



Guidance on PPE, Toileting, Restraint & Seclusion 8.7.20

This is a working document, which may be updated frequently due to the rapidly changing response to this pandemic emergency and ongoing Federal guidance updates.

This document is meant to provide assistance in procedures and protocols associated with children who may require support to toilet and children who may require physical management as part of their comprehensive educational programming. This tool should be used in conjunction with the [Personal Protective Equipment \(PPE\) Use Chart](#) issued from the Maine Department of Education on 8-6-2020. Each district should assess student need on an individual basis and in conjunction with administrators, school nurses, special education staff, and parents.

Video Demonstrations for Use of these Items

How to Wear a Cloth Face Covering: <https://www.youtube.com/watch?v=dy9TzRwVWoA>

How to Safely Put on (don) PPE: <https://www.youtube.com/watch?v=H4jQUBAIBrI>

How to Safely Remove (doff) PPE: <https://www.youtube.com/watch?v=PQxOc13DxvQ&t=15s>

Resources

National Association of School Nurses and National Association of State School Nurse Consultants. *Guidance for Healthcare Personnel on the Use of Personal Protective Equipment (PPE) in Schools During COVID-19*. Accessed from:

<https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/Guidance-for-Healthcare-Personnel-on-PPE-Use-in-Schools.pdf>

U.S. CDC. *Optimize PPE Supply* <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>

Toileting Protocols:

- Staff must change students' clothing and their own clothing when soiled with secretions or body fluids. Students' soiled clothing must be bagged and sent home sealed in a plastic container or bag.
- Toileting and diapering areas (including tables, pails, countertops, toileting chairs, sinks/faucets, toilets, floors, etc.) must be cleaned and disinfected after each use.

Note: Cleaning and disinfecting are two separate tasks:

Clean: To physically remove dirt, debris, and sticky film by washing, wiping, and rinsing.

Disinfect: To kill nearly all the germs on a hard, non-porous surface with a recommended chemical to remove bacteria.

- Disinfect when students are not in the area. Surfaces should be dry by the time students use the area.
- Toileting/diaper procedures, including cleaning and disinfecting procedures, should be posted in the bathroom changing area.
- Signage should be kept simple
- Train staff on proper removal of PPE, cleaning and sanitization procedures before students begin school (see video demonstration on use of these items above)
- To ensure the student and staff safety, make the change more efficient, and reduce opportunities for contamination, assemble all necessary supplies before bringing the student to the changing area.
- To reduce contamination, wash the student's hands after toileting/diaper change.

Additional Resources:

- [Caring for Children in Group Settings During COVID-19](#)

Physical Restraint and Seclusion Procedures:

Physical Restraint/Seclusion and COVID-19: These guidelines are to be used in conjunction with Maine's Chapter 33: Rule Governing Physical Restraint and Seclusion.

Special education staff should be mindful that seeing staff putting on protective equipment or being approached by staff wearing protective equipment can create anxiety in students. Use a student-centered approach and offer reassurance throughout interactions. Prepare and teach students to tolerate staff with PPE. Consider using a process to support students in seeing their teachers, such as buttons with images of staff on them.

Limiting Risk of Infection Prior to Physical Restraint

- Plastic protective gowns that can easily be ripped or torn are not advised as they may become a hazard.
- Ensure staff are wearing disposable gloves, disposable (medical) masks, face shields, and long sleeves to the maximum extent possible.

- Only staff required for safely restraining a student should be involved; one additional staff member should monitor and address protective equipment needs for those staff who are involved in the restraint if protective equipment needs to be altered or adjusted.

Limiting Risk of Infection During a Physical Restraint

- Keep hands clear of eyes, mouth and nose of self and others.
- Staff should be relieved as soon as possible if not wearing appropriate protective equipment.
- Given the risk of COVID-19, it is even more important than usual to try to avoid long and extended restraints.

Limiting Risk of Infection After a Physical Restraint

- Remove and dispose of and/or clean protective equipment immediately following correct procedures (see video demonstration on use of these items above)
- Avoid touching your face and limit contact with hard surfaces before immediately washing hands.
- To minimize exposure, it is recommended that staff have a change of clothes available in cases where their clothes become contaminated.
- Once all health and safety issues have been addressed, follow debriefing and reporting procedures for the restraint.

**Follow guidance and updates provided by physical management training organization (e.g. SafetyCare, TCI, etc).
Students involved in emergency physical restraint and seclusion should have a free and unobstructed airway and should not be wearing a face covering during a physical restraint or seclusion.**

Limit Risk of Infection after a Seclusion

- Auxiliary spaces (break spaces, quiet rooms etc.) must be cleaned and disinfected after each use.
Note: Cleaning and disinfecting are two separate tasks:
Clean: To physically remove dirt, debris, and sticky film by washing, wiping, and rinsing.
Disinfect: To kill nearly all the germs on a hard, non-porous surface with a recommended chemical to remove bacteria.
- Disinfect when students are not in the area. Surfaces should be dry by the time students use the area.

Additional Resources:

- [Clinical Guidance for NHS Scotland: Using Physical Restraint with Confirmed or Suspected COVID-19](#)
- [Resource for Implementing Trauma Informed Care](#)
- [Safety-Care Standards and Recommendations Regarding Coronavirus Disease](#)
- [Crisis Prevention Institute: De-escalation Tips in Light of Coronavirus Anxiety](#)

Toileting and physical intervention guidance adapted from [Massachusetts Initial Fall School Reopening Guidance issued on 6/25/2020](#)