

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ UNIT: \_\_\_\_\_

SAMPLE PRE-ECT CHECKLIST

**VITAL SIGNS**

B/P lying	
B/P standing	
Pulse lying	
Pulse standing	
Respiration lying	
Respiration standing	
Temperature	
O <sub>2</sub> Saturation	

**SYMPTOM CHECK: Patient report or evidence of-**

Symptom Check	Yes (Provide Details)	No
Cough		
Sore Throat		
Headache		
Shortness of Breath		
Myalgia		
Anosmia		
Other symptoms (describe)		

**COMPLETE AND CHECK OFF THE FOLLOWING:**Povidone Iodine Nasal Swab\*\* to each nostril: Hydrogen peroxide mouth rinse\*: Surgical mask put on patient: Patient performed hand hygiene:

**IF ANY SYMPTOMS PRESENT AND/OR VITAL SIGNS NOT WITHIN NORMAL LIMITS PROVIDE HAND-OFF TO THE ECT NURSE**

Name of ECT Nurse to which hand-off provided: \_\_\_\_\_ RN

Name of RN providing hand-off: \_\_\_\_\_ RN

**Hydrogen Peroxide mouth rinse instructions**

1. Start with a 3% concentration of hydrogen peroxide. Next, combine one part hydrogen peroxide with two parts water. Your final mix will have a concentration of 1% hydrogen peroxide.
2. Tilt your head back and take a small mouthful of your hydrogen peroxide and water mix. Gargle and swish the mixture around in your mouth for 60 seconds. (You can use a timer or count silently in your head to 60 while gargling.)
3. Gently, spit the solution out after gargling. Do not gargle the mixture for more than 90 seconds. **DO NOT SWALLOW**



Clean nostrils (including tip) with tissues prior to application



Insert swab into one nostril and rotate for 30 seconds, or at least 3 times around slowly, covering all surfaces. Discard swab.



Repeat with 2nd swab in other nostril

**Do NOT blow nose if solution drips.  
Gently wipe with a tissue.**

[www.ucihealth.org/](http://www.ucihealth.org/) accessed March 20, 2020