Doffing Your PPE for a High Output Ebola Patient
Introduction

The doffing process includes at least two individuals:

- the healthcare worker (HCW)
- the doffing expert (DE)

- Steps for the HCW are in black
- Steps for the DE are in red
ROLE OF DOFFING EXPERT

• The doffing process is conducted under the supervision of a trained expert (DE), who reads aloud each step of the procedure and confirms visually that the PPE has been removed properly.

• The DE is donned in PPE with 3 pairs of gloves.

• Prior to doffing PPE, the expert must remind healthcare workers to avoid reflexive actions that may put them at risk, such as touching their face. Repeat this verbally during doffing.

• Remind the HCW to NEVER pick up any items that have been removed from their person or that drop to the doffing pad.

• Although the expert should minimize touching healthcare workers or their PPE during the doffing process, the expert may assist with removal of specific components of PPE as outlined below.

• The expert disinfects their own outer-gloved hands immediately after handling any healthcare worker PPE using a wipe.
STEP 1: PREPARE DOFFING AREA

**Doffing Expert (DE):** Lay out doffing pad, waste disposal bag, open disinfectant wipes container, position one chair on doffing pad, and obtain extra gloves. DE donned in complete PPE with doffing checklist.
STEP 2: ENTER DOFFING AREA AND STAND ON PAD

Ensure that you are in the appropriate decontamination zone & DE is present, donned in complete PPE with checklist.

Do not step off of the doffing pad until you have received instruction from the DE.
STEP 3: INSPECT PPE

Inspect the PPE ... to assess for visible contamination, cuts, or tears before starting to remove. If any PPE is visibly contaminated, then disinfect using an *EPA-registered disinfectant wipe. The DE should hand a wipe to the HCW without touching the worker. After wiping, continue onto the next step.

***If the doffing HCW experienced contamination via cut, needle stick, mucus membrane exposure, or direct skin contact, proceed with the doffing, but keep the doffing healthcare worker in the doffing area upon completion. Infection control MD and the attending should be notified immediately.

DO NOT LEAVE THE DOFFING AREA UPON COMPLETION OF DOFFING IF THERE HAS BEEN CONTAMINATION.
STEP 4: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 5: PREPARE TO REMOVE CAPR

1. Without letting go of the ties, untie the neck ties on the hood.
2. Retie them at the ends and let them go.
3. Without letting go of the tie straps, untie the lower torso ties on the hood.
4. Being careful to not touch the Tychem suit, bring the ties over your shoulders and retie them at the ends. Let them go.
STEP 6: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 7: REMOVE THE CAPR HOOD

1. Detach the back hood snap at the base of the helmet and pull the hood out a little bit.

2. Using both hands, grasp the hood at the base of the helmet and begin to pull the hood up and over the blue filter about half way towards the front.

3. Using both hands, reach back and grasp the lower part of the shroud and lift it straight up.

4. Begin to roll the shroud forward and inside itself.

5. Continue to roll the shroud forward inside itself until it is completely off the helmet and your hands are in front and at approximately a 45 degree angle above your head.
STEP 8: REMOVE THE CAPR HOOD CONT.

1. Using the clean inside portion of the shroud, grasp the outside lens snaps and detach them.
2. While keeping eyes closed tightly and holding your breath, continue to pull hood forward and away from you until the front snap is completely released.
3. Continue folding hood inside itself and discard in waste disposal receptacle.
STEP 9: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 10: REMOVE CLEAR PLASTIC APRON

1. Pull apron off from the front chest area, closing eyes and holding breath.
2. The apron should tear apart on the back and come off in one fluid motion.
3. Continue folding apron inside itself and discard in waste disposal receptacle.
STEP 11: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 12: UNZIP TYCHEM SUIT

Walk your hand up the length of the zipper from your waist towards your neck, following the teeth of the zipper until you find the pull tab. Then, unzip the suit.
STEP 13:
DE ROLLS TYCHEM SUIT
DOWN AND AWAY FROM
HEALTHCARE WORKER
STEP 14: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 15:
SIT IN CHAIR. REMOVE TYCHEM SUIT AND BLUE MID-CALF BOOT COVERS

- Leave the inner clear plastic boot covers in place.
- Pinch outside of blue boot covers and gently pull outwards to remove blue mid-calf boot covers and the rest of the Tychem suit. You may use both hands.
- Continue to roll Tychem suit and blue mid-calf boot covers into tight ball and discard in waste disposal receptacle.
STEP 16: DISINFECT OUTER GLOVES AND REMOVE

- Disinfect inner-gloved hands with an *EPA-registered disinfectant wipe.
- The DE will hand the HCW a disinfectant wipe without touching the HCR.
- Remove the first outer glove by pinching at the wrist and pulling up and away from the hand, thereby inverting the glove and exposing the uncontaminated inner surface.
- Using the uncontaminated inner surface of the first removed glove, pinch the wrist of the other remaining outer glove and pull up and away to discard, dropping both gloves on the doffing pad.
STEP 17: DISINFECT INNER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 18: REMOVE HELMET

1. Unplug battery cord from battery. Take helmet off and place on top of bedside table.
STEP 17: DISINFECT INNER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR. If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 18: REMOVE BATTERY AND BATTERY BELT
Unbuckle battery belt and place belt with battery on top of CAPR cart or bedside table
STEP 19: DISINFECT INNER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 20: REMOVE CLEAR PLASTIC BOOT COVERS

• Using the back of chair to balance, Pinch and pull clear plastic boot cover away from your leg.

• Remove clear plastic boot covers

• As you remove one plastic boot cover, place that foot on the clean area floor, off of the doffing pad.

• Then, slowly but purposefully remove the other plastic boot cover, place that foot on the clean area floor, completely off of the doffing pad.
STEP 21: DISINFECT INNER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe.

The DE will hand the HCW a disinfectant wipe without touching the HCR.

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 22: REMOVE AND DISCARD GLOVES

- Remove the first glove by pinching at the wrist and pulling up and away from the hand, thereby inverting the glove and exposing the uncontaminated inner surface.

- Using the uncontaminated inner surface of the first removed glove, pinch the wrist of the other remaining glove and pull up and away to discard, dropping both gloves on the doffing pad.
STEP 23: PERFORM HAND HYGIENE

Perform hand hygiene with an ABHR from an automatic dispenser and let dry.

The DE will squirt hand rub onto your hands without touching the HCR if not using automatic dispenser.
STEP 24: FINAL INSPECTION

Expert Final Inspection:

Perform a final inspection of healthcare worker for any indication of contamination of the scrubs/disposable garments. If contamination is identified, immediately inform infection prevention team or occupational safety and health coordinator or their designee before exiting PPE removal area.

Reminder: If there is concern for contamination, DO NOT LEAVE THE DOFFING AREA.
STEP 25:
EXIT DOFFING AREA

Sign log book and record time
STEP 26: SHOWER

Showers are recommended at each shift’s end for healthcare workers performing high risk patient care (e.g., exposed to large quantities of blood, body fluids, or excreta). Showers are also suggested for healthcare workers spending extended periods of time in the Ebola patient room.
STEP 27: HYDRATE

Hydrate with water or non-caffeinated sports drinks
STEP 28:
PROTOCOL EVALUATION/
MEDICAL ASSESSMENT

Either the infection prevention team or occupational health safety and health coordinator or their designee on the unit at the time should meet with the healthcare worker to review the patient care activities performed to identify any concerns about care protocols and to record healthcare worker’s level of fatigue and vital signs.