Doffing Your PPE for a Low 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 doffing 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 low output PPE.

• 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.
Steps 1-2
Doffing Expert: 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 3: ENTER DOFFING AREA

Ensure that you are in the appropriate decontamination zone & DE is present, donned in complete PPE with checklist.
STEP 4: STAND ON DOFFING PAD

Do not step off of the doffing pad until you have fully removed all PPE except for N95, bouffant cap, and final pair of gloves and you have received instruction from the DE.
BEGIN DOFFING PROCESS

STEP 1: 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 2: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe or using alcohol gel from an automatic dispenser.

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

If a wipe hits the doffing pad, do NOT pick it up. The DE will provide you with another clean wipe.
STEP 3: REMOVE OUTER BOOT COVERS

Sit down in chair on doffing pad and ensure that the gown covers your knees. Pinch and pull to remove blue mid-calf boot covers.

Hold your leg off the ground while removing the covers.

Be careful to ensure that the clear plastic boot covers remain in place.
STEP 4: STAND UP

Stand up carefully.

You are now wearing clear plastic covers and disposable shoes.
STEP 5: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe or alcohol gel from an automatic dispenser. Let them dry.

The DE will hand the HCW a disinfectant wipe without touching the HCR.
Step 6:  
Disinfect Chair: 

Disinfect chair hands with an *EPA-registered disinfectant wipe
STEP 7: DISINFECT OUTER GLOVES

Disinfect outer-gloved hands with an *EPA-registered disinfectant wipe or alcohol gel from an automatic dispenser. Let them dry.

The DE will hand the HCW a disinfectant wipe without touching the HCR.
STEP 8: REMOVE OUTER GLOVES

Remove and discard outer gloves taking care not to contaminate inner gloves during removal process.

1. Remove the first outer glove by pinching at the wrist on the outside of the glove only and pulling up and away from the hand, thereby inverting the glove and exposing the uncontaminated inner surface.

2. 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 9: DISINFECT GLOVES

Disinfect inner-gloved hands with an *EPA-registered disinfectant wipe or alcohol gel from an automatic dispenser.

The DE will hand the HCW a disinfectant wipe without touching the HCR.
STEP 10: REMOVE FACE SHIELD

Remove the full face shield by tilting the head slightly forward and bending at the waist, grabbing the rear strap and pulling it over the head, gently allowing the face shield to fall forward and discard. Avoid touching the front surface of the face shield. Keep eyes closed tightly and hold your breath when doing this.
STEP 11: 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.
STEP 12: REMOVE HOOD

Reach hands behind head and pull hood up and over the front of the head towards the face. Keep eyes closed tightly and hold your breath when doing this.

It may be necessary to bend at the waist and tilt head slightly forward to remove hood.

The DE may assist with the hood removal as needed.
STEP 13: 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.
STEP 14:
REMOVE GOWN

HCW should attempt to grab gown in front and pull away. They may receive assistance by the DE to unfasten the gown (if needed).

Avoid contact of scrubs or disposable garments with outer surface of gown during removal. Pull gown away from body, rolling inside out and touching only the inside of the gown.
STEP 15: DISINFECT INNER GLOVES

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

The DE will hand the HCW a disinfectant wipe without touching the HCR.
STEP 16: REMOVE CLEAR 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 and place that foot on the clean area floor. You are now standing completely off of the doffing pad.
STEP 17:
DISINFECT INNER GLOVES

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

The DE will hand the HCW a disinfectant wipe without touching the HCR.
STEP 18: REMOVE INNER GLOVES

Remove and drop inner gloves and place doffing pad without touching your skin.

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

2. Using the uncontaminated inner surface of the first removed glove, pinch the wrist of the other remaining inner glove and pull up and away to discard, dropping both gloves on the doffing pad.
STEP 19: PERFORM HAND HYGIENE

Perform hand hygiene with an alcohol-based hand rub (ABHR) and let dry.

The DE will squirt hand rub onto your hands without touching the HCR.
STEP 20:
PUT ON CLEAN GLOVES

Hold your hand out, palms up, and the expert will drop a clean pair of gloves into your hands.

Put on gloves.
STEP 21
REMOVE BOUFFANT CAP & N95 RESPIRATOR

Remove the bouffant cap and N95 respirator by tilting the head slightly forward, grasping the back of the bouffant cap and both elastic straps, and remove without touching the front of the N95 respirator.

Keep eyes closed tightly and hold your breath when doing this. Drop bouffant cap and N95 respirator onto doffing pad.
STEP 22: DISINFECT INNER GLOVES

Disinfect inner-gloved hands with an *EPA-registered disinfectant wipe.
STEP 23: REMOVE GLOVES

Remove and drop gloves onto doffing pad without touching your skin.

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

2. 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 24: PERFORM HAND HYGIENE

Perform Hand Hygiene:
Perform hand hygiene with an alcohol-based hand rub (ABHR) and let dry.
STEP 25:
FINAL INSPECTION

Expert Final Inspection:
The DE will perform a final inspection of healthcare worker for any indication of contamination of the surgical scrubs or 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.
STEP 26:
EXIT DOFFING AREA
STEP 27: SIGN LOG

Sign log book and record time leaving the patient care and doffing areas.
STEP 28: 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 29: HYDRATE

*Hydrate* with water or non-caffeinated sports drinks
STEP 30:
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.