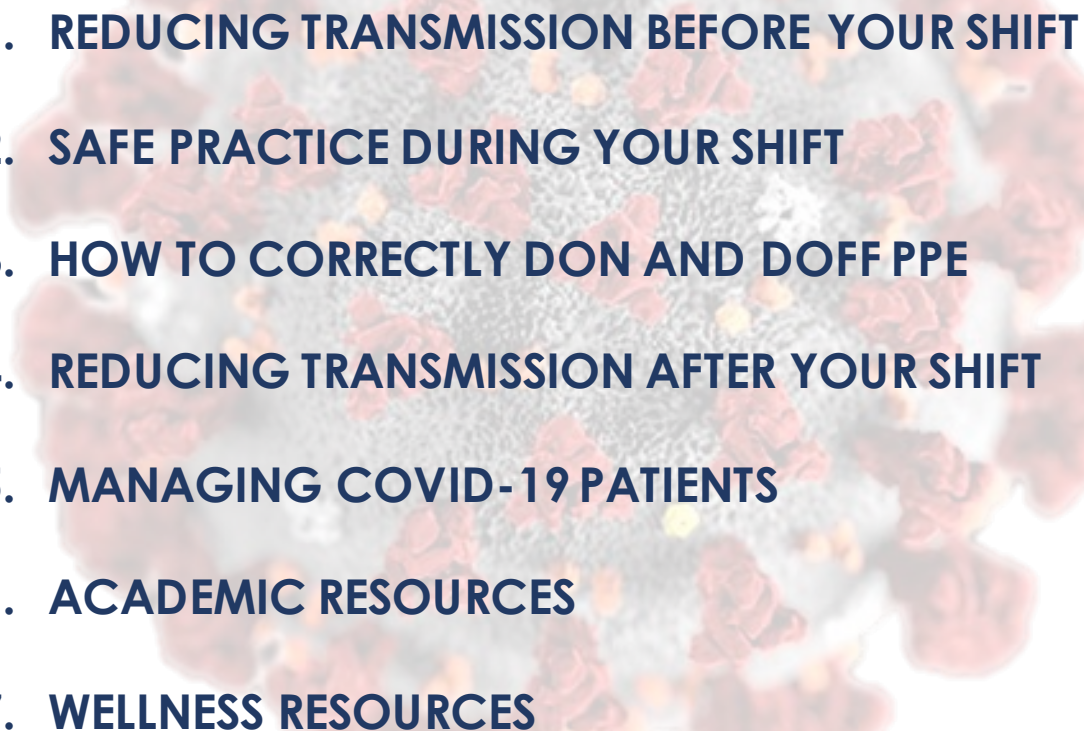


RESIDENT REDEPLOYMENT RESOURCE DURING THE COVID-19 PANDEMIC

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



bring a second freezer
bag for your home clothes



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

SAFE PRACTICE DURING YOUR SHIFT

PERSONAL PROTECTIVE EQUIPMENT (PPE) REQUIREMENTS

PATIENT STATUS		NO RESP SYMPTOMS		DROPLET/ CONTACT PRECAUTIONS (COVID-19 NEGATIVE)		COVID-19 CONFIRMED OR SUSPECTED	
TYPE OF PROCEDURE		Aerosol Generating	Routine Care	Aerosol Generating	Routine Care	Aerosol Generating	Routine Care
PPE PRODUCTS	Surgical Mask						
	N95 Mask						
	Face Shield						
	Level 2 Gown/ Gloves						

EXAMPLES OF AEROSOL GENERATING PROCEDURES

CPR, BMV, NIV, HFNO, nebulized medications, intubation, proning, extubation, tracheostomy, procedures that induce coughing, bronchoscopy, sputum induction

REMINDERS

Wipe keyboards, computers, pens, stethoscopes, etc.

Eat in designated areas only

Only wear scrubs in the hospital

Do not take pens, charts or clipboards into patient rooms

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



DOFFING PPE



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 gearshift



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

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

TREATMENT

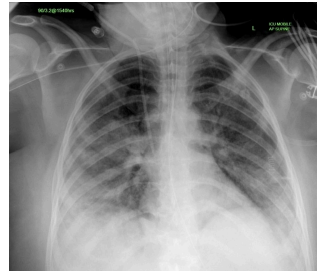
- As **treatment guidelines are rapidly evolving**, please consult up to date resources provided on the next page (Academic Resources)

SIGNS & SYMPTOMS

- **Fever, dry cough, dyspnea**
- URI symptoms (rhinorrhea, odynophagia)
- GI symptoms (diarrhea)
- Myalgias
- Generalized weakness
- Fatigue
- Anorexia
- Anosmia, hypogeusia

IMAGING

- CXR: **bilateral opacities**
- POCUS: B lines



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

<https://www.sccm.org/getattachment/Disaster/SSC-COVID19-Critical-Care-Guidelines.pdf?lang=en-US>

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