

Care & Safety Precautions for Nursing Staff during Covid-19 Pandemic

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ABSTRACT

Day by day fighting against with coronavirus disease (Covid-19) is being prominent and essential to save one's lives. Healthcare workers like doctors, nurses, paramedics, pharmacists, technicians etc are at front line of Covid-19 which put them at risk as a result of their response. Like doctors, nurses also play a vital role in treating the critically ill patients from hospital admitting to discharging to home and help them to live normal life as before. The current article is about care and safety precautions for nurses to be taken during current pandemic situation in order to make themselves protect from hazardous virus and to do their work responsibilities like before. In addition, the present study emphasis the guidelines and instructions that must be followed by a nurse while treating the patient.

Keywords: Coronavirus; Covid-19; Nurses; Health care workers; Safety precautions, PPE.

INTRODUCTION

During Covid-19 pandemic times, everyone should follow safety precautions such as maintain physical distancing in order to avoid person to person spread and frequent hand-washing or washing hands using an alcohol based rub frequently and not touching face as advised by World Health Organization (WHO). Especially, healthcare workers should have to take care as there is chance of exposing to virus. The Occupational Safety and Health Administration (OSHA) developed this COVID-19 planning guidance based on traditional infection prevention and industrial hygiene practices. It focuses on the need for employers to implement engineering, administrative, and work practice controls and personal protective equipment (PPE), as well as considerations for doing so [1]. The Protective equipment consists of garments placed to protect the health care workers or any other persons to get infected. These usually consist of standard precautions: gloves, mask, and gown. If it is blood or airborne high infections, it will include: Face protection, goggles and mask or face shield, gloves, gown or coverall, head cover, rubber boots [2].

Safety Precautions for Nursing Staff are:

1. Must know the usage of PPE and maintaining it properly.
2. Should guide confirmed covid-19 patient about PPE.

3. Use caution when handling needles or other sharps, and dispose of contaminated sharps in puncture-proof, labeled, closable sharps containers
4. Should avoid touching their faces, including their eyes, noses, and mouths, particularly until after they have thoroughly washed their hands upon completing work and/or removing PPE.
5. Train and retrain workers on how to follow established protocols [3] and themselves regarding the covid-19 disease.

CONCLUSION

The present study concludes that developing safety precautions and guidelines given by World Health Organization (WHO) and Occupational Safety and Health Administration (OSHA) will be helpful to overcome the covid-19 pandemic outbreak.

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Received: August 18, 2020; Accepted: August 25, 2020; Published: August 31, 2020

Citation: Ghai S (2020) Care & Safety Precautions for Nursing Staff during Covid-19 Pandemic. J Perioper Crit Intensive Care Nurs S1: 152. doi: 10.35248/2471-9870.20.S1.152.

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