Viral shedding ~5 days prior to onset of symptoms
• Quarantine for 2 weeks from symptom onset and 48 hours after last symptom

SIGNS & SYMPTOMS
• Fever, dry cough, dyspnea
• URI symptoms (rhinorrhea, odynophagia)
• GI symptoms (diarrhea)
• Myalgias
• Generalized weakness
• Fatigue
• Anorexia
• Anosmia, hypogeusia

LAB FINDINGS
• COVID-19 PCR: positive (false negative possible)
• CBC: lymphopenia, mild thrombocytopenia
• AST, ALT: mild ↑
• D-dimer: ↑
• LDH: ↑
• Ferritin: ↑
• Lactate: ↑ in sepsis
• CRP: ↑
• Troponin: variable, get EKG
• Consider blood cultures X 2

IMAGING
• CXR: bilateral opacities
• POCUS: B lines

TREATMENT
• As treatment guidelines are rapidly evolving, please consult up to date resources provided on the next page (Academic Resources)

COMPLICATIONS
• Hypoxemic respiratory failure
• Septic shock
• Acute cardiac injury
• Cardiomyopathy
• AKI
• Bacterial or viral co-infection
ACADEMIC RESOURCES

PGME COVID-19 CLINICAL RESOURCES
The Latest on COVID-19
https://pg.postmd.utoronto.ca/the-latest-on-covid-19/

COVID-19 CRITICAL CARE RESOURCES
Management Principles of Adult Critically Ill COVID-19 Patients
https://icu-pandemic.org/

COVID Critical Care
https://covidcriticalcare.ca/

ICU One Pagers
https://www.onepagericu.com/

Quick ICU Training for Non-Intensivists
https://www.quickicutraining.com/

Surviving Sepsis Campaign: Guidelines on the Management of Critically Ill Adults with COVID-19

PODCASTS
EM Cases
https://emergencymedicinecases.com/

Rebel EM https://rebelem.com/

EMCrit https://emcrit.org/
WELLNESS RESOURCES

MINDFULNESS
Headspace
The Mindfulness App
Stop, Breathe and Think

FOOD
GroceryHero Canada
Uber Eats $25 promo code
McDonalds, Starbucks & Tim Hortons Drinks

EXERCISE
Peloton free 90 day trial
Yoga with Adriene
Many gyms offering virtual classes

CULTURE
Online tour of Musée d’Orsay, Louvre, Vatican, Van Gogh & more!
Live concerts and DJs on Instagram

HOUSING
Airbnb COVID-19 Relief Program
Today Living Group (Toronto)
Stay Well Charity