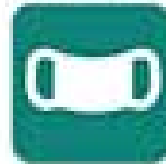
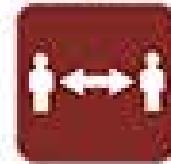


MDH COMMUNITY E-NEWSLETTER



SURGICAL MASK



SOCIAL DISTANCING



HAND WASHING

Volume: 1 Issue 1 JULY 2020

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This is how to use and dispose a **MEDICAL MASK**

- Before picking an unused mask, clean hands with an alcohol based hand sanitizer or with soap and water;
- Pick up the mask and inspect for tears or holes;
- Orient yourself with the top side, where the metal strip is;
- Identify the proper side of mask facing outside, the colored side;
- Place the mask to you face, pinch the metal strip and mould it to your nose and face;
- Pull down the mask's bottom so it covers your mouth and your chin;
- After use, take off the mask, remove the elastic loops from behind the ears while keeping the mask away from your face and clothes; Do not allow the mask to touch or contaminate surfaces or clothes;
- Avoid touching potentially contaminated parts of the mask; Discard the mask in a closed bin immediately after use; and clean your hands after discarding your mask.

Source: Department of Health (DOH)

AN URGENT REMINDER

From: Infection Prevention and Control Office (IPCO)

Be A Responsible Manila Doctors Hospital Healthcare Worker (HCW)

We are reminding our community to take necessary precautionary measures to **STOP THE SPREAD of COVID-19**

- Proper wearing of mask (surgical/cloth) at all times.
- Physical distancing of at least 1 meter apart
- Performing hand hygiene frequently
- Take turns in eating during mealtime. No socializing or congregating in one area for too long.
- If a healthcare worker is experiencing symptom/s consistent with COVID -19 (e.g. sore throat, headache, muscle or body aches, diarrhea, cough. Congestion or runny nose, fever, loss of taste and smell, shortness of breath or difficulty in breathing, fatigue, nausea or vomiting) notify your immediate supervisor and proceed to Emergency Room (ER).
- HCWs classified as Suspect, Probable, or Confirmed COVID -19 are mandated to be on strict quarantine and not report for duty until clearance from the Infection Prevention and Control Office (IPCO) is obtained.
- Regularly accomplish the Enhanced Daily Monitoring Form assigned to your respective directorate/division. Be truthful with your health status.

Be part of the solution! Let us all do our part in preventing the spread of this disease.

Can face masks help slow the spread of the COVID-19?

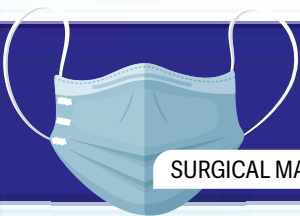
Yes, according to Mayo Clinic and the World Health Organization (WHO), face masks combined with other preventive measures, such as frequent hand-washing and social distancing, help slow the spread of the virus.

So why weren't face masks recommended at the start of the pandemic? At that time, experts didn't know the extent to which people with COVID-19 could spread the virus before symptoms appeared. Nor was it known that some people have COVID-19 but don't have any symptoms. Both groups can unknowingly spread the virus to others.

These discoveries led public health groups to do an about-face on face masks. The World Health Organization and the U.S. Centers for Disease Control and Prevention (CDC) now include face masks in their recommendations for slowing the spread of the virus. The CDC recommends cloth face masks for the public and not the surgical and N95 masks needed by health care providers.

How do the different types of masks work?

At this time, the U.S. Food and Drug Administration has not approved any type of surgical mask specifically for protection against the coronavirus, but these masks may provide some protection when N95 masks are not available.



SURGICAL MASK



N95 MASK



CLOTH MASK



MASK WITH VALVE

Also called a medical mask, a surgical mask is a loose-fitting disposable mask that protects the wearer's nose and mouth from contact with droplets, splashes and sprays that may contain germs. A surgical mask also filters out large particles in the air. Surgical masks may protect others by reducing exposure to the saliva and respiratory secretions of the mask wearer

Actually a type of respirator, an N95 mask offers more protection than a surgical mask does because it can filter out both large and small particles when the wearer inhales. As the name indicates, the mask is designed to block 95% of very small particles. Some N95 masks have valves that make them easier to breathe through. With this type of mask, unfiltered air is released when the wearer exhales.

Cloth masks should include multiple layers of fabric. The CDC recommends that you wear a cloth face mask when you're around people who don't live with you and in public settings when social distancing is difficult.

The non-compliant masks have a one-way valve that allows your exhaled air to pass through a small round or square filter disk attached to the front of the mask. Valve masks may seem technologically superior to plain old cloth or disposable surgical masks, but in fact they fall short. Designed to ease exhalation and decrease humidity for the wearer, they do not block transmission of COVID-19 because they allow exhaled air and droplets to escape.

NURSING HOUR NURSING STAFF KEEPING UP TO PAR ONE HOUR AT A TIME

“ Measures to Promote Hygiene and Comfort”

The Nursing Service Directorate has the primary goal to provide safe and quality nursing care and services and part of this effort is achieved through the proper assessment, planning, and administering of programs. This ensures that employees have the necessary attitude, knowledge and skill sets to perform effectively and efficiently, thus meeting the organizational business goals and objectives. This is in line with the issued Resolution No. 21 by the Philippine Regulation Commission, through the Professional Regulatory Board of Nursing, which provides the Operational Guidelines for the implementation of Republic Act 10912 or the 'Continuing Professional Development (CPD) Act of 2016' for nursing. The operational guidelines states that "the nurses have to expand their knowledge and technical competencies in light of the complexities of the healthcare needs and demands for better delivery of safe nursing care services, and that in line with meeting the ASEAN Core Competency - Standards as well as other international and global standards, there is a need to continuously update themselves in order to meet these challenges."

To keep up with these demands, the **Training Research and Development Department (TRD)** aims to provide nursing staff updates to further elevate their profession and optimize the delivery of quality safe patient care and with relation to this, TRD held their very first Nursing Hour last July 20, 2020 with the title "Measures to Promote Hygiene and Comfort." It is a new venture in providing seminars, workshops, and lectures on current and relevant issues concerning best health practices and updates in standard nursing procedures, in addition to the creation of training modules specially crafted for the inpatient, ambulatory, and intensive care units. Aligning the program to the new normal protocols on infection prevention and control, social distancing has been a challenge, but this was never a hindrance in expanding the reach of the provision of learning. The said program was provided via ZOOM Meeting wherein participants were able to attend while they are at the nurses' station or even at the comfort of their homes. The webinar was also made interactive with the use of the poll feature of the said application. At the start of the program, participants



Nurse Professional Development Specialists Nicolò Martin Bello and Khrisitan Alfon while giving their lecture via Zoom meeting with the topic on Measures to Promote Hygiene and Comfort

answered some questions related to the topic which stimulated their minds. Thereafter, result of the poll was presented to all the participants. The lecture, which was lifted from the training modules created by the team, was provided by Khristian Alfon and Nicolò Martin Bello, the Nurse Professional Development Specialists of NSD-TRD, It was made comprehensive, brief, and interesting in the best way possible. In addition to this, a certificate will be provided to each participant after they accomplish the skills competency checklist, ensuring that the procedures discussed were properly performed. Responses from the participants were also mostly positive. One of the head nurses even made a comment that the topics were wonderful and refreshing. On the other hand, Training Evaluation Reaction Level Forms were provided to all the participants afterwards. This will surely be helpful in giving the organizers an insight on the strengths and weaknesses of the first Nursing Hour, and identify ways to further improve the project.

Truly, nursing is an evolving profession. In the advent of technological advancement in the discipline of healthcare, the state of the art for today may be obsolete in the next few years when it comes to patient care. Thus, engaging the nursing staff in such activities can be greatly beneficial. The Nursing Hour will be held on Mondays of every other week, with the next session this coming August 3, 2020 at 10:00am to 11:00am.

How to Cope with **JOB STRESS AND BUILD RESILIENCE** During the COVID-19 Pandemic

Source: Center for Disease Control and Prevention (CDC)

Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burnout. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace, and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

Recognize the symptoms of stress you may be experiencing

- Feeling irritation, anger, or in denial
- Feeling uncertain, nervous, or anxious
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

Know the common work-related factors that can add to stress during a pandemic

- Concern about the risk of being exposed to the virus at work
- Taking care of personal and family needs while working
- Managing a different workload
- Lack of access to the tools and equipment needed to perform your job
- Feelings that you are not contributing enough to work or guilt about not being on the frontline
- Uncertainty about the future of your workplace and/or employment
- Learning new communication tools and dealing with technical difficulties
- Adapting to a different workspace and/or work schedule

7 WAYS TO COPE WITH STRESS DURING A CRISIS



Coping with stress during a crisis

1. TALK TO YOUR LOVED ONES

It's normal to feel sad, stressed, confused, scared or angry during the crises. Talking to people you trust can help. You can spend time with your loved ones at home or remotely through email or video chat.



2. COMMUNICATE

Talk with your coworkers, supervisors, and employees about job stress while maintaining physical distancing. Ask about how to access mental health resources in the workplace.



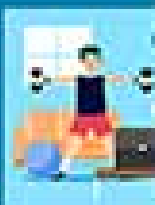
3. DEVELOP

Have a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic. If you work from home, set a regular time to end your work for the day, if possible.



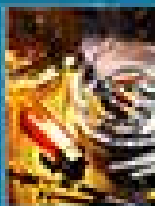
4. MAINTAIN A HEALTHY LIFESTYLE

When at home, maintain a health lifestyle - including proper diet, sleep, exercise and drink water. There are many free sources out there to stay in shape by doing at home workout videos, online healthy recipes and blog posts.



5. DON'T USE TOBACCO, DRUGS OR ALCOHOL TO COPE

If you feel overwhelmed, talk to a health worker or counselor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



6. GET THE FACTS

Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, local or state public health agency.



7. CHECK ON OTHERS

Helping others improves your sense of control, belonging, and self-esteem. Look for safe ways to offer social support to others, especially if they are showing signs of stress, such as depression and anxiety.

