Adapting Your Lab for Physical Distancing

EMS Education Ideas, Tips, and Tricks
PHYSICAL DISTANCING
Vitally Import!

In 5 Days

Normal behavior
1 Person Infects
2.5 People

50% less Contact
1 Person Infects
1.25 People

75% less Contact
1 Person Infects
0.625 People

In 30 Days

406 People

15 People

2.5 People
PHYSICAL DISTANCING

Standard guidelines

- No Handshakes or Hugs
- Keep your Distance (about 6 feet)
- Work Remotely
- Avoid Crowds
- Stay at Home
- Wash your Hands
Naturalization
High level of performance achieved with actions becoming second nature.

Articulation
Several skills can be performed together in a harmonious way.

Precision
Performance becomes more exact, and action are more precise.

Manipulation
Actions performed through memorization or following directions.

Imitation
Learns by watching and imitating actions.
Considerations

SAFE    COMPLIANT    WORTHWHILE
We had a long way to go...
Action Plan

• Evaluate guidelines including local or institutional policies/orders
• Create policies and implementation plans
• Stock up on supplies
• Prepare the space
• Message to students
• Train staff
• Get back to lab!

Everyone is working on similar problems! Crowd source your solutions and policy ideas!
Our Collaborators

- School of Medicine
- School of Nursing
- Phlebotomy
- EMT Program
- AHA Programs
- Simulation Center
- Administration
- Infectious Disease
- UCLA Health
How do you make it safe?
Let’s look at the guidelines
Social distancing is an effective tool for preventing the spread of disease. It can include large-scale measures, as well as personal decisions.

When possible, keep 6 feet between students and staff.

Avoid
- Large static classes
- Eating/drinking in groups
- Shared social spaces
- Invasive or aerosolizing procedures
- Additional people (volunteers or observers)

Use Caution
- Less than 6 feet apart
- Vigorous activity
- Close proximity for more than 10 minutes
- Student to student interaction

Safe
- Distanced approach
- Use of manikins that can be cleaned
- Small groups
- Masking
- Face shields/eye protection
• Everything that can be distanced will be distanced.
• Prescreen participants
• Universal use of cloth face masks
• Permissive use of face shields
• Ensure it remains a safe learning environment for everyone
Here to stay
Is it worth it?

- CPR skills
- Needles/sharps safety
- COA requirements
- Clinical site requirements
- Filling a gap?
  - Missing rotations
  - Lapses in continuity
  - Less exposure/risk
Provide resources for those being sent home. Make policies that encourage staying at home.
PHYSICAL DISTANCING
Current recommendations

https://www.banquettablespro.com/social-distancing-room-space-calculator
PPE?

• Not a clinical setting
• Shortage still real concern
• Cost

We decided:

• Universal masking
• Permissive face shields/eye protection
Cleaning

• Source plenty of supplies before you start

• Some equipment/manikins can’t be disinfected easily

• Overestimate the time!
Student Messaging

• Explain the “why”
• Early
• Often
• Language should reflect reality

Set reasonable expectations but be flexible.
Ensure a safe space for everyone
Where We Landed
CROWD SOURCE!

Shout out to Chip @ Cape Fear Community College
Michael Nelson @ Yavapai College