



VCU

Nursing Home ECHO COVID-19 Action Network

Virginia Nursing Homes * VCU Department of Gerontology
VCU Division of Geriatric Medicine * Virginia Center on Aging

For educational and quality improvement purposes, we will be recording this video-session. By participating in this ECHO session you are consenting to be recorded. If you have questions or concerns, please email, nursinghome-echo@vcu.edu.

Project ECHO® collects registration, participation, questions/answers, chat comments, and poll responses for some teleECHO® programs. Your individual data will be kept confidential. These data may be used for reports, maps, communications, surveys, quality assurance, evaluation, research, and to inform new initiatives



Agency for Healthcare
Research and Quality





VCU

Session 5

Cleaning and Disinfecting

Quality Assurance Performance Improvement -
Are Our Processes Reliable?

COVID-19 Vaccine Update

Acknowledgements

- This project is supported by the Agency for Healthcare Research and Quality under the ECHO Institute's National Nursing Home COVID Action Network's Contract 75Q80120C00003, awarded to the University of New Mexico. This information or content and conclusions are those of the speakers and should not be construed as the official position or policy of, nor should any endorsements be inferred by, CMS, AHRQ, or the U.S. Government.
- There is no commercial support associated with this activity.

Disclosures and Disclaimers

- The content of this Project ECHO series is intended for educational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.
- Relationships with financial sponsors: None to disclose
- Potential for conflict(s) of interest: None to disclose

CE/CME Disclosures and Statements

Disclosure of Financial Relationships:

The following planners, moderators or speakers have the following financial relationship(s) with commercial interests to disclose:

Christian Bergman, MD – none; Dan Bluestein, MD – none; Joanne Coleman, FNP-none; Laura Finch, GNP - none; Tara Rouse, MA, CPHQ, CPXP, BCPA – none; Sharon Sheets-none;

Accreditation Statement:

In support of improving patient care, VCU Health Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation:

VCU Health Continuing Education designates this live activity for a maximum of 1.50 **AMA PRA Category 1 CreditsTM**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health Continuing Education designates this activity for a maximum of 1.50 ANCC contact hour. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health Continuing Education awards 1.50 hours of participation (equivalent to AMA PRA Category 1 CreditsTM) to each non-physician participant who successfully completes this educational activity.

Claiming Credit

Create / Verify Your Cloud-CME Account

1. If you have **not participated in a VCU Health CE program** in the past, go to vcu.cloud-cme.com to create an account, then text your email address to (804) 625-4041.
2. If you **have** participated in VCU Health CE program before, text your email address to (804) 625-4041 to get confirmation that your email address and cell are still associated with your account.

Step 1: Submit Attendance

Text today's Activity Code to (804) 625-4041. This code will expire in seven days.

Step 2: Complete Evaluation & Claim Credit

- | | | |
|---|----|---|
| 1. Browse to https://vcu.cloud-cme.com | OR | 1. Open the CloudCME app on your mobile device |
| 2. Sign in using email address used above | | 2. Click "My Evaluations" |
| 3. Click "My CE" | | 3. Click the name of the activity to complete |
| 4. Click "Evaluations and Certificates" | | evaluation. |

**** Email any problems to: ceinfo@vcuhealth.org ****

Announcements

Reminder: no sessions Dec 21-30

Session Agenda

- Acknowledgements & Announcements
- Best Practices Briefing
- Case Presentation
 - Hub Team response and recommendations
 - Spoke Sites response and recommendations
 - Facilitator summarizes recommendations
- Quality Assurance and Performance Improvement Booster
- Community Forum - Sharing Successes, Challenges and Solutions

Participation Reminders

- **Attend!** First 60 minutes of each meeting are required (Additional 30 minutes optional)
- **Participate!** Ask questions, share ideas, learn best practices
- **Share a case!** Submit a challenging situation you are working to resolve at your facility that other participants might be able to help with or learn from.
- **Provide feedback!** Complete confidential surveys to evaluate and refine our program.



Your Hub Team

Educators



Christian Bergman, MD, CMD



Daniel Bluestein, MD, CMD-R



Joanne Coleman, FNP, MSN



Laura Finch, GNP, MSN



Sharon Sheets, BA



Tara Rouse, MA, CPHQ, CPXP,
BCPA

Administrative support



Kim Ivey, MS



Jenni Mathews, BS



Ann Rhodes, MS



Bert Waters, PhD

Week 5 Learning Objectives

Best Practices Briefing:

- Identify two evidenced-based practices that are part of cleaning and disinfection of facilities
- Identify one evidenced based performance improvement tool.
- Implement effective communication and accountability for cleaning and disinfecting.

Quality Assurance/Performance Improvement:

- Describe the concept of reliability

COVID-19 Vaccine

- Appreciate the scientific underpinning of the COVID-19 vaccines
- Review a “toolkit” to overcome staff concerns re. the vaccine

Slide content thanks to: Lisa Thomson, BA, LNHA, HSE, CIMT
Chief Strategy and Marketing Officer

Susan LaGrange, RN, BSN, NHA, CDONA, FACDONA, CIMT, IP-BC
Director of Education

Cleaning and Disinfection

First Things First

- Policies and Procedures
- Choice of Cleaning and Disinfectant Products
 - EPA-Registered Disinfectants
- Employee Education Examples
 - Return Demonstration
 - PPE
 - Product Choice and Preparation
 - Cleaning Supplies and Equipment
 - Cleaning and Disinfecting

EPA Guidance

[Environmental Topics](#)[Laws & Regulations](#)[About EPA](#)[CONTACT US](#)[SHARE](#)

Pesticide Registration

[Pesticide Registration Home](#)[About Pesticide Registration](#)[Electronic Submission of Applications](#)[Pesticide Registration Manual](#)[Fees and Waivers](#)[Registration Information by Type of Pesticide](#)[— Antimicrobial Registration](#)[— Biopesticide Registration](#)[— Conventional Registration](#)[— Inert Ingredient Regulation](#)[Requirements and Guidance](#)[— Data](#)[— Forms](#)[— Labeling](#)

Selected EPA-Registered Disinfectants

This page contains information on certain EPA-registered disinfectants, including links to lists of products registered against common pathogens like hepatitis or norovirus and a list of products registered against *Candida auris*.

On this page:

- [Antimicrobial products registered with EPA for claims against common pathogens](#)
- [Antimicrobial products registered with EPA for claims against *Candida auris*](#)
- [Information on registration numbers](#)
- [Additional information](#)

Antimicrobial Products Registered with EPA for Claims Against Common Pathogens

The following lists of antimicrobial products registered by EPA are effective against common pathogens, as indicated in the list titles. EPA-registered antimicrobial products may not make efficacy claims against these pathogens unless the Agency has reviewed data to support the claim and approved the claim on the label.

Use of the listed EPA-registered products consistent with the product labeling complies with the [Occupational Safety and Health Administration's requirements for Occupational Exposure to blood borne Pathogens \(29 CFR 1910\)](#) as well as proper management of any waste when disposed, which is regulated under the [Resource Conservation and Recovery Act \(RCRA\)](#).

If you would like to review the product label information for any of these products, please visit our [product label system](#). Inclusion on these lists does not constitute an endorsement by EPA.

EPA updates these registered disinfectant lists periodically to reflect label changes, cancellations, and transfers of product registrations. Information in the lists does not constitute a label replacement. Inclusion of products in these lists does not constitute an endorsement of one product over another. Before applying any EPA-registered disinfectant product, users must read the label to determine if the product is approved for the intended-use site or pest.

Information about listed products is current as indicated by the dates on the lists.

- [List A: EPA's Registered Antimicrobial Products as Sterilizers](#)
- [List B: EPA Registered Tuberculocide Products Effective Against *Mycobacterium tuberculosis*](#)
- **NEW** [List C: EPA's Registered Antimicrobial Products Effective Against Human HIV-1 Virus](#)
- [List D: EPA's Registered Antimicrobial Products Effective Against Human HIV-1 and Hepatitis B Virus](#)
- [List E: EPA's Registered Antimicrobial Products Effective Against *Mycobacterium tuberculosis* Human HIV-1 and Hepatitis B Virus](#)
- **NEW** [List F: EPA's Registered Antimicrobial Products Effective Against Hepatitis C Virus](#)
- **NEW** [List G: EPA's Registered Antimicrobial Products Effective Against Norovirus](#)
- [List H: EPA's Registered Antimicrobial Products Effective Against Methicillin Resistant *Staphylococcus aureus* \(MRSA\) and Vancomycin Resistant *Enterococcus faecalis* or *faecium* \(VRE\)](#)
- [List J: EPA's Registered Antimicrobial Products for Medical Waste Treatment](#)
- [List K: EPA's Registered Antimicrobial Products Effective Against *Clostridium Difficile* Spores](#)
- [List L: EPA's Registered Antimicrobial Products That Meet the CDC Criteria for Use Against the Ebola Virus](#)
- [List M: Registered Antimicrobial Products with Label Claims for Avian \(Bird\) Flu Disinfectants](#)
- [List N: Disinfectants for Use Against SARS-CoV-2](#)
- [List O: Disinfectants for Use Against Rabbit Hemorrhagic Disease Virus \(RHDV2\)](#)

Policies and Procedures

Housekeeping Policies and Procedures will provide direction to staff for:

- Horizontal Surfaces
- Carpeted Surfaces
- Other Surfaces (i.e. doorknobs, handrails, etc.)
- Terminal Cleaning
- Schedules
- Cleaning Tools
- Trash Removal
- Handwashing Facilities
- Isolation Rooms
- Chemical Handling
- Safety
- Medical Equipment Cleaning

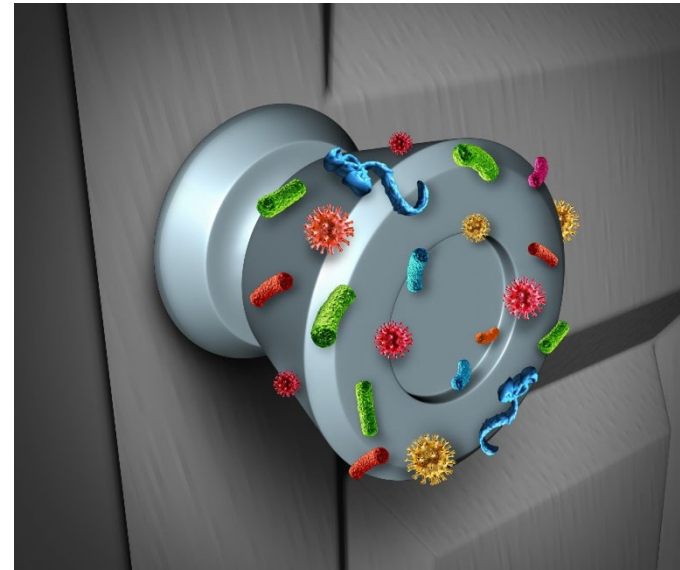


Use of Chemicals

- Is the EPA List N against COVID-19 used?
- Do you know how to use?
- Do you know how to dilute?
- Are you labeling correctly?
- Can the disinfectant be used on ALL surfaces/items?
- Are you aware of safety with disinfectant use?
- Cleaning and disinfecting solutions should not be mixed
- Must follow equipment manufacturer's recommendations for cleaning

Environmental Management

- Increase the frequency of routine environmental cleaning including bathrooms and around the resident's living space
- Particular attention should be given to cleaning objects that are frequently touched such as:
 - Faucets
 - Door handles
 - Light switches
 - Bedside tables
 - Toilets
 - Sink areas



Assignments - Who is Cleaning What?

- Dedicated staff
- Housekeeping vs. Nursing vs. Central Supply vs. ?
- Assignment List
 - Equipment - for residents and staff
 - Resident Rooms
 - High touch areas
 - Common Use Areas-Nurses Stations, Dining, Activities, Storage
 - Break Rooms, repurposed rooms
 - Where are other areas of concern?

EPA One Page Signage

- Support for non-English speakers and non-readers
- Supply chain changes equipment and cleaners
- Contact time concerns

<https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf>

6 Steps for Safe & Effective Disinfectant Use





Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)





Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."





Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.





Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.





Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.





Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.



coronavirus.gov

Resident Rooms or Areas

Strategies for Cleaning AND Disinfection:

- Start with the surfaces that are the cleanest
- Top to bottom approach
- Cleaning cloths should only be used in one room
- Never put soiled cleaning cloth back into a cleaning bucket
- Mop heads should be changed after each room
- Use caution to prevent gown from touching any
- resident care or personal items



CDC Recommendations

- Use dedicated medical equipment whenever possible
 - If not possible, clean AND disinfect prior to use with another resident
- Always follow facility policies and procedures for cleaning and disinfection
- Remember to first clean and then disinfect with EPA List N disinfectant
- Laundry, Food Service Utensils and Medical Waste can all be managed using routine procedures

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

NEXT UP – PERFORMANCE IMPROVEMENT

Are Our Processes Reliable?

**AHRQ ECHO National Nursing
Home COVID-19 Action Network**



Reflections: Practice Rounding

- Walk through one unit to observe all areas:
 - Use a tool/checklist to guide your observations
 - Take pictures of both problem areas and bright spots
 - Ask staff what they have noticed, in the past week, that looked unsafe to them in the physical environment
 - Ask for their ideas, give thanks, avoid blame
- Share what came up that was surprising or what new ideas emerged from problem solving.



You enter the drive-thru of your favorite fast-food restaurant and order a cheeseburger.
When you open the box/wrapper, what toppings do you expect to see on it?

To Produce the Same Results Time After Time

RELIABILITY

How do we know if a process is reliable?

- Ask 5 staff
 - WHO does it
 - WHEN should it be done
 - WHERE is it done
 - HOW is it done
 - WHAT is needed to do it
- If all staff can provide consistent answers, there is a high likelihood your process is reliable



What if it is not reliable?



Common Failures in a System



Infrequent Failures in a System



An Example From the Field

Which processes/procedures do you have in place related to COVID where you think common failures might exist?



What do we do if it isn't?

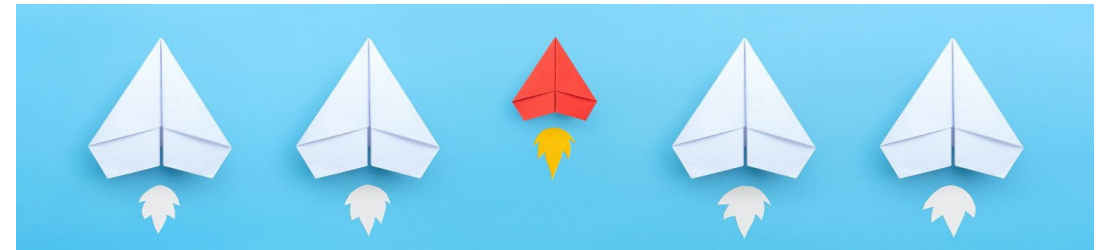
If you have a process that does NOT work so well...

- Determine if it is a COMMON or INFREQUENT failure.
- Observation of ONE PERSON does not mean it is a common failure.
- Fix ONE Attribute at a time using an improvement process



Process/Procedure Attributes to Consider

- Donning/doffing masks
- Donning/doffing gloves
- Logging symptoms of staff
- Documenting testing of residents
- Tracking quarantine status of staff
- Transporting patients between zones
- Sharing updated COVID-related policies/procedures with staff
- Storing N95s
- Using an auditing/surveillance tool for environmental rounds
- Cleaning/disinfecting staff workstations
- Sharing COVID status updates with families



Core questions

- How do we know if our process is reliable?
- What do we do if it is not?



PROCESS IMPROVEMENT

HOW TO MAKE CHANGE STICK

- Focus initially on **KEY PROCESS** rather than on benchmarked outcomes.
- Evaluate if staff **KNOW** the process.
- **KEEP** it SIMPLE!
- Commit to be a **LEARNING ORGANIZATION**.

REASSESS THE GOAL

- The goal is 95% performance.
- **WHY?** 95% or better means it is likely to be **SUSTAINABLE** over time.



KEEP IT SIMPLE

- It is more important that the process be **STANDARD** than it be perfect.
- When you design for perfection - you often get overly complex protocols, planning for every contingency.
- A policy and procedure make look great on paper, but it is too complicated it likely won't be remembered or followed.
- Shift away from **RESOURCE INTENSIVE** meetings to **MINIMAL RESOURCE** approach. Smaller is better. Play around with improvements and pilot test.

FOCUS ON PROCESS

If you think a **PROCESS** works pretty well, test the **FIVE ATTRIBUTES**

5

- **WHO** does it
- **WHEN** should it be done
- **WHERE** is it done
- **HOW** is it done
- **WHAT** is needed to do it

- Ask **5 staff** to describe the 5 attributes.
- If 5 direct care staff can describe the work with the 5 attributes, you have a good chance to achieve 95% performance and **SUSTAIN** the performance over time.
- If they can't, determine which attribute they can't describe and develop a simple process for improvement.

5

If you have a process that does **NOT** work so well

- Determine if it is a **COMMON** or **INFREQUENT** failure.
- Observation of **ONE PERSON** does not mean it is a common failure.
- Fix **ONE Attribute** (*who, when, where, how, what*) at a time.

COMMON

- Don't rely too heavily on education as **THE FIX**.
- Get **CURIOUS** to determine **WHY** this is occurring.
- Inform staff on the **WHY**:
 - **WHY** is this process important.
 - **WHY** do we do it this way.
- Get **CURIOUS** **WHY** are they **NOT** following the process.
- Develop a plan to fix **ONE** process, test and refine.
- Keep it **SIMPLE**!

INFREQUENT

- Infrequent does **NOT** mean you have a bad process.
- Don't try to make it perfect - you will use up too many precious resources.
- Talk to that one person to reeducate or determine **WHY** it is occurring.
- Accept defeat & **MOVE ON** to focus on another process.

**REMEMBER - HOW DO YOU EAT AN ELEPHANT?
ONE BITE AT A TIME!
PERFECTION IS THE ENEMY OF RELIABLE DESIGN!**

Process Improvement by Roger Resar and Frank Federico, IHI, Maïla DeVries, THE GREENHOUSE® Project, and Arkansas COVID-19 Action Network

Leave in Action

- Choose one process or procedure in your facility's COVID-19 response that you are unsure of its reliability
- Ask 5 staff
 - WHO does it
 - WHEN should it be done
 - WHERE is it done
 - HOW is it done
 - WHAT is needed to do it
- Observe if the responses are correct and consistent



Don't Forget Your Staff...



<https://my.clevelandclinic.org/-/scassets/files/org/locations/hillcrest-hospital/spiritual-services/code-lavender.ashx?la=en>

INSPIRING CHANGE

Code Lavender: A tool for staff support

By Rabbi Susan B. Stone, DDiv, BCC

CODE LAVENDER is a crisis intervention tool used to support any person in a Cleveland Clinic hospital. Patients, family members, volunteers, and healthcare staff can call a Code Lavender when a stressful event or series of stressful events occurs in the hospital. After the code is called, the Code Lavender team responds within 30 minutes. We offer Code Lavender, on average, twice a month at Hillcrest Hospital.

This article describes a Code Lavender event at Hillcrest Hospital, a 496-bed acute care hospital that's part of the Cleveland Clinic. This staff support intervention was offered during 2016 to a group of hospital caregivers who'd been intimately involved with a patient over a 3-week hospitalization before she died unexpectedly. Code Lavender's efficacy, implications, and wider applicability are also discussed.

Who's involved?

The Code Lavender team usually comprises representatives from the spiritual care and healing services departments and other hospital-based support services (such as employee assistance, music therapy, wellness, the ethics consultation service, and art therapy), and volunteers.

Staffed by holistic certified nurses and other practitioners, the healing services department offers complementary therapies such as Reiki, meditation, and acupressure. The spiritual care department is a part of many patients' medical teams. This department's staff includes a director who's a board-certified chaplain, a board-certified holistic nurse who coordinates healing

services and reports to spiritual care, part-time chaplain interns, and numerous volunteers. Considered part of the nursing administration, the spiritual care department reports to the hospital's CNO.

Code Lavender: What it is and isn't

Code Lavender is an intervention that's used when challenging situations threaten unit stability, personal emotional equilibrium, or professional functioning. Code Lavender uses evidence-based

relaxation and restoration interventions to help people meet their immediate responsibilities and make enough sense out of the situation to let more lasting solutions emerge later.

Research shows that Code Lavender doesn't prevent burnout or stress.¹ Instead, Code Lavender is akin to psychological first aid. According to the National Child Traumatic Stress Network, psychological first aid is an evidence-informed approach for helping people of all ages and their families after traumatic events.²

Mandalas can be used for Code Lavender

Coloring a mandala may help people to relax.



www.Nursing2018.com

April | Nursing2018 | 35

Copyright © 2018 Wolters Kluwer Health, Inc. All rights reserved.

Honoring the Work

Examples From the Field

**AHRQ ECHO National Nursing
Home COVID-19 Action Network**



Leewood Healthcare Center



Share Your Videos and Images!



COVID-19 Vaccine

Vaccine Poll

COVID-19 Vaccine Hesitation is real

Specific LTC staff concerns

- “being first”, “being a Guinea pig”
- Vaccine “being rushed”
- Safety (side effects)
- Not being represented in the vaccine trials

Other important factors

- How protective is the vaccine?
- How long does protection last?
- What is EUA (Emergency Use Authorization)?



Why should I get vaccinated?

- Protect myself and my family
- Keep my residents safe
- Help stop spread in the community
- Set the example for others, including residents, families, co-workers, and the community-at-large

Common Questions

- How do we know the vaccine is effective and safe?
- Why should we trust the vaccine?
- Is there new technology being used and is that dangerous to me?
- What is an EUA and what does that mean for me?
- When and how long will I be protected?
- Will I still need to wear a mask?
- What are the expected side effects?
- What if I've already had COVID-19?
- Where should I look to get accurate information?

Vaccine Development

- Phase 1, 2, and 3 of clinical trials
- FDA only approves vaccines if 2 criteria are met:
 - Safe and effective
 - Benefits outweigh risks

Vaccine Manufacturing

- All vaccines are made in batches
- All batches are tested to make sure they are safe, pure and potent
- FDA regularly inspects manufacturing facilities to ensure highest quality and safety

Vaccine Safety

- FDA, CDC closely monitor vaccine safety after public begins to receive vaccine
- Vaccine Adverse Event Reporting System (VAERS)
 - Vaccine Safety Datalink (VSD)
 - Post-Licensure Rapid Immunization Safety Monitoring (PRISM)
 - Clinical Immunization Safety Assessment Project (CISA)

V-SAFE APP

V-safe After Vaccination Health Checker

Updated Dec. 10, 2020

Languages ▾

Print



v-safeSM
after vaccination
health checker

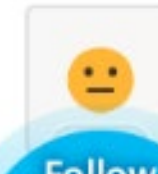


0%

Hi Olivia,

Let's start today's health check-in.

How are you feeling today? *



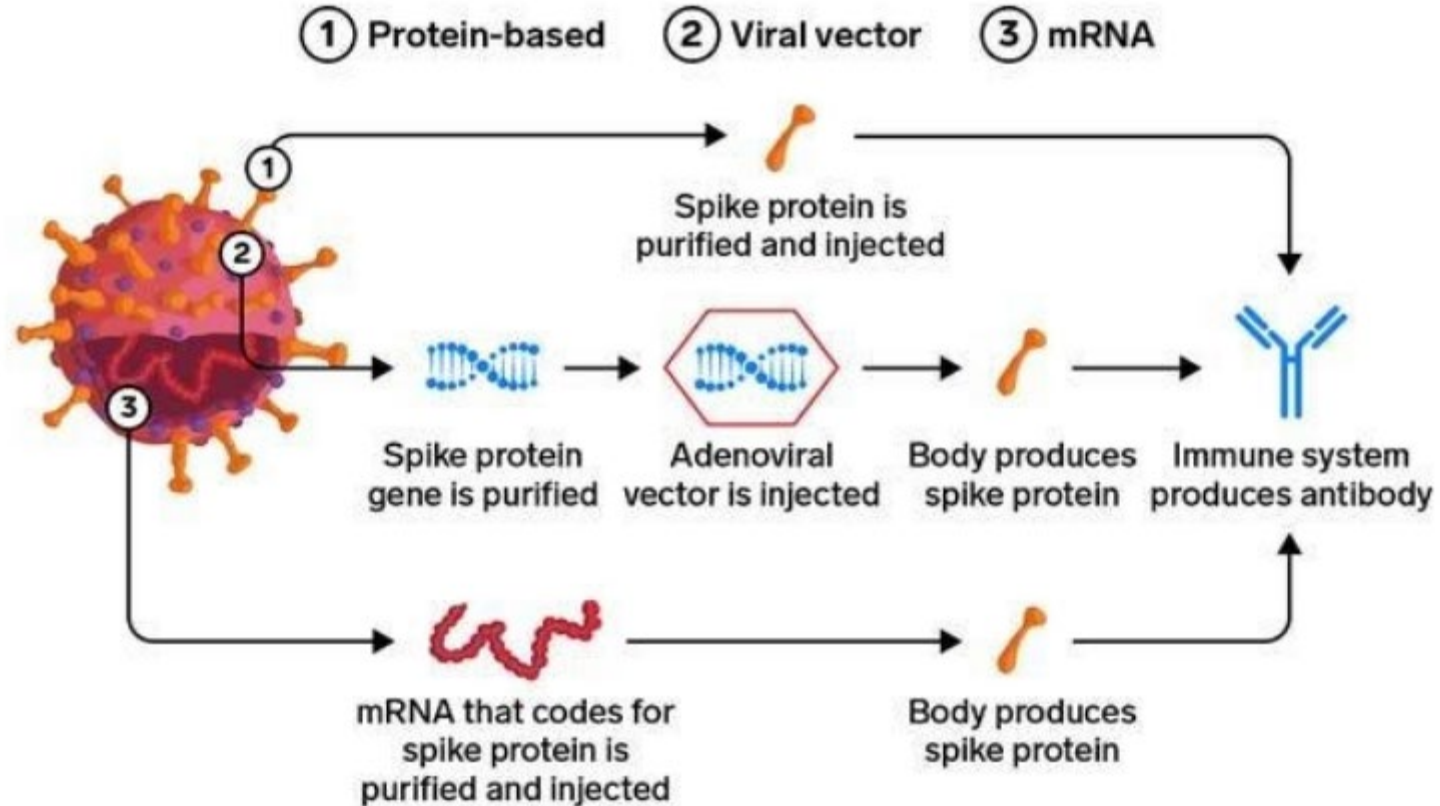
Follow
instructions
to complete
check-in.

Next >

Your information in v-safe is protected by administrative, technical, and physical measures that safeguard the confidentiality, integrity, and privacy of personal information.

Vaccine Technology

Three types of coronavirus vaccines in development



Source: National Institutes of Health presentation at Senate hearing on September 9, 2020

INSIDER

NEJM Quick Take Video

<https://www.facebook.com/TheNewEnglandJournalofMedicine/videos/484318175882760/>

Pfizer Vaccine: Severe Adverse Events

- No deaths considered by investigators to be related to vaccine or placebo.
- No Covid-19–associated deaths observed.
- 4 related serious adverse events were reported among vaccine recipients
 - shoulder injury related to vaccine administration,
 - right axillary lymphadenopathy,
 - paroxysmal ventricular arrhythmia,
 - right leg paresthesia).
- Deaths:
 - 2 vaccine recipients died (1-arteriosclerosis, 1-cardiac arrest),
 - 4 placebo recipients (2-unknown causes, 1-hemorrhagic stroke, 1-MI)

A word on the Moderna Vaccine

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Number of people enrolled	Over 40,000	Over 25,000
Race and ethnicity of participants	Total 30% racially diverse 10% black, 13% Hispanic	37% racially diverse 10% black, 20% Hispanic/Latino
Older adults	45% were 56-85 years	23% were >65 years

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Efficacy Overall	95% protection from having an infection	94.1% protection from having an infection

Similar efficacy with different race, ethnicity and age

mRNA Vaccine Also
Completed phase 3 trial
Review moving forward, possible EUA near term

Questions?

- Special groups:
 - Immunocompromised, pregnant/lactating women, children under 16, prior severe allergic reaction, prior mAb
- Efficacy data
- Safety data
- Does vaccine prevent asymptomatic transmission
- Vaccine hesitancy

Vaccine Poll

Your Thoughts?

- What challenges do you foresee rolling out the vaccines to residents & staff?
- Open mic replies please

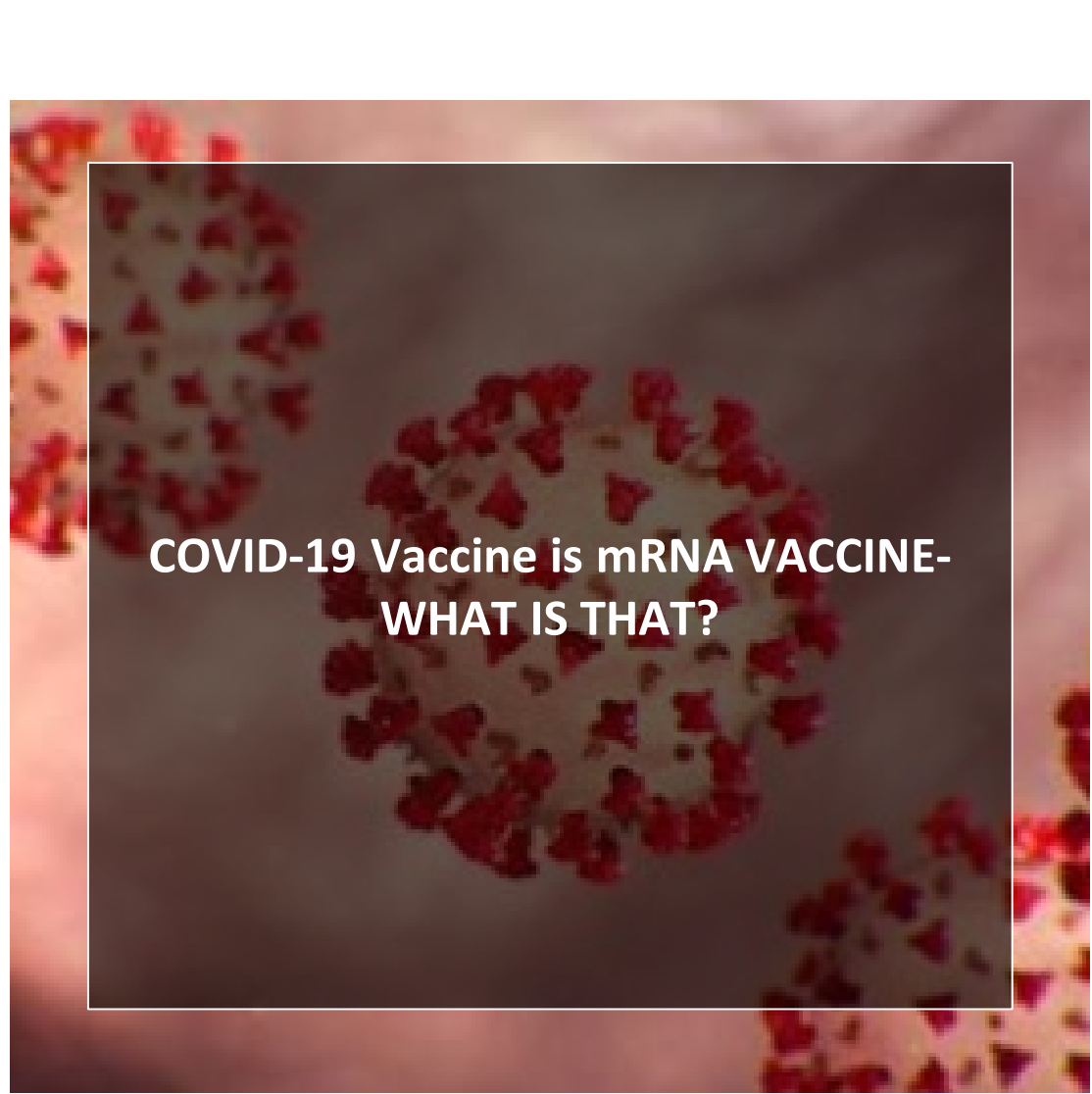
EXTRA COVID-19 VACCINE CONTENT

The First two COVID-19 Vaccines

Both are mRNA vaccines

- Pfizer (BNT162b2)
- Moderna (mRNA-1273)

They Do NOT contain COVID-19 virus



COVID-19 Vaccine is mRNA VACCINE-
WHAT IS THAT?

mRNA COVID-19 Vaccines

- mRNA technology is new in vaccine production but is already being used in cancer treatment. It has been studied for more than ten years.
- COVID-19 mRNA vaccines give instructions for our cells to make a **harmless piece** that looks like the “spike protein.” The spike protein is found on the surface of the COVID-19 virus.
- Our bodies recognize that this protein should not be there, so they build antibodies that will remember how to fight the virus that causes COVID-19 if we are infected in the future.

Can mRNA vaccine give me COVID-19? **NO**
Can mRNA vaccine change my DNA? **NO**

Who was included in the COVID-19 Vaccine Trials?

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Number of people enrolled	Over 40,000	Over 25,000
Race and ethnicity of participants	Total 30% racially diverse 10% black, 13% Hispanic	37% racially diverse 10% black, 20% Hispanic/Latino
Older adults	45% were 56-85 years	23% were >65 years

- **Notes:** Courtesy of Dr. Anuj Mehta, Data is accurate as of 11/18/2020. More information is constantly becoming available. Sub-group comparisons (e.g. comparisons about efficacy between races or age groups) may be less accurate due to smaller numbers. Sub-group numbers for the Pfizer vaccine are given for US participants with international percentages in parentheses.
- <https://www.pfizer.com/news/press-release/press-release-detail/pfizer-and-biontech-conclude-phase-3-study-covid-19-vaccine>
- <https://www.pfizer.com/science/coronavirus/vaccine>
- <https://investors.modernatx.com/news-releases/news-release-details/modernas-covid-19-vaccine-candidate-meets-its-primary-efficacy>
- https://www.modernatx.com/sites/default/files/content_documents/2020-COVE-Study-Enrollment-Completion-10.22.20.pdf

How Effective are the COVID-19 Vaccines?

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Efficacy Overall	95% protection from having an infection	94.1% protection from having an infection
Similar efficacy with different race, ethnicity and age		

**What should I
Expect when I
get the vaccine?**

THE VACCINE CANNOT GIVE YOU COVID-19!

- You can expect to have short-term discomfort: fatigue, headache, muscle pain, chills, fever and pain at injection site after vaccination
- These reactions will last for 24-48 hours and are typically more pronounced after the second dose
- Side effects mean your body is doing its job and making antibodies (IT IS A GOOD THING)
- These side effects are normal, common and expected

**What should I
expect when I
get the vaccine?**

- **YOU MUST GET THE SECOND DOSE** because the vaccine will not protect you if only get one dose
- It is important to get the **SAME VACCINE** as the first dose

Are the COVID-19 Vaccines Safe?

- Safety is the most important priority in vaccine approval
- Most side effects occur within 6 weeks of vaccination. To be more cautious, the FDA (Food and Drug Administration) requires 8 weeks of safety monitoring of the COVID-19 vaccines
- Monitoring for safety will continue as the vaccine is distributed to the public
- To assess safety FDA typically advises that a minimum of 3,000 participants are included in the trial. The current COVID-19 vaccine trials include 30,000 to 50,000 participants

Why should we trust the COVID-19 Vaccine?

- The FDA is using the same strict standards that it has for decades
- No steps are “skipped”
- Two **independent advisory committees** are reviewing the results. Members and experts of these committees have no conflict of interest and are not associated with any vaccine manufacturers
 1. The Vaccine and Related Biological Products Advisory Committee (VRBPAC) that advises the FDA
 2. The Advisory Committee on Immunization Practices (ACIP) that advises the CDC

- **An Emergency Use Authorization (EUA)** for a vaccine is based on the need to use a vaccine quickly to save lives during a public health emergency
- EUA is a shorter process **but no steps are skipped in the safety evaluation process**
- The FDA will assess if the vaccine known and potential benefits outweigh the known and potential risks
- Two separate advisory boards (VRBPAC and ACIP) will also review the data and make recommendations
- **An EUA does NOT imply that the authorization was done too quickly or that the vaccine is not safe**

**What is an EUA
and what does
that mean for
me?**

How was the vaccine developed so quickly?

Major reasons we were able to get these vaccines developed more quickly than usual include :

- Global effort with the world's leading scientists focused on a single task
- Nearly unlimited resources (money, knowledge, manpower, technology)
- A large pool of diverse adult volunteer trial participants

When and how long will I be protected by the COVID-19 Vaccine?

- Most of the vaccines are **2 doses**, 3-4 weeks apart
- Protection occurs **1-2 weeks after the second dose**
- We will most likely not know how long the vaccine will be protective once we receive it. We will know more as more time passes in the current research
- May need to have vaccine shots for COVID-19 on a regular basis (like the flu shot)



Will I still need to wear a mask?

YES!

Similar to other vaccines, a large number of people in the community will need to get vaccinated before transmission drops enough to stop the use of masks

- It is safe to get the COVID-19 vaccine even if you have had COVID-19
- Even if you have had COVID-19, it is important to get vaccinated. It could give you longer or better protection against the disease
- Even if you have positive antibodies, you should get the COVID-19 vaccine

Special
circumstance

**What if I already
had covid-19?**

Vaccines Are the only way to control the COVID-19 Pandemic

- Everyone has to do their part and get vaccinated to get back to a normal life



Specific questions

- 2 injections, both necessary?
- Yes, 2 doses, 21 days apart for Pfizer

Specific questions

- What if I already had COVID?
- ACIP recommends:

Vaccination should be offered to persons regardless of history of prior symptomatic or asymptomatic SARS-CoV-2 infection

Specific questions

- What about if I currently have COVID-19?
- ACIP recommends:

Vaccination should be deferred until recovery from acute illness (if person had symptoms) and criteria have been met to discontinue isolation

Specific questions

- What about if I received antibody therapy (Eli Lilly or Regeneron)?
- ACIP recommends:

Vaccination should be deferred for at least 90 days to avoid interference of the treatment with vaccine-induced immune responses

Specific questions

- Persons with underlying medical conditions?
- *ACIP recommends:*

Vaccine may be administered to persons with underlying medical conditions who have no contraindications to vaccination

Specific questions

Persons with immunocompromised conditions (hiv, steroids, etc.)?

ACIP recommends:

- Data not currently available to establish safety and efficacy of vaccine in these groups
 - These individuals may still receive COVID-19 vaccine unless otherwise contraindicated
 - Individuals should be counseled about:
 - Unknown vaccine safety and efficacy profiles in immunocompromised persons
 - Potential for reduced immune responses
 - Need to continue to follow all current guidance to protect themselves against COVID-19

Specific questions

Pregnant women? *ACIP recommends:*

- There are no data on the safety of COVID-19 vaccines in pregnant women
 - Animal developmental and reproductive toxicity (DART) studies are ongoing
 - Studies in humans are ongoing and more planned
- mRNA vaccines and pregnancy
 - Not live vaccines
 - They are degraded quickly by normal cellular processes and don't enter the nucleus of the cell
- COVID-19 and pregnancy
 - Increased risk of severe illness (ICU admission, mechanical ventilation and death)
 - Might be an increased risk of adverse pregnancy outcomes, such as preterm birth
- If a pregnant woman is part of a group of, healthcare personnel who is recommended to receive a COVID-19 vaccine, she may choose to be vaccinated. A discussion with her healthcare provider can help her make an informed decision.

Specific questions

Advice for pregnant women:

- Considerations for vaccination:
 - level of COVID-19 community transmission, (risk of acquisition)
 - her personal risk of contracting COVID-19, (by occupation or other activities)
 - the risks of COVID-19 to her and potential risks to the fetus
 - the efficacy of the vaccine
 - the known side effects of the vaccine
 - the lack of data about the vaccine during pregnancy
- Pregnant women who experience fever following vaccination should be counseled to take acetaminophen as fever has been associated with adverse pregnancy outcomes
- Routine testing for pregnancy prior to receipt of a COVID-19 vaccine is not recommended.

Specific questions

Breastfeeding/Lactating women?

ACIP recommends:

- There are no data on the safety of COVID-19 vaccines in lactating women or the effects of mRNA vaccines on the breastfed infant or milk production/excretion
- mRNA vaccines are not considered live virus vaccines and are not thought to be a risk to the breastfeeding infant
- If a lactating woman is part of a group (e.g., healthcare personnel) who is recommended to receive a COVID-19 vaccine, she may choose to be vaccinated

Contraindications and precautions

■ Package insert:

- Severe allergic reaction (e.g., anaphylaxis) to any component of the Pfizer-BioNTech COVID-19 vaccine is a contraindication to vaccination
- Appropriate medical treatment used to manage immediate allergic reactions must be immediately available in the event an acute anaphylactic reaction occurs following administration of the vaccine

■ Because of reports of anaphylactic reactions vaccinated outside of clinical trials, the additional following guidance is proposed:

- Persons who have had a severe allergic reaction to any vaccine or injectable therapy (intramuscular, intravenous, or subcutaneous) should not receive the Pfizer-BioNTech vaccine at this time
- Vaccine providers should observe patients after vaccination to monitor for the occurrence of immediate adverse reactions:
 - Persons with a history of anaphylaxis: 30 minutes
 - All other persons: 15 mins

Where should I look to get accurate information?

It is important to get information from reliable sources (CDC, AMDA, medical directors, providers) **Social media is full of misinformation and opinions based on that misinformation**

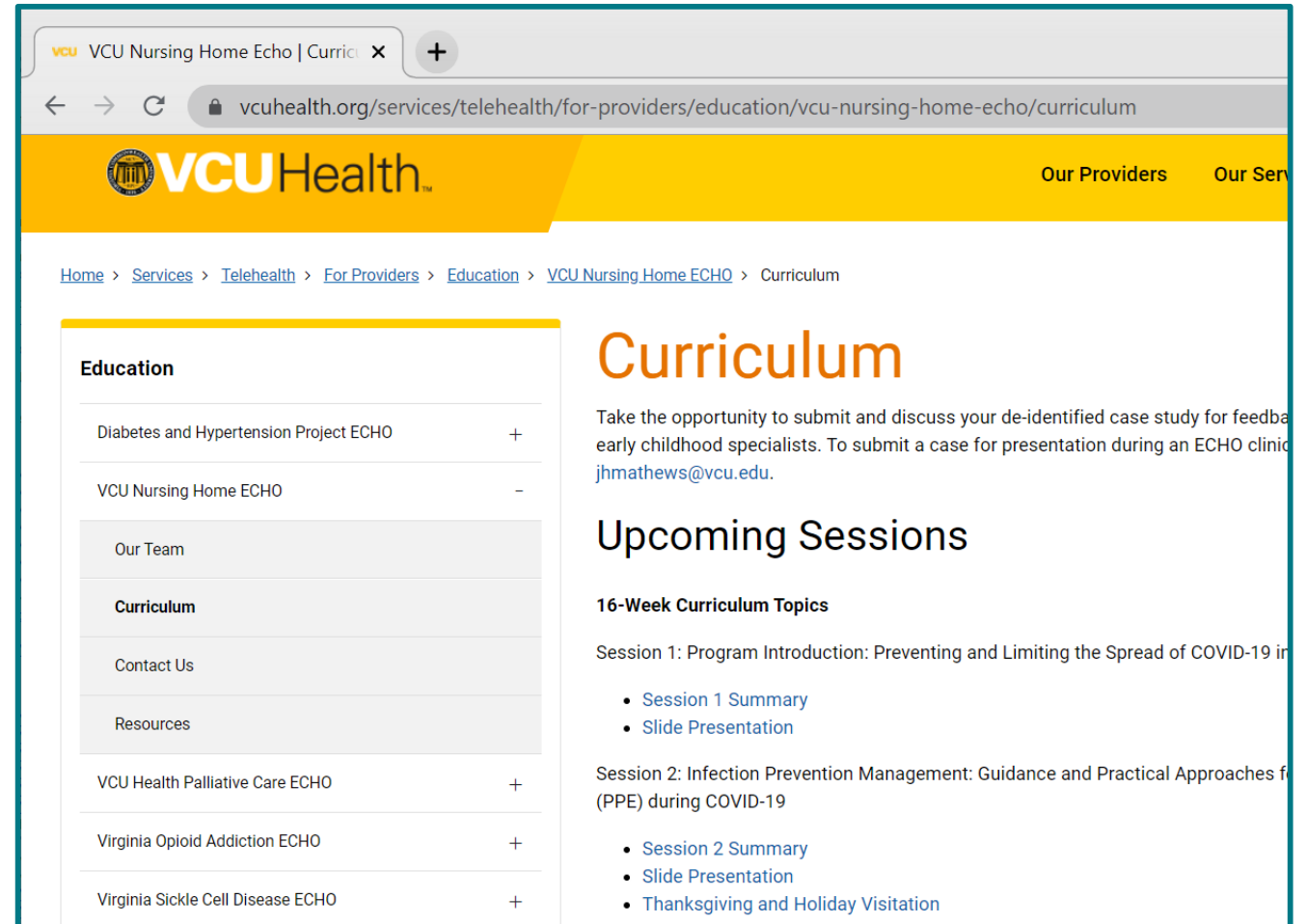
- CDC: Answering Patients' Questions <https://www.cdc.gov/vaccines/hcp/covid-conversations/answering-questions.html>
- CDC: About COVID-19 vaccines: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines.html>
- CDC: Provider Resources for COVID-19 Vaccine Conversations with Patients and Answering Patients' Questions: <https://www.cdc.gov/vaccines/hcp/covid-conversations/>

NEXT UP – WRAP-UP & RESOURCES

Our Website

<https://www.vcuhealth.org/NursingHomeEcho>

- Hub Team & Contact Info
- Upcoming & past topics
- Presentation Slides
- Session Summary “1-Pager”
- General & Session Topic Resources



The screenshot shows a web browser displaying the VCU Nursing Home Echo Curriculum page. The page has a yellow header with the VCU Health logo and navigation links. A breadcrumb trail shows the path: Home > Services > Telehealth > For Providers > Education > VCU Nursing Home ECHO > Curriculum. On the left, a sidebar menu lists various resources, with 'Curriculum' highlighted. The main content area features the title 'Curriculum' in large orange text, followed by a paragraph about submitting case studies for feedback. Below this, the 'Upcoming Sessions' section lists '16-Week Curriculum Topics' with details for Session 1 and Session 2, each with links to summaries and presentations.

VCU Nursing Home Echo | Curriculum

vcuhealth.org/services/telehealth/for-providers/education/vcu-nursing-home-echo/curriculum

VCU Health

Our Providers Our Services

Home > Services > Telehealth > For Providers > Education > VCU Nursing Home ECHO > Curriculum

Education

Diabetes and Hypertension Project ECHO	+
VCU Nursing Home ECHO	-
Our Team	
Curriculum	
Contact Us	
Resources	
VCU Health Palliative Care ECHO	+
Virginia Opioid Addiction ECHO	+
Virginia Sickle Cell Disease ECHO	+

Curriculum

Take the opportunity to submit and discuss your de-identified case study for feedback with early childhood specialists. To submit a case for presentation during an ECHO clinic, contact jhmathews@vcu.edu.

Upcoming Sessions

16-Week Curriculum Topics

Session 1: Program Introduction: Preventing and Limiting the Spread of COVID-19 in the Community

- [Session 1 Summary](#)
- [Slide Presentation](#)

Session 2: Infection Prevention Management: Guidance and Practical Approaches for Infection Prevention (PPE) during COVID-19

- [Session 2 Summary](#)
- [Slide Presentation](#)
- [Thanksgiving and Holiday Visitation](#)

Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
- <https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf>
- [List N: Disinfectants for Coronavirus \(COVID-19\) | Pesticide Registration | US EPA](#)
- Centers for Disease Control and Prevention. Coronavirus (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Centers for Disease Control and Prevention. Using Personal Protective Equipment (PPE): <https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>
- Centers for Disease Control and Prevention. Strategies to Optimize the Supply of PPE and Equipment: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>
- Centers for Disease Control and Prevention: Cleaning: <https://www.cdc.gov/infectioncontrol/guidelines/disinfection/cleaning.html>
- Centers for Disease Control and Prevention: Guideline for Disinfection and Sterilization in Healthcare Facilities: <https://www.cdc.gov/infectioncontrol/guidelines/disinfection/introduction.html>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-home-long-term-care.html>
- <https://www.cdc.gov/vaccines/covid-19/index.html>
- <https://www.vdh.virginia.gov/covid-19-vaccine/>

Curriculum Content

1. Preventing and Limiting the Spread of COVID-19 in Nursing Homes
2. Guidance and Practical Approaches for use of Personal Protective Equipment (PPE) During COVID-19
3. Approaches to Cohorting during COVID-19
4. Promoting Solutions for Making the Built Environment Safe During COVID-19
5. Guidance for Cleaning and Disinfecting During COVID-19
- 6. COVID-19 Testing for Nursing Homes**
7. COVID-19 Community Transmission and Nursing Home Screening Strategies
8. Staff Returning to Work Safely During COVID-19