



# TOOLBOX FOR RESPIRATORY INFECTION PREVENTION

# FOR GENERAL PRACTICE CARE PROFESSIONALS





# INTRODUCTION

## What is the purpose of this toolbox?

This toolbox provides recommendations regarding when to apply various types of respiratory infection prevention measures. This way, you can efficiently prepare for when the infection pressure rises, for example during the flu season.

It was made following a study which highlighted a need for new guidelines that include elements such as autonomy regarding protocols. This toolbox was developed together with GPs, assistants, and practice administrators.

## How do you use the toolbox?

On the next page, you'll find a thermometer on which 4 scenarios of infection pressure are depicted. Each one has a corresponding information page with recommendations and options for infection prevention measures in your practice.

The toolbox is supported by an online page on which you can find further explanations, background information and sources. This page also includes digital posters that you can use to communicate policy changes to your patients.

## Can you still decide for yourself?

You know best what works for your practice, which is why you are free to divert from this toolbox, for example when treating vulnerable patients.

During the COVID-19 pandemic, many creative solutions to challenges regarding infection prevention were devised. You are free to apply these instead of the measures advised by this toolbox.

## Pandemic preparedness

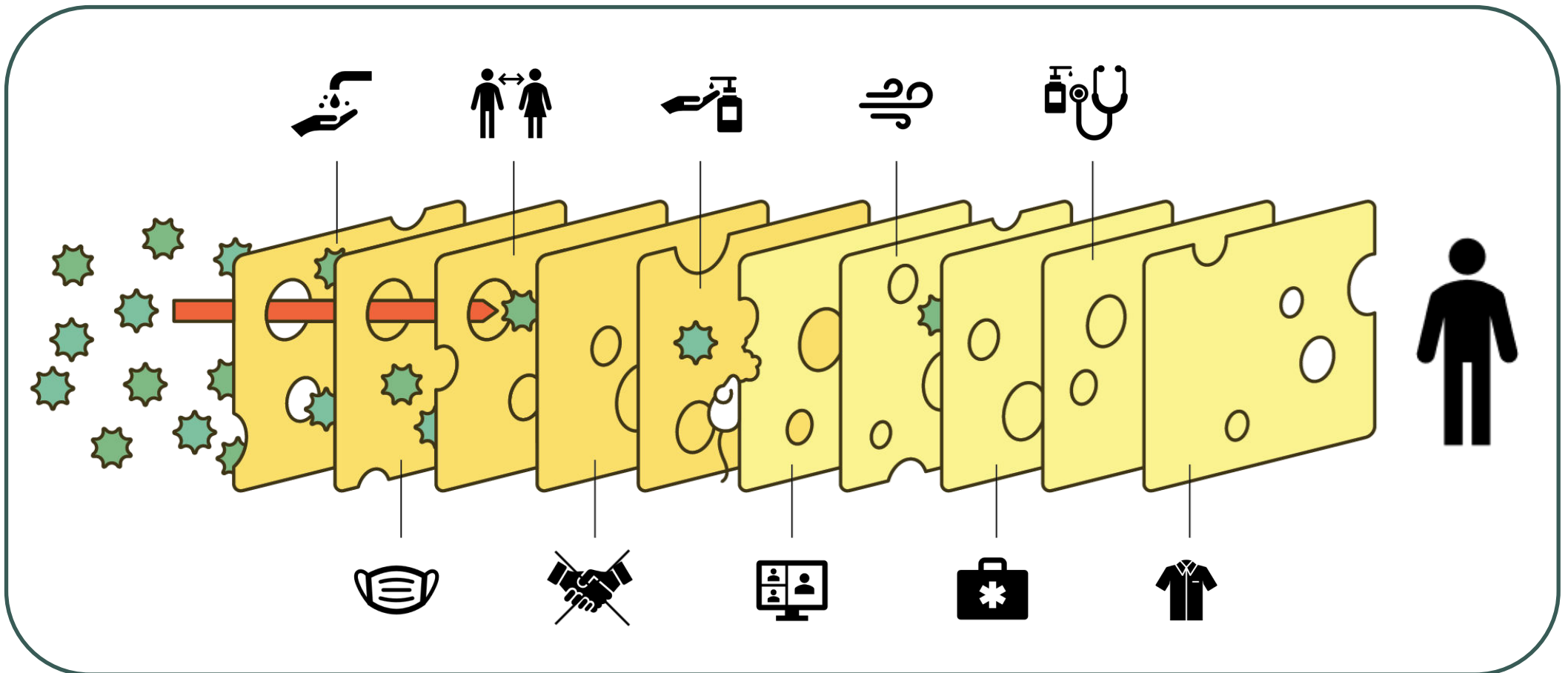
The toolbox's second goal is to ensure that general practices are prepared for (the early phases of) a new pandemic.

This way, a plan for scaling up your infection prevention will already exist, so you won't lose time waiting for measures from the government. Additionally, this can help to further harmonise regional policies regarding infection prevention.

# WHY COMBINE MEASURES?

Every measure contributes to infection prevention in its own way. A single measure is not effective enough on its own. It's the combination of measures that ensures that the spread of infectious diseases is minimised. This doesn't mean that you have to implement all measures in this toolbox, but that implementing several measures, rather than one, may be more effective. Would you like more information? Scan the QR!

More info



# WHAT ARE THE SCENARIOS?



# DECISION-MAKING TOOL

Info Page 1

**REGULAR CARE**

Info Page 2

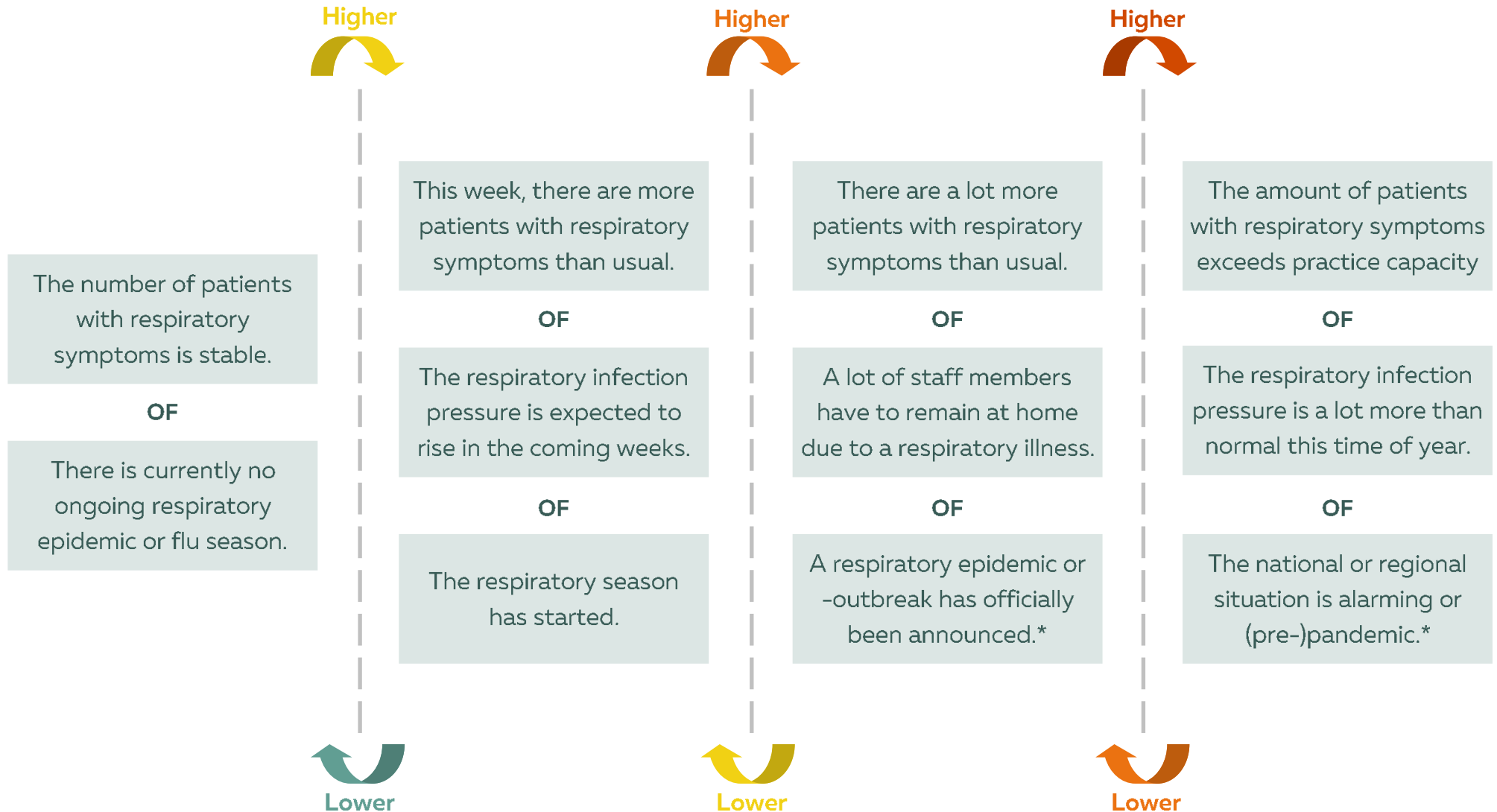
**RAISED PRESSURE**

Info Page 3

**HIGH PRESSURE**

Info Page 4

**SEVERE PRESSURE**



\*According to the umbrella organisation, public health service, national health institute or other influenza surveillance sources.

# Info Page 1

## REGULAR CARE



When there is no need to scale up your practice's preventative measures, you can deliver care as usual. This information page provides a few basic measures and tips to help you prepare for future upscaling.

Good option ●  
Best option 👍

### Hand Hygiene



Apply with

- Water and soap
- 👍 Disinfectant\*\*



You could try to avoid shaking hands with patients.

### Personal



Longer hair tied up or in a ponytail.

Short sleeves or ones that can be rolled up.

No jewellery on the hands or forearms.



Cover damaged skin with a plaster.

Good cough-, sneeze- and toilet hygiene.

Short nails, no nail polish or gel nails.

### Communication



Discuss with your colleagues how you can manage your practice's infection prevention together.

This makes it easier to ensure everyone adheres to the measures. If all professionals follow the same protocol, it is also clearer for your patients.

## Tips to prepare your practice



Appoint a colleague as the point of contact responsible for infection prevention.



Consider how to inform patients about changes in prevention measures. Scan the QR for posters!



Discuss what to do when you have respiratory symptoms yourself. See also the [NHG-guidelines](#).



Make a separate box of tools to use when treating patients with respiratory symptoms.

\*Application according to the [NHG-guidelines](#).

\*\*See also the [background information](#) for explanations why measures are recommended.

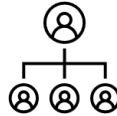
## RAISED PRESSURE



Infection prevention can be at different levels:



Professional



Organisation



Patient

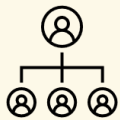
Good option ●  
Best option 👍  
Ecological option 🌍

### Hand Hygiene



Apply with

- Water and soap
- 👍 Disinfectant\*\*



Determine together which moments hand hygiene should be applied, for example according to the 5 moments of the NHG.



Consider to avoid shaking hands with patients.

### Protection



Decide for yourself whether you want to use a face mask when caring for patients with respiratory symptoms.



- FFP2 or N95 respirator
- 👍 Surgical mask type IIR
- 🌍 Plastic face shield



When possible, keep distance during consults, for example between patient and desk.



Consider asking patients not to arrive too early for their appointment.

### Distance



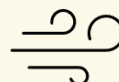
### Some additional tips



Appoint a colleague as the point of contact responsible for infection prevention.



Consider tightening triage procedures when booking appointments.



Try to ventilate the waiting room and/or offices regularly.



Make a separate box of tools to use when treating patients with respiratory symptoms.

\*Application according to the [NHG-guidelines](#).

\*\*See also the [background information](#) for explanations why measures are recommended.

# Info Page 3

# HIGH PRESSURE



Infection prevention can be at different levels:

Professional Organisation Patient

Good option Best option Ecological option

## Hand Hygiene \*

After every patient

- Water and soap
- Disinfectant\*\*

Consider providing patients with hand disinfectant at your practice's entrance.

Shake hands with as few patients as possible.

## Protection \*

Wear a face mask as often as possible when caring for patients with respiratory symptoms.

- FFP2 or N95 respirator
- Surgical mask type IIR
- Plastic face shield

Consider asking patients to wear a face mask when they are in your practice.

## Distance

- Distance during consult
- Distance in waiting room
- Place dividers

- Use different entrances/exits
- Separate respiratory hours
- Consider online consults

Consider asking patients to

- Not arrive too early
- Keep distance from others

## Some additional tips

Appoint a colleague as the point of contact responsible for infection prevention.

Tighten triage procedures when booking appointments

Ventilate well (at least when a CO<sub>2</sub>-monitor indicates a value above 1000ppm).

Regularly clean dividers and surfaces, such as door knobs.

\*Application according to the [NHG-guidelines](#).

\*\*See also the [background information](#) for explanations why measures are recommended.

## SEVERE PRESSURE

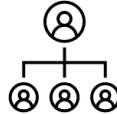
More info



Infection prevention can be at different levels:



Professional



Organisation



Patient

- Good option ●
- Best option 👍
- Ecological option 🌍

### Hand Hygiene

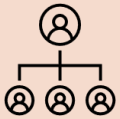


\*



(Before- and) after every patient

- Water and soap
- 👍 Disinfectant\*\*



Provide hand disinfectant at your practice's entrance with a sign asking patients to use it.



Prevent patients from touching objects, such as door knobs, and do not shake hands with them.

### Protection



\*



Wear a face mask with as many patients as possible.



- FFP2 or N95 respirator
- 👍 Surgical mask type IIR
- 🌍 Plastic face shield

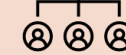


Ask patients to bring a face mask and to wear it when they are in your practice.

### Distance



- Distance during consult
- Distance in waiting room
- Place dividers



- Use different entrances/exits
- Separate respiratory hours
- 🌍 Consider online consults



Ask patients to

- Wait in their car
- Not arrive too early
- Keep distance from others

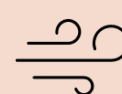
### Some additional tips



Appoint a colleague as the point of contact responsible for infection prevention.



Tighten triage and consider spreading low-priority patients over a longer period of time.



Ventilate well (at least when a CO<sub>2</sub>-monitor indicates a value above 1000ppm).



Regularly clean dividers and surfaces, such as door knobs.

\*Application according to the [NHG-guidelines](#).

\*\*See also the [background information](#) for explanations why measures are recommended.

# INFECTION PREVENTION "TOOLS"

More info



## Within your practice

- |  |  |
|--|--|
| <input type="checkbox"/> Surgical face mask type IIR | <input type="checkbox"/> Hand disinfectant                         |
| <input type="checkbox"/> FFP2 or N95 respirator      | <input type="checkbox"/> Liquid hand soap                          |
| <input type="checkbox"/> Plastic face shield         | <input type="checkbox"/> Long-sleeved gown or apron*               |
| <input type="checkbox"/> Sterile gloves*             | <input type="checkbox"/> CO <sub>2</sub> -monitor & pulse oximeter |
| <input type="checkbox"/> Non-sterile gloves*         | <input type="checkbox"/> Plastic box for your tools                |
| <input type="checkbox"/> Perspex divider             | <input type="checkbox"/> Disinfecting cleaning agent               |



A person responsible for the materials can ensure that all stock will be replenished on time.



Pay attention to whether your disinfecting agents are approved by the [CTGB](#) and if they have received a virus claim.

## For home visits

- Preferred type of face mask
- Hand disinfectant
- Non-sterile gloves
- Protective clothing
- Disposable cleaning wipes
- Waste bags
- Plastic box for your tools



When choosing a hand disinfectant, opt for a product with a re-fatting agent to prevent dry hands.

To better ensure hygiene throughout your practice, it is important to clean thoroughly between consultation hours. To support this, you will find a 'cleaning card' on the background pages – a template for a door-hanger style sign that you can attach to the cleaning cart. This makes it much clearer for the person cleaning the practice to know what needs to be cleaned and how. Scan the QR code at the top right of this page to download these background pages, including the cleaning card.

\*Application according to the [NHG-guidelines](#).

# COLOPHON

## Development

This toolbox was created by the Living Lab Public Health Mosa, part of the Public Health Service South Limburg and the Department of Social Medicine at Maastricht University. It was commissioned by the IP & AMR Care Network Limburg and ZonMw. The content is based on extensive qualitative research, as well as other sources. The toolbox was then developed by a multidisciplinary team (see below). After development, the toolbox was thoroughly reviewed by various general practitioners, assistants, and practice managers. The collected feedback was then used to improve the toolbox. Scan the QR code for the full list of references and the results of our preliminary research.

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## More info

