

# Influenza & Source Control in Nursing Homes – Webinar Transcript

Wednesday, September 4, 2024

1 - 00:00:04.200 --> 00:00:10.099

Quality Insights: Good afternoon and welcome to our Webinar series. Focused on bringing you information about Covid-nineteen

2 - 00:00:10.110 --> 00:00:22.369

Quality Insights: Infection Control and other Nursing Home, related topics. The information in this web series is geared toward long-term care and skilled nursing facilities, but we encourage everyone who is interested to attend.

3 - 00:00:22.380 --> 00:00:27.400

Quality Insights: My name is Laurie Jones, and I'm a communication specialist here at quality insights.

4 - 00:00:27.580 --> 00:00:32.309

Quality Insights: Today's webinar is influenza and source control in nursing homes.

5 - 00:00:32.530 --> 00:00:44.809

Quality Insights: Everyone has entered the session today on mute. But we will have a Q&A following the presentation. If you have any questions or comments, please submit them, using either the chat or the Q&A tool in your Zoom menu.

6 - 00:00:45.960 --> 00:01:02.000

Quality Insights: We invite you to join us every Wednesday for more of our weekly Webinar series next week's webinar topic is minimum data set. Changes are coming. If you're interested in joining us, that Webinar will be at the same time and same place at 2 o'clock next Wednesday.

7 - 00:01:02.300 --> 00:01:08.399

Quality Insights: And now I'd like to introduce you to our guest speakers today. It's Heather Hoffman and Cindy Holmes.

8 - 00:01:08.570 --> 00:01:14.280

Quality Insights: Heather Hoffman is a Washington State transplant who now resides here in Southern West Virginia

9 - 00:01:14.510 --> 00:01:25.850

Quality Insights: heather has over 15 years of clinical healthcare experience, and has been with the West Virginia Department of Health for over 3 years. Heather previously functioned as West Virginia's lead case manager

10 - 00:01:25.880 --> 00:01:40.690

Quality Insights: for the Ryan White program that provides and coordinates services for HIV-infected populations. She recently accepted the role as vaccine program manager for the State of West Virginia as of February 2, 2024,

11 - 00:01:41.310 --> 00:01:48.190

Quality Insights: also joining us today is Cindy Holmes. Cindy is a registered, registered nurse with over 40 years of experience.

12 - 00:01:48.220 --> 00:01:56.320

Quality Insights: Her work experience includes direct, patient care in various settings, in acute care, hospitals and director of Surgical services.

13 - 00:01:56.520 --> 00:02:06.530

Quality Insights: Sydney has also worked as a consultant preparing hospitals for regulatory surveys. Her last position in the acute care setting was as director of quality management.

14 - 00:02:06.590 --> 00:02:10.429

Quality Insights: Infection Prevention in a long-term acute care. Hospital

15 - 00:02:10.930 --> 00:02:21.980

Quality Insights: Cindy is currently the National Health Safety Network epidemiologist for the West Virginia Department of Health Bureau of Public Health Office of Epidemiology and Prevention. Services.

16 - 00:02:22.030 --> 00:02:36.459

Quality Insights: She is responsible for the analysis of infection control assessment data as well as the data from national Healthcare Safety network for the West Virginia and a variety of healthcare facilities, including hospitals and long-term care facilities.

17 - 00:02:36.540 --> 00:02:38.439

Quality Insights: So thank you, Heather and

18 - 00:02:38.480 --> 00:02:43.170

Quality Insights: Cindy, for joining us today. I will now hand over the presentation to heather

19 - 00:03:04.180 --> 00:03:06.219

Quality Insights: heather. Can you hear us.

20 - 00:03:16.460 --> 00:03:18.510

Quality Insights: Cindy? Are you hearing the presentation.

21 - 00:03:18.520 --> 00:03:23.319

Cindy Holmes: Oh, I'm just hearing you, and Heather looks like she's muted there, there's I think.

22 - 00:03:23.320 --> 00:03:25.160

Heather Hoffman: I just dropped out and just popped back in.

23 - 00:03:25.716 --> 00:03:26.830

Quality Insights: Okay. Great.

24 - 00:03:26.830 --> 00:03:28.250

Heather Hoffman: My Internet dropped.

25 - 00:03:28.500 --> 00:03:30.677

Quality Insights: Okay? Well, you're up, heather. It's

26 - 00:03:32.030 --> 00:03:32.530

Quality Insights: return.

27 - 00:03:33.474 --> 00:03:41.055

Heather Hoffman: That sounds good. I was like, I'll bet you it's gonna I froze up, and soon as I get hop back in, it's gonna be. They're just waiting for me. So

28 - 00:03:41.420 --> 00:03:42.470

Heather Hoffman: okay.

29 - 00:03:43.610 --> 00:03:59.659

Heather Hoffman: as she said, my name is Heather Hoffman. I'm the vaccine program manager for the State of West Virginia. I oversee all of our 3 17 funds and our Vfc program for children, and then our adult vaccines. Safety nets at all of our local health departments.

30 - 00:04:00.698 --> 00:04:13.233

Heather Hoffman: I have been with the bureau for a little over 3 years now. And like, I said, or like, she had said, actually I've worked in healthcare in some capacity, my entire life.

31 - 00:04:14.160 --> 00:04:16.019

Heather Hoffman: so yeah, next slide, please.

32 - 00:04:18.420 --> 00:04:30.869

Heather Hoffman: So we're just gonna go over some basic flu facts. I think. I'm sure everybody's very, very familiar. With influenza. But we'll just go over some basics@firstst

33 - 00:04:31.720 --> 00:04:37.060

Heather Hoffman: so some people don't realize influenza can be detected year round, but it is most typical during

34 - 00:04:37.120 --> 00:04:40.460

Heather Hoffman: fall and winter, which is considered respiratory. Season.

35 - 00:04:41.443 --> 00:04:51.280

Heather Hoffman: Most often flu begins in October, and peaks between December and February, but February is the peak month out of the entire respiratory season.

36 - 00:04:52.888 --> 00:05:02.609

Heather Hoffman: During flu season. Many other respiratory illnesses spread that mimic the flu, such as rhinovirus, which is the common cold. Rsv. Covid pneumonia, etc.

37 - 00:05:04.443 --> 00:05:26.270

Heather Hoffman: annually, or excuse me, depending on individuals. Climate. Actually can determine when respiratory season begins. So if you live in a more tropical area like Southern Florida, for instance, that may actually adjust when your respiratory begins and ends. It can vary, depending on geographic location and weather

38 - 00:05:28.080 --> 00:05:35.390

Heather Hoffman: annually. The percentage of flu diagnosis in the Us is between 3 and 11%, which is

39 - 00:05:37.170 --> 00:05:45.180

Heather Hoffman: just over 1 million people, and that's just a confirmed diagnosis. It's not actual flu cases.

40 - 00:05:45.980 --> 00:05:52.469

Heather Hoffman: And then persons are most contagious within the 1st 3 days of infections, so we always encourage everybody to

41 - 00:05:52.720 --> 00:05:57.280

Heather Hoffman: get tested soon as they have onset of symptoms just to confirm, and then

42 - 00:05:59.880 --> 00:06:01.050

Heather Hoffman: confirm

43 - 00:06:01.720 --> 00:06:06.770

Heather Hoffman: that they do, in fact, have the flu and then prevent transmission

44 - 00:06:07.420 --> 00:06:08.640

Heather Hoffman: next slide.

45 - 00:06:17.380 --> 00:06:28.637

Heather Hoffman: Okay? So this graph shows flu activity. Throughout the the Us from 1982 up until 2,022. So the Cdc functions

46 - 00:06:29.300 --> 00:06:30.869

Heather Hoffman: 2 years behind.

47 - 00:06:31.290 --> 00:06:38.470

Heather Hoffman: So what it actually shows it shows the peak months during respiratory season for the last

48 - 00:06:39.130 --> 00:06:40.780

Heather Hoffman: several years.

49 - 00:06:41.140 --> 00:06:47.009

Heather Hoffman: As I said before, February is that peak for the entire season, with the most cases

50 - 00:06:47.740 --> 00:06:56.950

Heather Hoffman: confirmed, and they've had 17 seasons total following. That would be December with 7 seasons, and then January with 6 seasons

51 - 00:06:59.230 --> 00:07:00.339

Heather Hoffman: next slide.

52 - 00:07:03.304 --> 00:07:12.859

Heather Hoffman: Basic things to know, to remember. Flu vaccines prevented 6.2 million cases, which is roughly the population population of Philadelphia.

53

00:07:13.800 --> 00:07:17.340

Heather Hoffman: The flu has caused 45 million cases.

54 - 00:07:20.340 --> 00:07:23.040

Heather Hoffman: 810,000 hospital stays.

55 - 00:07:23.070 --> 00:07:26.829

Heather Hoffman: but the flu vaccines prevented 91,000 hospital stays.

56 - 00:07:28.130 --> 00:07:33.170

Heather Hoffman: It's caused 61,000 deaths and prevented 5,700 deaths

57 - 00:07:34.980 --> 00:07:36.549

Heather Hoffman: next slide, please.

58 - 00:07:39.705 --> 00:07:44.189

Heather Hoffman: Most importantly, 2 flu facts. For those with chronic conditions. So

59 - 00:07:44.660 --> 00:07:56.769

Heather Hoffman: roughly, 6 to 10% are more likely to suffer a heart attack within the 1st 3 to 7 days after getting the flu. They're roughly 8 times more likely to suffer a 1st stroke. In the 1st 3 days after getting the flu.

60 - 00:07:57.130 --> 00:08:15.670

Heather Hoffman: people with diabetes who get sick with the flu, have 3 times the risk of hospital hospitalizations, and 4 times the risk of Icu admission, and 2 times the risk of death. And then people with various lung disease who get sick with the flu are at risk, for asthma attacks, copd flare-ups and pneumonia

61 - 00:08:18.070 --> 00:08:19.220

Heather Hoffman: next slide.

62 - 00:08:21.750 --> 00:08:35.839

Heather Hoffman: So if you're unaware. The Cdc has a really neat tool which I will drop in the chat at the end. It's called Fluview. It's operated a week behind, and it has current data for the entire United States. So it shows you

63 - 00:08:36.280 --> 00:08:39.509

Heather Hoffman: how many cases we have, how many.

64 - 00:08:39.880 --> 00:08:44.419

Heather Hoffman: or excuse me, how many cases and how many positive tests that's been confirmed?

65 - 00:08:44.802 --> 00:09:01.440

Heather Hoffman: And it's active and live. So you can view exactly where we're at within the flu season, and in which areas, and it can get down to specific locations and states. And it's a really neat tool that I would encourage everybody to look at, and they can monitor and provide information throughout the entire respiratory season.

66 - 00:09:03.130 --> 00:09:04.250

Heather Hoffman: Next slide.

67 - 00:09:06.803 --> 00:09:28.040

Heather Hoffman: So easy tips for prevention. I think we all learned with covid all about social distancing, but the same still applies with any respiratory illness. So definitely if you are experiencing symptoms, if you have or have not tested positive for flu. A social distancing is always advised. Of course, covering coughs and sneezes, frequent hand washing

68 - 00:09:28.400 --> 00:09:51.340

Heather Hoffman: as well as hand, sanitizing maintaining clean and fresh airflow. So if you're in a home where somebody has tested positive or an environment where somebody has tested positive make sure that we're not leaving everything locked up and buttoned up. We want to get fresh air in and out on sanitized surface surfaces and things like that, and then most importantly, encouraging

69 - 00:09:51.350 --> 00:09:56.669

Heather Hoffman: to get your seasonal flu vaccine as soon as possible, which are currently all available. Now.

70 - 00:09:58.120 --> 00:09:59.210

Heather Hoffman: next slide.

71 - 00:10:00.640 --> 00:10:07.869

Heather Hoffman: Okay, something that the Cdc has done a lot of research on, especially with covid and

72 - 00:10:08.260 --> 00:10:10.710

Heather Hoffman: vaccine hesitancy that we've all

73 - 00:10:11.440 --> 00:10:23.939

Heather Hoffman: really faced since covid a lot of people are very hesitant on any vaccine at this point. Whether it's new, old so it's been a very controversial topic.

74 - 00:10:24.170 --> 00:10:27.860

Heather Hoffman: What they have found is that trusted messengers

75 - 00:10:27.910 --> 00:10:31.806

Heather Hoffman: seems to to really help people in our community.

76 - 00:10:32.370 --> 00:10:49.009

Heather Hoffman: outside of healthcare professionals outside of your normal Pcp family, doctor. But people like friends and family. Dennis, your pastor or congregation teachers, counselors, and even your barber hairdresser.

77 - 00:10:50.143 --> 00:10:54.366

Heather Hoffman: actually, New Mexico, did a really interesting

78 - 00:10:55.100 --> 00:11:18.860

Heather Hoffman: research project with the Cdc. Called chair care, and they had a host of barbers and hairdressers that trained specifically on COVID-19 vaccination all the actual facts and misinformation, and then would offer that education when they had their clients come in. It was really successful. And and well, well, thought

79 - 00:11:22.060 --> 00:11:37.049

Heather Hoffman: And then also, people. Research has shown people with shared experiences. So those who may have suffered loss, or those who may have been affected personally by somebody diagnosed with the flu or respiratory illness.

80 - 00:11:37.090 --> 00:11:43.779

Heather Hoffman: those are the most impactful ways that studies have shown to reach our community with vaccine hesitancy

81 - 00:11:44.700 --> 00:11:45.970

Heather Hoffman: next slide.

82 - 00:11:46.660 --> 00:11:53.250

Heather Hoffman: So this is going to be a video. Again, about a trusted messenger. So somebody who is personally affected

83 - 00:11:53.340 --> 00:11:57.939

Heather Hoffman: by by somebody diagnosed with the flu, and how it's impacted their life.

84 - 00:12:05.013 --> 00:12:08.679

Quality Insights: Heather, did you? Could you play that on your end, or did you need me to play it.

85 - 00:12:10.121 --> 00:12:14.369

Heather Hoffman: It should be linked right in the slide.

86 - 00:12:14.720 --> 00:12:16.289

Heather Hoffman: They're not allowing you.

87 - 00:12:16.620 --> 00:12:17.670

Quality Insights: No.

88 - 00:12:19.080 --> 00:12:20.560

Heather Hoffman: Give me 2 seconds.

89 - 00:12:21.100 --> 00:12:27.539



Debra Wright: If you stop sharing, and then when you go to share your screen before you hit, share, hit the allow audio.

90 - 00:12:28.380 --> 00:12:31.329

Debra Wright: and then go back to this slide, it should allow it.

91 - 00:12:35.060 --> 00:12:42.010

Quality Insights: Yeah, I do have that selected. I think because we're in a Powerpoint, or we're in a Pdf versus a Powerpoint.

92 - 00:12:43.690 --> 00:12:47.500

Heather Hoffman: Okay, give me one moment, and I will link the video.

93 - 00:13:26.930 --> 00:13:28.940

Heather Hoffman: I apologize. That was the

94 - 00:13:29.210 --> 00:13:31.690

Heather Hoffman: one of the only links I didn't

95 - 00:13:32.540 --> 00:13:33.570

Heather Hoffman: for ya.

96 - 00:14:20.760 --> 00:14:25.519

Heather Hoffman: and actually, if you'd like, I probably could just share my screen and play it from my end.

97 - 00:14:26.430 --> 00:14:27.300

Quality Insights: Sounds good.

98 - 00:15:00.200 --> 00:15:03.289

Heather Hoffman: Okay, let me know if you guys can see that

99 - 00:15:13.540 --> 00:15:16.975

Heather Hoffman: my sister Marcelina she was

100 - 00:15:19.070 --> 00:15:22.460

Heather Hoffman: very important person in my life. She was like a mother to me.

101 - 00:15:23.250 --> 00:15:29.469

Heather Hoffman: She's always told me that I can be anything, do anything, never say. I can always say I can.

102 - 00:15:30.280 --> 00:15:33.030

Heather Hoffman: Marcelina didn't expect us for Christmas.

103

00:15:33.100 --> 00:15:35.710

Heather Hoffman: There she looked horrible.

104 - 00:15:35.750 --> 00:15:37.420

Heather Hoffman: She looked really hard.

105 - 00:15:38.480 --> 00:15:40.449

Heather Hoffman: She looked like

106 - 00:15:40.460 --> 00:15:42.520

Heather Hoffman: pale and

107 - 00:15:42.990 --> 00:15:44.390

Heather Hoffman: like a sheet, and

108 - 00:15:44.850 --> 00:15:49.010

Heather Hoffman: I kept telling her again, you need to go to the hospital. You need to get help.

109

00:15:49.780 --> 00:15:56.290 - Heather Hoffman: Marcelina was in the hospital for 3 weeks. She was put in an induced coma, and

110 - 00:15:56.980 --> 00:15:59.589

Heather Hoffman: they stated that she had pneumonia@firstst

111 - 00:16:00.300 --> 00:16:03.459

Heather Hoffman: After that they explained to us that she

112 - 00:16:04.035 --> 00:16:04.420

Heather Hoffman: soon

113 - 00:16:04.830 --> 00:16:13.170

Heather Hoffman: they didn't describe what flu it was until later on, and she ended up passing away with her heart stopped and her.

114 - 00:16:14.340 --> 00:16:15.850 - Heather Hoffman: I came out

115 - 00:16:19.550 --> 00:16:30.169

Heather Hoffman: important that the communities and globally worldwide get vaccine because vaccine does save lives. Every age needs to get vaccinated.

116 - 00:16:30.330 --> 00:16:33.570

Heather Hoffman: I became an advocate for vaccinate your family, and

117 - 00:16:34.050 --> 00:16:35.530

Heather Hoffman: I'm going to continue being

118 - 00:16:35.570 --> 00:16:37.019

Heather Hoffman: advocate for the flu

119 - 00:16:37.320 --> 00:16:38.689

Heather Hoffman: each and every day.

120 - 00:16:39.220 --> 00:16:43.010

Heather Hoffman: My sister's legacy. Your children have a bright future.

121 - 00:16:43.270 --> 00:16:49.920

Heather Hoffman: and if you want your children to have a bright future and be healthy, you get their vaccine so they can live their life to the fullest.

122 - 00:17:06.300 --> 00:17:07.530

Heather Hoffman: Okay?

123 - 00:17:08.930 --> 00:17:10.889

Heather Hoffman: So hopefully that kicked back over

124 - 00:17:11.390 --> 00:17:12.380

Heather Hoffman: perfect.

125 - 00:17:12.800 --> 00:17:33.852

Heather Hoffman: Okay, so like, I said, the Cdc, they've done a lot of research on this the the best way to combat vaccine hesitancy has been shown to be those trusted messengers. So advocate, advocate for yourself, for your family, for your friends, for community and provide current and correct information.

126 - 00:17:34.520 --> 00:17:36.870

Heather Hoffman: to combat misinformation.

127 - 00:17:37.770 --> 00:17:50.310

Heather Hoffman: And that's it for me. I'll give it away to Cindy. But if anybody has any questions, or would like an additional resources, feel free to reach out at any time, and then I will drop some links in the chat for Fluviv

128 - 00:17:51.197 --> 00:17:52.480

Heather Hoffman: and different information.

129 - 00:17:56.490 --> 00:17:58.579

Cindy Holmes: Okay, can everybody hear me?

130 - 00:18:00.550 --> 00:18:01.260

Cindy Holmes: Yep.

131 - 00:18:02.040 --> 00:18:07.109

Cindy Holmes: okay, we're going to spend a little bit of time on source control.

132 - 00:18:07.653 --> 00:18:14.560

Cindy Holmes: This slide presentation is from Project 1st line, which is a branch of Cdc

133 - 00:18:14.760 --> 00:18:16.246

Cindy Holmes: training collaborative.

134 - 00:18:17.170 --> 00:18:31.329

Cindy Holmes: if you all have heard me speak anytime before we use project 1st line a lot. It is free. It has pre recorded pre made slides that you can use

135 - 00:18:31.776 --> 00:18:44.233

Cindy Holmes: to educate your staff. So this is one of their presentations. I will tell you. This was developed during covid, so a lot of them. The language is covid, but it absolutely

136 - 00:18:44.820 --> 00:18:50.919

Cindy Holmes: is pertinent and pertains to respiratory illnesses during this this season.

137 - 00:18:51.060 --> 00:18:52.020

Cindy Holmes: Next slide.

138 - 00:18:54.550 --> 00:19:00.119

Cindy Holmes: So what we're going to do is we're going to explain how source control keeps germs from spreading.

139 - 00:19:00.668 --> 00:19:05.410

Cindy Holmes: You should be able to discuss, discuss at least one reason why source control

140 - 00:19:05.480 --> 00:19:06.195

Cindy Holmes: is

141 - 00:19:07.870 --> 00:19:13.700

Cindy Holmes: Covid and other respiratory illnesses like Flu and Rsv, while they focus on masking

142 - 00:19:14.610 --> 00:19:15.540

Cindy Holmes: next slide.

143 - 00:19:17.240 --> 00:19:28.789

Cindy Holmes: So one of the definitions source control again, not just for covid. Respiratory illnesses is using use of well fitting cloth, mask, face masks or respirators

144 - 00:19:28.870 --> 00:19:37.510

Cindy Holmes: cover a person's nose and mouth to prevent the spread of respiratory secretions when they are breathing, talking, sneezing, or coughing.

145 - 00:19:38.460 --> 00:19:40.060

Cindy Holmes: and next

146 - 00:19:40.500 --> 00:19:42.548

Cindy Holmes: we're going to watch a brief

147

00:19:43.030 --> 00:19:45.750

Cindy Holmes: video again from project 1st line.

148

00:19:46.605 --> 00:19:50.249

Cindy Holmes: Dr. Abby Carlson, who did a whole series

149 - 00:19:50.290 --> 00:20:01.509

Cindy Holmes: little short videos covering everything infection prevention. There's like 20 different episodes. So this is the one she does on source control.

150 - 00:20:07.150 --> 00:20:19.560

Cindy Holmes: Welcome back everyone to inside infection. Control our video series here at Cdc's project. 1st line. I'm Abby Carlson. I'm an infectious diseases doctor at the Cdc. And it's great to have you with us.

151 - 00:20:19.760 --> 00:20:36.520

Cindy Holmes: We have talked in previous episodes a lot about the different actions that we can take to keep germs from spreading in healthcare in particular and source control is one of those important actions. But what exactly is source control.

152 - 00:20:36.690 --> 00:20:51.199

Cindy Holmes: It's a concept that we come back to a lot because it's that important. And it starts not surprisingly just like its name at the source. You're stopping germs at the source before they can spread to other people.

153 - 00:20:51.990 --> 00:21:12.220

Cindy Holmes: We talk about source control as an important tool for COVID-19 to reduce the spread of COVID-19 and other diseases that travel in respiratory droplets. And we're going to focus on that today. But keep in mind source control is important for a lot of other diseases, too. One example is shingles.

154 - 00:21:12.220 --> 00:21:25.969

Cindy Holmes: We cover the spot where a shingles rash is, which keeps virus from getting from the rash into the air or onto other surfaces in your environment where it can spread. And it can infect people

155 - 00:21:25.970 --> 00:21:48.050

Cindy Holmes: that's source control for shingles covering the rash. The source in COVID-19 source control focuses on covering the nose and mouth to keep your respiratory droplets out of the air, because that is the main way that the virus that causes COVID-19 sars cov. 2 gets from person to person

156 - 00:21:48.450 --> 00:22:08.560

Cindy Holmes: masks that fit snugly around the cheeks, and our chin are the main way to do source control for COVID-19. A mask that sits well covers your nose and your mouth and blocks those respiratory droplets which are travelling in the air when you breathe, and which have virus in them. If you're infected.

157 - 00:22:08.760 --> 00:22:18.130

Cindy Holmes: this means that those droplets, when they're covered up with that mask, are much less likely to reach other people around you and then infect them.

158 - 00:22:18.420 --> 00:22:25.179

Cindy Holmes: And if you're caring for a patient with COVID-19, and you're using an N. 9, 5. Respirator and not a mask.

159 - 00:22:25.210 --> 00:22:48.069

Cindy Holmes: Most n. 9. 5. Respirators that we use in healthcare are also good at blocking your respiratory droplets from breathing out into the air. So with most N. 9 5 s. Not only are you protected from the virus that your patient is breathing out, but your patients and your colleagues, if you're infected with any virus, are protected from germs that you might breathe out.

160 - 00:22:49.230 --> 00:22:57.999

Cindy Holmes: All of this. All of this source control is important for COVID-19, because we don't always know who's infected.

161

00:22:58.070 --> 00:23:10.170

Cindy Holmes: Other source control methods like in the shingles. Example depend on knowing that the patient is infected and knowing what to do, for example, covering a wound because you've seen it. You know, it's there.

162 - 00:23:10.230 --> 00:23:31.770

Cindy Holmes: COVID-19 is different because we have patients who are asymptomatic, which means they could be infected, but they may not show it yet, and we may not be aware that they or we, if we're infected, can spread the virus to others by talking, breathing, singing, and other activities that use our breath.

163 - 00:23:32.150 --> 00:23:55.369

Cindy Holmes: We'll talk more about this in another episode. So please stay tuned for that because asymptomatic transmission, asymptomatic infection, it's an important thing. But this spreading of infection. When you don't have symptoms, it's 1 of the biggest reasons we have everyone wear a mask that fits well when they're in the healthcare setting. And also when you're out in the community.

164 - 00:23:55.470 --> 00:24:06.940

Cindy Holmes: so you can see why source control is an important tool in healthcare and in the community for stopping the spread of COVID-19 and other diseases that travel by respiratory droplets.

165 - 00:24:07.260 --> 00:24:20.919

Cindy Holmes: as always. Thanks for joining us. Please be sure to follow up with us on Facebook, on Twitter. We're on Youtube. And of course we're on the web. Cdc, Gov slash projectfirstline. We will see you back here for the next episode

166 - 00:24:36.160 --> 00:24:37.430

Cindy Holmes: to the slides.

167 - 00:24:43.930 --> 00:24:56.160

Cindy Holmes: So what I like about Dr. Carlson's definition, is. It's kind of simple. And to the point. But it really explains that source control is about stopping the germs

168 - 00:24:56.180 --> 00:24:58.769

Cindy Holmes: at their source before they can spread.

169 - 00:24:58.960 --> 00:25:02.439

Cindy Holmes: So again covering your nose and mouth, with a map

170 - 00:25:02.840 --> 00:25:07.749

Cindy Holmes: covering your nose and mouth with a mask to keep your respiratory droplets out of the air.

171 - 00:25:07.900 --> 00:25:22.300

Cindy Holmes: And again, like she stated, this is because your respiratory viruses, including COVID-19, travel between people through respiratory droplets, that then, when the infected person talks or breathes or otherwise

172 - 00:25:22.540 --> 00:25:25.109

Cindy Holmes: blows out air out their nose or mouth.

173 - 00:25:25.700 --> 00:25:26.620

Cindy Holmes: Next slide.

174 - 00:25:29.838 --> 00:25:36.420

Cindy Holmes: Again. A big thing is, we don't always know who's infected with Covid or Rsv

175 - 00:25:36.500 --> 00:25:37.960

Cindy Holmes: or the flu.

176 - 00:25:39.340 --> 00:25:42.869

Cindy Holmes: They may not have any symptoms yet, and they can still

177 - 00:25:43.780 --> 00:25:48.669

Cindy Holmes: spread the virus to others through respiratory droplets, which is the source control.

178 - 00:25:48.960 --> 00:25:52.620

Cindy Holmes: Why the source control for these illnesses is so important.

179 - 00:25:53.580 --> 00:25:54.460

Cindy Holmes: Next slide

180 - 00:25:55.760 --> 00:26:08.650

Cindy Holmes: again, it's very simple. How can mask stop germs at the source? It's by covering the nose and mouth prevents the droplets from getting into the air, and therefore keeps them from spreading to others

181 - 00:26:09.740 --> 00:26:10.670



Cindy Holmes: next slide.

182 - 00:26:12.110 --> 00:26:12.990

Cindy Holmes: So

183 - 00:26:13.250 --> 00:26:22.649

Cindy Holmes: some tips wearing a mask, make sure it fits snugly around the cheeks and chin without gaps at the edges. Do you see in this pictures?

184 - 00:26:23.082 --> 00:26:26.520

Cindy Holmes: The right way with the act, with the check and the

185 - 00:26:26.540 --> 00:26:28.189

Cindy Holmes: wrong way with the X.

186 - 00:26:28.350 --> 00:26:34.529

Cindy Holmes: And I just like to show normally what I used to see when I was in the acute care facilities

187 - 00:26:34.820 --> 00:26:36.360

Cindy Holmes: as we saw this.

188 - 00:26:37.270 --> 00:26:38.410

Cindy Holmes: Can you all see

189 - 00:26:38.990 --> 00:26:43.080

Cindy Holmes: under under the nose? Not correct, not correct.

190 - 00:26:44.500 --> 00:26:45.500

Cindy Holmes: Next slide.

191 - 00:26:47.090 --> 00:26:53.840

Cindy Holmes: N. 95 s. Provide a little more protection. They protect you from breathing respiratory droplets.

192 - 00:26:53.860 --> 00:26:56.129

Cindy Holmes: and also most of them

193 - 00:26:56.640 --> 00:26:59.870

Cindy Holmes: prevent droplets from being breathed out into the air.

194 - 00:27:01.670 --> 00:27:02.569

Cindy Holmes: Next slide

195 - 00:27:04.130 --> 00:27:13.559

Cindy Holmes: just some key takeaways again. Source control keeps the germs from spreading them by stopping them at the source and not spread to other people.

196 - 00:27:14.560 --> 00:27:21.380

Cindy Holmes: Source control is an important tool to reduce the spread of COVID-19 and other respiratory illnesses

197 - 00:27:22.260 --> 00:27:27.270

Cindy Holmes: for respiratory illnesses. Source control focuses on covering your nose and mouth

198 - 00:27:27.390 --> 00:27:31.050

Cindy Holmes: with the mass to keep the respiratory droplets out of the air.

199 - 00:27:31.530 --> 00:27:42.800

Cindy Holmes: Most N. 95 respirators use in healthcare not only protect you from the virus that your patient is breathing out, but also protect your patients and your colleagues from germs that you might be breathing out.

200 - 00:27:43.440 --> 00:27:53.731

Cindy Holmes: I'm going to put several links in the chat that are very helpful. They're all Cdc and project 1st line. There's the Cdc

201 - 00:27:54.840 --> 00:28:04.590

Cindy Holmes: respiratory illness website that has lots of information, lots of recommendations. Inside that website, which I'll also

202 - 00:28:04.730 --> 00:28:11.039

Cindy Holmes: put in the chat is the respiratory illness data channel, which tells you sort of like what

203 - 00:28:11.762 --> 00:28:14.479

Cindy Holmes: Heather was saying for the flu

204 - 00:28:14.600 --> 00:28:15.580

Cindy Holmes: Blue

205 - 00:28:15.750 --> 00:28:22.220

Cindy Holmes: View. It gives you. It's updated weekly, and as of last

206 - 00:28:22.240 --> 00:28:29.760

Cindy Holmes: as of August 30th respiratory illnesses throughout the country were at a low

207 - 00:28:29.910 --> 00:28:51.729

Cindy Holmes: but COVID-19 was elevated nationally and like, I said, they update that weekly. And then there's also a Cdc mask and respiratory viruses prevention website that talks more about masking. And then the project, 1st line, infection, control, guidance, respiratory viruses, and I will

208 - 00:28:51.800 --> 00:28:53.879

Cindy Holmes: drop those in the chat

209 - 00:28:55.050 --> 00:28:57.170

Cindy Holmes: if you all have any questions.

210 - 00:29:04.820 --> 00:29:16.500

Quality Insights: Okay. Well, thank you, Cindy. And heather in a moment we will be begin the QA. Portion of the session. If you have any questions or comments, please submit them, using either the chat or the QA. Tool in your Zoom menu.

211 - 00:29:16.970 --> 00:29:21.879

Quality Insights: You can also raise your hand or request to be unmuted, to ask your question out loud.

212 - 00:29:22.360 --> 00:29:32.059

Quality Insights: I'd again like to invite everyone to next week's webinar, which is about minimum data set changes that will be at the same time and same place next Wednesday at 2 PM.

213 - 00:29:32.180 --> 00:29:38.160

Quality Insights: We also invite you to bring your questions to our virtual live chats every Tuesday and Thursday at noon.

214 - 00:29:39.170 --> 00:29:44.080

Quality Insights: you can find the links to those live chats and our webinars in our weekly E-newsletter

215 - 00:29:44.416 --> 00:29:48.100

Quality Insights: it's sent out every Friday, and it's called the last minute lowdown.

216 - 00:29:48.300 --> 00:30:02.790

Quality Insights: If you would like to receive that newsletter. But don't think you're currently on our list, please, email, Kathy Caudo, and that's CCAU, DILL at [qualityinsights.org](http://qualityinsights.org), and she will get you on the list

217 - 00:30:03.380 --> 00:30:07.940

Quality Insights: alright, so we'll just go ahead and look and see if we've had any questions submitted.

218 - 00:30:12.571 --> 00:30:21.299

Quality Insights: Someone asked about sharing your presentation. Can you share the sources for the fact sheets you had in the beginning of your presentation, and that's for heather.

219 - 00:30:21.300 --> 00:30:31.049

Heather Hoffman: Yeah, absolutely. Do you prefer if I send it to you to send out? Or do you want me to just pop it? I pop the links in the chat. But presentation wise!

220 - 00:30:31.570 --> 00:30:32.970

Heather Hoffman: How would you like to accomplish.

221 - 00:30:32.970 --> 00:30:44.069

Quality Insights: Yeah, I'm going to go ahead and email everybody. A copy of this slide deck? A link to the recording anybody who attended today, and anyone who registered we'll get that out to everybody later today.

222 - 00:30:44.070 --> 00:30:44.830

Heather Hoffman: Excellent.

223 - 00:30:51.510 --> 00:30:55.890

Quality Insights: Pause a second. Just give everybody a chance to type in questions if they have them

224 - 00:31:08.880 --> 00:31:12.780

Quality Insights: alright. Well, I'm not seeing any questions, so I guess we'll go ahead and wrap everything up.

225 - 00:31:12.870 --> 00:31:20.130

Quality Insights: I just wanted to thank everyone again for joining us today, and thanks again to Heather and Cindy for being our guest presenters.

226 - 00:31:20.605 --> 00:31:27.350

Quality Insights: Before we sign off. I'd like to ask everyone to please answer a very short evaluation of today's session.

227 - 00:31:27.400 --> 00:31:29.850

Quality Insights: The evaluation is anonymous

228 - 00:31:30.280 --> 00:31:33.800

Quality Insights: it will show up as a pop-up as soon as you close out of the webinar.

229 - 00:31:34.070 --> 00:31:37.290

Quality Insights: If you have a couple of minutes to fill that out we'd really appreciate it.

230 - 00:31:37.580 --> 00:31:44.470

Quality Insights: Heather and Cindy thanks again. Thanks everyone for attending hope. You have a great rest of the day, and this now concludes the session.

231 - 00:31:44.660 --> 00:31:45.630

Cindy Holmes: Thank you.

232 - 00:31:45.740 --> 00:31:46.550

Cindy Holmes: Bye.

233 - 00:31:47.280 --> 00:31:47.860

Quality Insights: Goodbye!