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Prevention and Control of COVID-19 in Hospitalized Patients and Accompany Relatives

--- Practical Experience on Health Education
in the Affiliated Hospital of Qingdao University

Health education is a very important part of the prevention and control of COVID-19. Therefore, it's top priority to ensure the knowledge of COVID-19 and implement preventive measures to patients and their accompany relatives. The Ministry of Nursing focuses on the core content of propaganda & education, adopts the form of combination of online and offline, and ensures the implementation of the propaganda & education of epidemic prevention and control by the three level interactive mechanism.

1. Core contents of health education on epidemic prevention and control: less gathering, blocking transmission, strict screening, stabilizing mood, enhances immunity.

(1) **Less gathering**: reduce crowding, implement one patient only one accompanies relative, and refuse to visit, propaganda & education of security repast.

(2) **Block virus transmission**: cut off the transmission path, all patients and their accompany relatives should wear masks, standardize hand hygiene (usage specification of seven-step hand-washing methods and the hand disinfectant), notice when coughing, and make sure the ward is ventilated with windows strictly every day.

(3) **Strict entrance screening**: the combination of pre-admission screening and continuous monitoring after admission, virus screening before admission of patients and their accompany relatives, daily monitoring after admission, and promptly identify of suspected sign of infection.

(4) **Stabilize the patients' mood**: COVID-19 disease knowledge health-educating, reduce or

avoid excessive panic, psychological nursing, listen to and comfort patients.

(5) **Enhance immunity:** The COVID-19 Special Medical Care Team led by the Affiliated Hospital of Qingdao University not only provides professional healthcare service for patients, but also carries out the “Health Qigong-Ba Duan Jin” traditional Chinese medicine fitness method for patients with minor diseases in the isolation ward and patients in the recovery period. “Ba Duan Jin” With easy movements and impressive effects on the health, it is a gem in China's health and fitness culture. The nursing team recorded "Ba Duan Jin" video to make sure that patients could follow the video by mobile phone in the ward or at home to take exercises.



In the ward, “Ba Duan Jin” (eight trigrams calisthenics) video was played to encourage patients following exercises at the bedside, improve the immunocompromised statement, and reduce the risk of infection with COVID-19.

2. Combining on-line and off-line, we will carry out three level interactive mechanisms to ensure the implementation of epidemic prevention and control measures.

(1) Combining on-line and off-line: distribute [anti-epidemic brochures](#) to all the patients when admitted to hospital, during the stay in the hospital, the Nurses carry out [oral preach](#) and also through the [audio broadcast](#) in the ward three times a day. *HEALS (Health Education Accurately Linking System)* is adopted to deliver the anti-epidemic materials every day. Nurses on duty should pay attention to the results of data analysis and on-site evaluation generated from HEALS platform, and compensate the missing information accordingly to the patients and their accompany relatives.

(2) Carry out three-level interactive mechanisms to ensure the implementation: the three-

level quality control management mechanism of the [nursing department](#), the [chief head nurse](#) and [the head nurse of the nursing unit](#) supervises the compliance of COVID-19 infection prevention and control of patients and their accompany relatives in a timely manner, provides timely feedback on problems found and continued rectification.

