NASOPHARYNGEAL SWAB COLLECTION FOR COVID-19
LEARNING OBJECTIVE

- BY THE END OF THE LEARNING ACTIVITY THE STUDENT WILL:
  - BE ABLE TO GATHER EQUIPMENT NEEDED FOR TESTING;
  - VERBALIZE STEPS REQUIRED FOR TESTING INCLUDING PRE AND POST PROCEDURE;
  - EDUCATE PATIENTS REGARDING THE PROCEDURE AND PARTICIPATION;
  - DEMONSTRATE PROPER TESTING TECHNIQUE; AND
  - DEMONSTRATE PROPER HANDLING OF SPECIMEN
Supplies Needed

- Nonsterile gloves, gown, or face mask, and google or face shield
- Specimen collection kit(s) intended to detect SARS-CoV-2, including swabs with synthetic tip and plastic (not wooden) shaft
- Small sterile specimen container if collecting a sputum sample
- Biohazard bag
Pre-Procedure Steps

- Review patient's identification and review the process with them:
  - Appropriate patient position and comfort
  - Explain process and that there may be some slight discomfort
- Replace swab into the transport tube and secure
- Make sure that specimen is handed off to lab technician
- Follow standard pre-procedure steps, as appropriate.
Procedure Steps

- Use meticulous hand washing and aseptic non-touch technique throughout procedure to prevent disease transmission.
- Put on a gown, gloves, face mask or, and goggles or face shield in the correct order before initiating specimen collection.
- Have patient sit upright for specimen collection, if possible.
- **To obtain nasopharyngeal specimen** (priority specimen type for diagnosis):
  - Have patient tilt their head back 70°. Use non-dominant hand to support back of head, as needed.
  - Inspect nasal passages for obstruction. Avoid collecting specimen collection from an obstructed nostril.
  - If there is a lot of mucus in nose, have patient wipe or blow nose because mucus can interfere with obtaining a good specimen.
  - Open test kit and remove swab. Verify swab is intended for nasopharyngeal specimen collection. Do not allow swab to come into contact with any surface.
  - Holding swab at score line, insert swab into nostril parallel to palate until tip is roughly at level of anterior ear.
  - If resistance is met, withdraw swab slightly, elevate tip, and reinsert. Do not use force when inserting swab.
  - Rotate swab several times to obtain specimen. Leave in place a few seconds to allow absorption.
  - Remove swab and place in collection tube with sterile transport medium.
  - Break swab at score line. Place lid on collection tube and close tightly.
PATIENT EDUCATION

- Inform individual that results will be sent to both them and employer
- Evaluate person briefly for any nasal injury
POST-PROCEDURE

- Remove gloves, goggles or face shield, and gown in appropriate order
- Discard personal protective equipment in an appropriate waste container.
REFERENCES

Case histories, case studies


Published guidelines


General or background information/texts/reports


Published government report


Policies, procedures, protocols


Published research (not randomized controlled trial)

- Xu WX, Wu XX, Jiang XG, et al. Clinic findings in a group of patients infected with the 2019 novel coronavirus (SARS-CoV-2) outside of Wuhan, China: retrospective case series. BMJ. 2020;368:m1036. doi:10.1136/bmj.m1036

Published systematic or integrative literature review