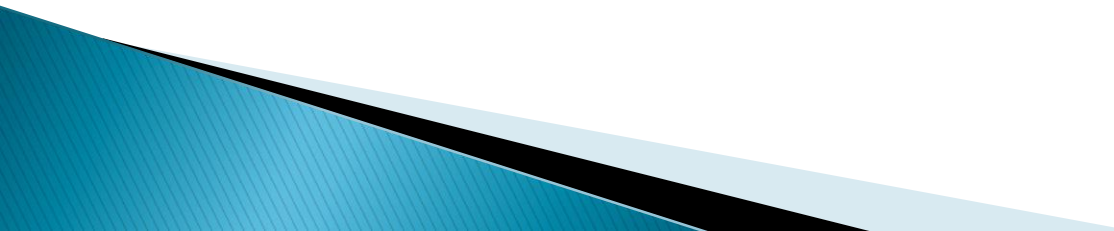


PRESENTER:
HELLEN WEKESA

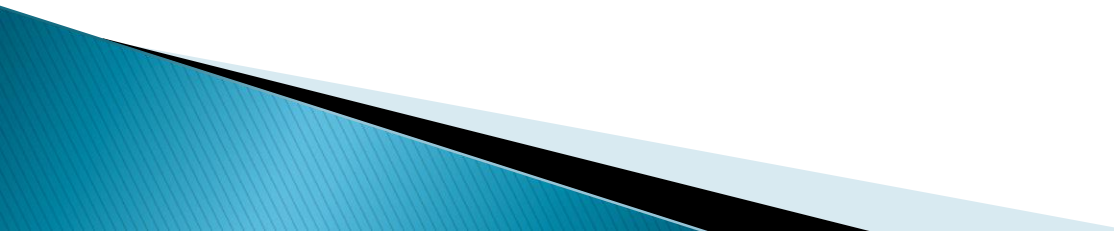
MPH–RH,BSCN,KRPN/KRCHN
Chief Nursing Officer

COVID 19 CONTACT TRACING

Definition

- ▶ Contact tracing in context of COVID 19 is process of identifying, assessing and managing people who have been exposed to a disease to prevent onward transmission.
- 

DEFINITION CONT.....

- ▶ Contact is anyone who has had an exposure to a COVID19 case (s)
 - ▶ Follow up is done daily for 14 days from the last point of exposure (WHO,2020)
 - ▶ Contact tracing is community engagement by trained contact tracers, supervisors, logistic support to teams to collate, compile and analyse data in real time.
- 

DIFFERENCE BETWEEN ISOLATION AND QUARANTINE

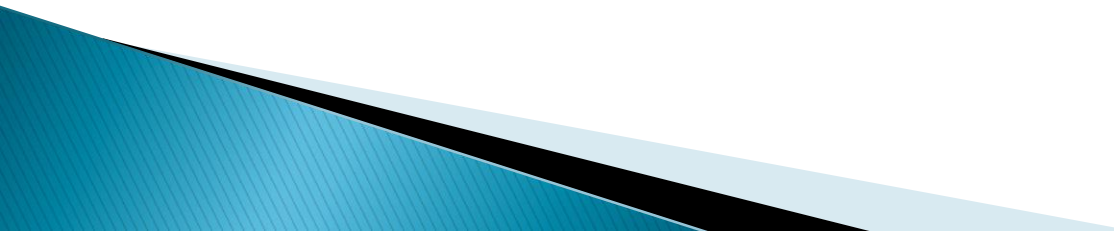
ISOLATION	QUARANTINE
Tested positive for covid-19 or you have mild symptoms and likely to have covid-19	Have been in close contact with someone who is confirmed covid-19 positive, you don't have symptoms and have not tested positive
Avoid contact with other people for 14 days if asymptomatic, 14 days after symptoms started and you have mild diseases	Avoid contact with other people for 14 days after exposure to a person with covid 19 disease

DIFFERENCES CONT....

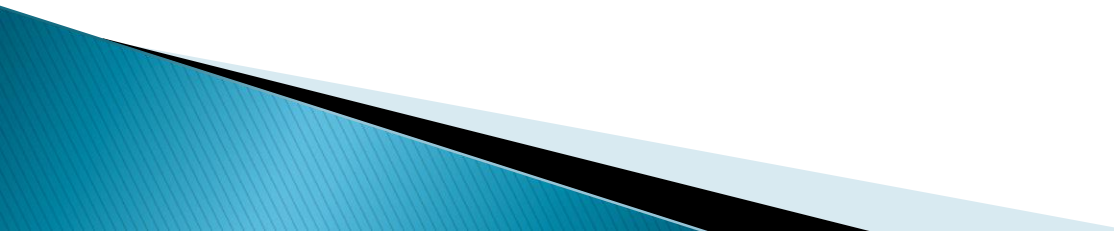
**You need to do re test
to confirm a negative
to de-isolate**

**If you develop
symptoms you are
considered COVID19
you need to be tested
and isolate for 14 days
from start of your
symptoms**

What is a close contact

- ▶ Family members
 - ▶ Relatives living with the case
 - ▶ Work mate
 - ▶ Any other person the client feels they had been in close contact
 - ▶ Age/gender/Residence
 - ▶ Whether tested or not
- 

Nutrition and covid 19

- ▶ According to nutrition guidelines by ministry of health food is important in covid 19 patients
 - ▶ Patients with fever require food rich in energy
 - ▶ Those with cough should feed on pineapples and honey
- 


CONT....

- ▶ Those with sore throat should take a lot of turmeric ,ginger and honey to relieve the pain
- ▶ Patients should reduce intake of sugar, sweets and soft drinks

VITAMIN D

- ▶ Patients require vitamin D to improve their immune system and for muscle, pain, fatigue and depression
- ▶ Research links vitamin D to sleep quality

ZINC

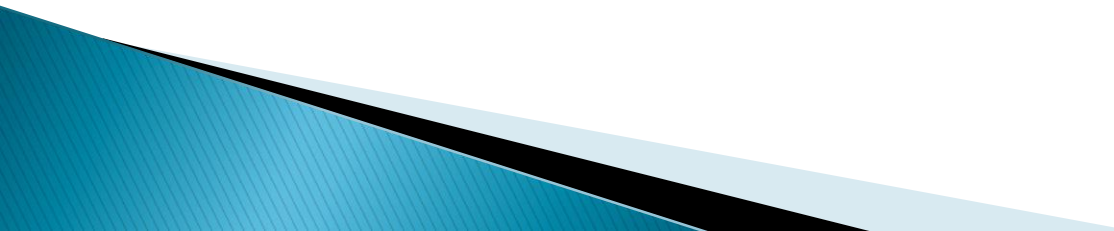
- ▶ zinc is necessary for healing wounds.
 - ▶ It is safe when taken orally 40mg daily. Higher doses might decrease copper absorption which may lead to anaemia.
 - ▶ It activates T Lymphocytes responsible for attacking infected cells.
 - ▶ Regulates neurons enhancing learning and memory
 - ▶ Food containing zinc are beans, meat, nuts, fish and grain cereals.
- 

VITAMIN C

- ▶ Stimulates collagen formation and tissue repair
- ▶
- ▶ Readily absorbed from citrus fruits, tomatoes, potatoes, broccoli, cauliflower, spinach and leafy vegetables.
- ▶ Drink warm lemon water or use 53mg per 100g of juice which has other copper nutrients fructose, fibre, potassium, calcium, iron, vitamin B1, B2, B6. 65-90MG Daily, mega doses may cause diarrhea.

Role of community health nurse in covid 19 (home based care)

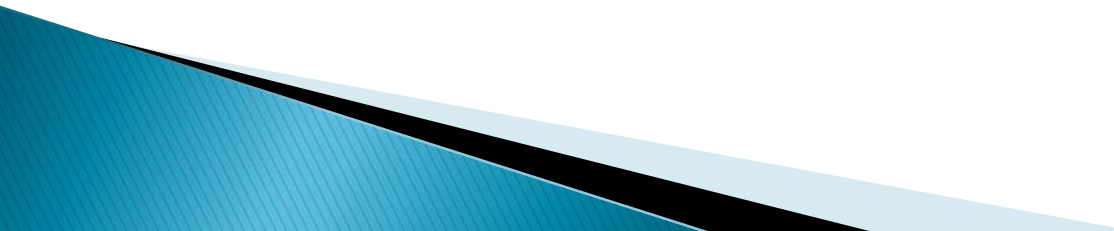
As a health educator

- ▶ Provide accurate information about covid 19 infection and risk
 - ▶ Encourage /reassure, let them relax and talk about their experience and feelings to loved ones and friends
- 

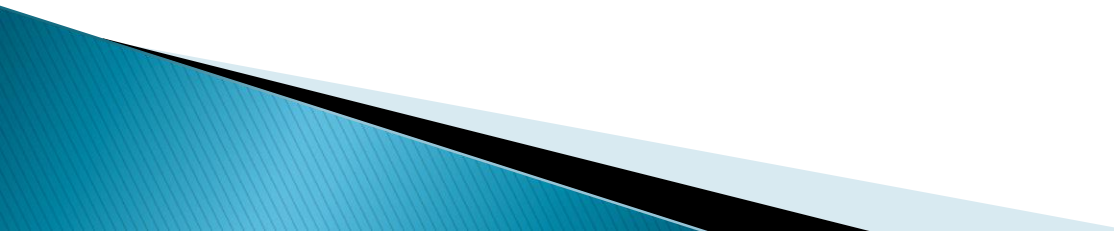
Health educator cont...

- ▶ If you are positive and have symptoms or asymptomatic stay at home for 14 days
- ▶ Have family members on hand to help you with shopping

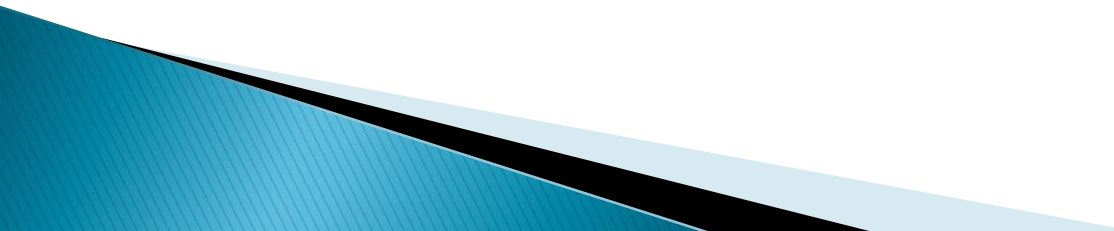
Health educator cont...

- ▶ Keep connected to people you care about by phone and video calls
 - ▶ Do not go to work
 - ▶ Do not use public transport
 - ▶ Do not go to public places
 - ▶ Do not attend religious gatherings
 - ▶ Do not leave home unless you need medical care
- 

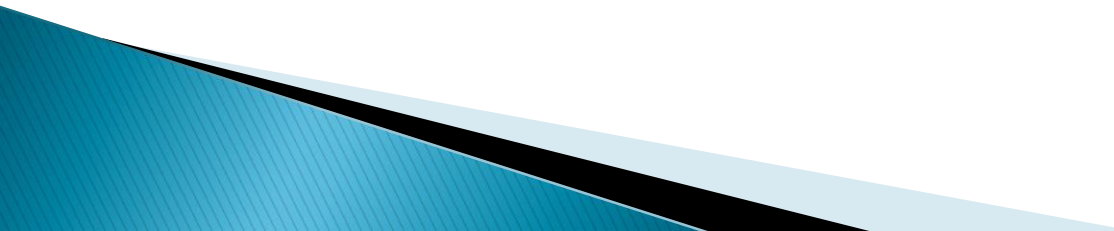
Health educator cont...

- ▶ If you have covid 19, how should you isolate
 - ▶ Separate yourself from other people in your home. family should not stay or sleep in same room as you
 - ▶ If possible use separate bathroom and if you share clean after every use
 - ▶ Avoid sharing items and same spaces with other people and clean surfaces often
- 


Health educator cont...

- ▶ Stay at least 1.5m(3 steps)away from other people in the house
 - ▶ Wear face mask to help prevent spread of disease to others
 - ▶ Cough or sneeze into the fold of your elbow
 - ▶ Clean your hands often with soap and water for at least 20 seconds or with alcohol based hand sanitizer that contains 60-95% alcohol
- 

Case manager

- ▶ Evacuating clients from their homes to isolation and contacts to quarantine centres
 - ▶ linking clients to centres of retesting after the 14th day
- 

Counselor

- ▶ Disruption of family, change of rooms, bathrooms etc, not going to work
 - ▶ Encourage clients to discuss with family members, friends or workmate
 - ▶ Psychological support–pre and post test of covid 19
 - ▶ Fear/anxiety
- 

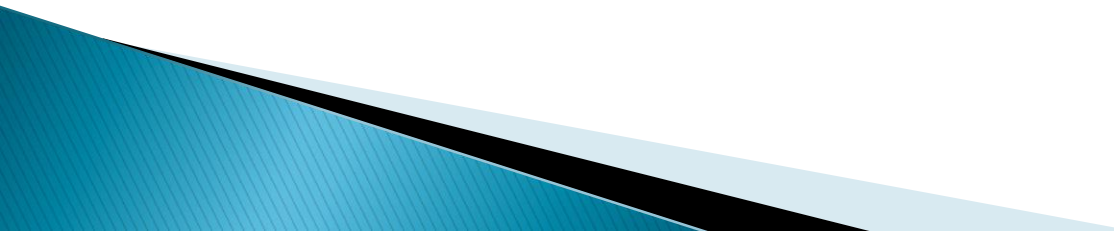
Occupational health nurse

- ▶ Enhance infection prevention and control measures i.e throwing used masks and gloves and contaminating other surfaces

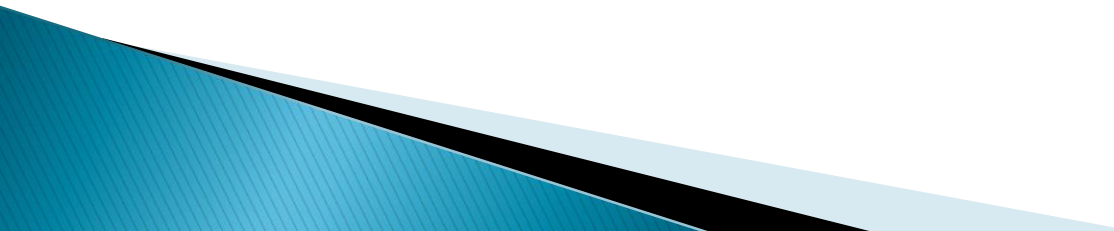
collaborator

- ▶ Links with stakeholders in mobilizing resources for the needy families
- ▶ Working closely with security leaders


Challenges

- ▶ Bread winners stay at home
 - ▶ Home based care in the informal settlement is tricky
 - ▶ Majority of people use public transport
 - ▶ Don't observe MoH measures
 - ▶ Some people are still in denial
- 

Reducing stigma

- ▶ Do not attach covid 19 to a tribe, political group, age, race, socio economic status
 - ▶ People affected with covid 19 have not done anything wrong and deserve our support and kindness
 - ▶ Don't refer to persons diagnosed with covid 19 as covid 19 people, victims, families or cases
- 

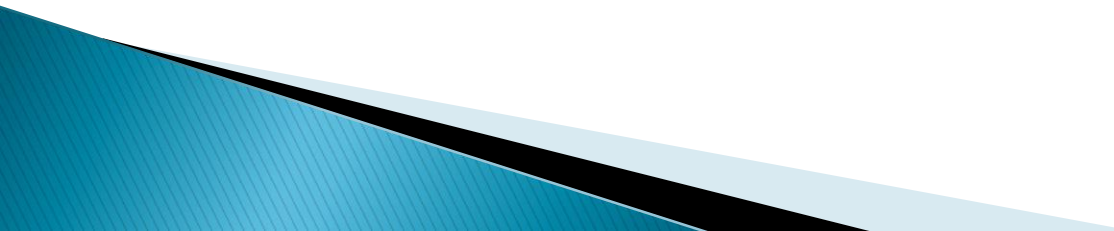
CONT...

- ▶ Welcome those who have recovered to community without discrimination
 - ▶ Promote positive messages of hope on covid 19 prevention, treatment and recovery
 - ▶ Being positive, empathetic, avoid spreading misinformation and myths
 - ▶ Promote respect and dignity
- 

Impact of stigma

- ▶ Cause fear and hinder people from adhering to prevention and control measures
- ▶ Drive people to hide the illness and fail to seek health care services to avoid stigmatization

Impact of stigma cont...

- ▶ Psychological distress
 - ▶ Promotes social isolation and hinder behavior change
 - ▶ Violates peoples human rights and fundamental freedoms
- 

END
THANK YOU

