

Routine Practices

Routine Practices

- ▶ Based on the idea that all people and body fluids could potentially be infectious.
 - ▶ Some people carry germs without having any symptoms or can spread an illness before their symptoms start.
 - ▶ You may not know who is sick just by looking at them
- ▶ Use the same set of common practices with everyone and all body fluids, regardless of whether or not they appear ill.



Elements of Routine Practices

There are 5 elements of Routing Practices:

- ▶ Risk Assessment
 - ▶ Hand Hygiene
 - ▶ Personal Protective Equipment (PPE)
 - ▶ Supporting Good IPAC Practices/Administrative Controls
 - ▶ Control of the Environment
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- ▶ The elements of routine practices all work together and offer added layers that help decrease the risk of getting sick and spreading germs.
 - ▶ For example, let's say you touch a potentially contaminated environmental surface with your hand and then forget to perform "Hand Hygiene" before touching your eyes, nose or mouth. If there is a frequent cleaning schedule at your site which is an "Administrative Control" that would lower the risk of the surface being contaminated in the first place.



Risk Assessment

- ▶ The thought process of identifying potential hazards before interacting with people and/or the environment to decrease your risk of exposure to germs.
- ▶ You do risk assessments all the time without even noticing:



If it's raining outside, you would think to yourself, "What can I do to decrease the risk of getting wet?". You might decide to grab an umbrella before going outside.

- ▶ Based on the risk assessment, use protective techniques or personal protective equipment to protect yourself.

Risk Assessment – Example

- ▶ You are changing the bedding of a client who had uncontained diarrhea. What should you do to protect yourself?
 - ▶ Wear appropriate personal protective equipment (PPE)
 - ▶ Wear gloves because you know that your hands will likely come into contact with body fluid. If you assess that there is a risk of the diarrhea getting on your arms or clothing, then wear a gown.



Risk Assessment – Example

- ▶ You are working with a client who is coughing. What should you do to protect yourself?

Move >2 m away



Move next to (instead of in front of) client



Ask the client to wear a mask



Risk Assessment - Example

- ▶ You notice an uncapped needle on the ground. What should you do to protect yourself?



- ▶ Bring the sharps container to the area where the needle is so you are not walking around with the needle. This decreases your risk of poking someone.
- ▶ Pick up the needle using puncture resistant gloves or tongs. Using tongs keeps distance between you and the needle.
- ▶ Throw the needle out in the designated tamper-proof sharps container.

The idea is that you want to decrease your risk of getting poked with a needle and you also want to decrease the risk of anyone else getting poked with a needle that can spread germs.

Questions you might ask yourself before interacting with a client to determine your risk:

- ▶ Is there a risk of exposure to body fluids or non-intact skin and where on your body might you be exposed?
- ▶ What kind of personal protective equipment (PPE) available on site?
- ▶ If you don't have the PPE available on your site, what other techniques can you do to decrease your risk of exposure to body fluids or non-intact skin?
- ▶ What kind of contact or activity will you be doing with the client?
- ▶ What is your immune status?

Hand Hygiene

- ▶ Hand hygiene means cleaning your hands.
- ▶ Hand hygiene is the most effective way to prevent the spread of germs.
 - ▶ You touch things with your hands all day long and what do you touch your face (which has 3 portals of entry) with the most? Your hands!
- ▶ There are two ways to perform hand hygiene:
 - ▶ Alcohol-based hand rub (ABHR)
 - ▶ Handwashing with soap and water



Hand Hygiene – Alcohol-based hand rub

Use alcohol-based hand rub (also known as ABHR or hand sanitizer)

- ▶ ABHR is the preferred method of hand hygiene, except when your hands are visibly dirty or feel sticky
- ▶ Make sure the alcohol concentration is between 70% - 90%
- ▶ If you do not have wall-mounted ABHR at your site, you should carry portable ABHR with you. Portable ABHR also increases the likelihood of cleaning your hands.
- ▶ Clients may be offered supervised ABHR at planned times (e.g., before meals)



Hand-Sanitizer Man, beloved superhero of every workplace in the world.

How to sanitize your hands

1. Apply alcohol-based hand rub (between 70% - 90% alcohol concentration) to your hands
2. Rub your hands together.
3. Work the sanitizer between your fingers, on the back of your hands, on your finger tips, and under your nails.
3. Continue rubbing your hands together until they are dry.



Handwashing

- ▶ Wash your hands with soap and water
 - ▶ Use liquid soap and warm water and wash up to your wrists
 - ▶ Don't forget to wash under your nails
 - ▶ Avoid bar soap
- ▶ Ensure each washroom is stocked with an adequate supply of liquid soap and paper towels (if no hands free dryer is accessible).
 - ▶ It's important that client's have access to the hand washing supplies (e.g., soap in soap dispensers) in order to clean their hands properly.



How to wash your hands

1. Wet hands with warm water.
2. Apply liquid soap
3. Lather your hands for 15 seconds.
 - Rub between your fingers, on the back of your hands, on your finger tips, and under your nails.
4. Rinse your hands with warm water.
5. Dry your hands well with a paper towel or a hand dryer



Examples - When should you clean your hands?

- ▶ Before preparing, handling, serving or eating food.
- ▶ Before touching your face.
- ▶ After coughing or sneezing into a tissue or accidentally sneezing or coughing into you hands.
- ▶ After using the toilet.
- ▶ After coming into contact with someone's body fluid.
- ▶ Before putting on and taking off personal protective equipment (PPE).
- ▶ Whenever there is a chance that your hands may have been contaminated.

If you can't remember the last time you cleaned your hands, then
clean your hands!

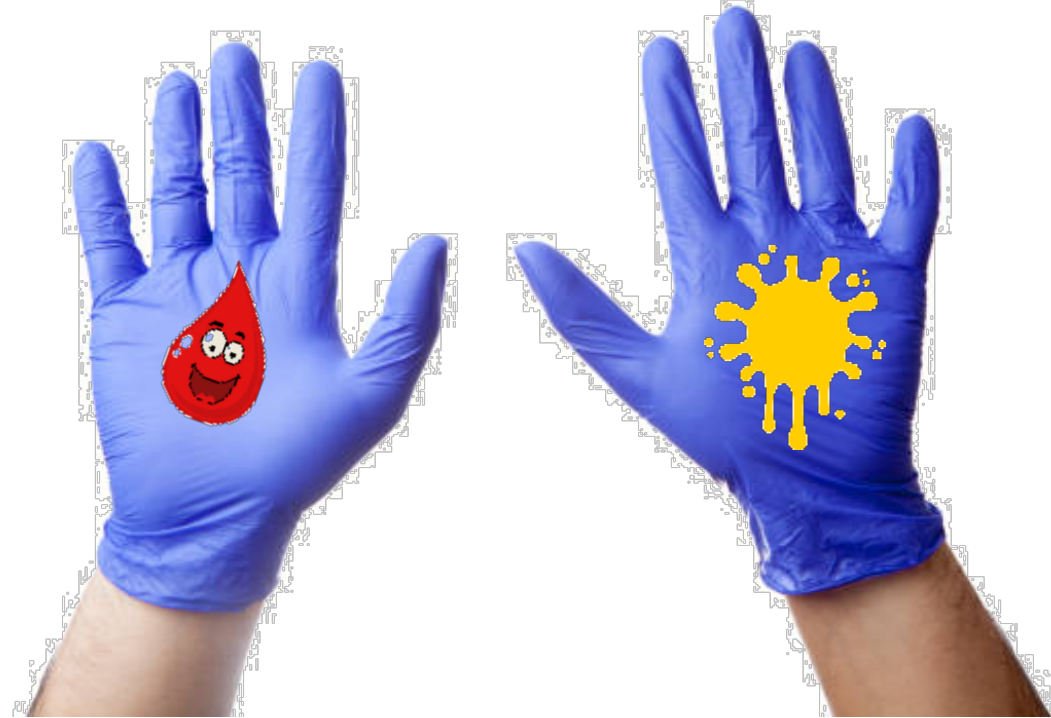
Personal Protective Equipment (PPE)

- ▶ Personal protective equipment (PPE) is equipment worn for protection against germs. PPE includes gloves, gowns, masks, respirators, eye protection, and face shields.
- ▶ Always perform a risk assessment to determine if any part of your body could be exposed to body fluids and choose your PPE based on that.
- ▶ PPE should be put on right before the activity that needs it and thrown out right after that activity (or when it is dirty or damaged). Wearing PPE when it is not needed might accidentally spread germs in the environment.



PPE - Gloves

- ▶ Wear gloves when:
 - ▶ Your hands may come into contact with body fluids or non-intact skin



PPE – Gloves

- ▶ Do not wear gloves when:
 - ▶ Filling out paperwork
 - ▶ Using the phone/computer
 - ▶ Distributing meal trays
 - ▶ Delivering clean linens/making a clean bed
 - ▶ Using a walkie-talkie



The computer keyboard and the phone could now be contaminated with germs.

PPE - Gloves

▶ Reminders:

- ▶ Always clean hands before putting on gloves and after taking them off
- ▶ Use one pair of gloves for each task
- ▶ Do not clean or reuse gloves
- ▶ Do not wear two pairs of gloves
- ▶ Do not put hand sanitizer on your gloves
- ▶ Change gloves when going from a dirty area/task to a clean area/task
- ▶ Throw gloves out immediately after removal
- ▶ Gloves are not a substitute for hand hygiene



Used gloves should not be put in your pocket.

PPE – Putting on Gloves

Steps for Putting on Gloves



1 Clean your hands.



2 Choose gloves that fit well.



3 Pull the glove over your fingers and make sure it covers your wrist



4 Repeat this with the second glove on the other hand.

PPE – Gloves

Steps for Taking off Gloves

Following these steps will ensure that your bare hands do not come into contact with the outer parts of the gloves, which could be contaminated.



1 Grasp the outside of the glove near the wrist and peel it away from the palm towards the fingers, rolling the glove inside out so that it ends up in your gloved hand.



2 Using the ungloved hand, slide your index finger inside the wrist band of the gloved hand.



3 Pull the glove outwards and down towards the fingers and remove it inside out. The first glove should end up inside the second glove.



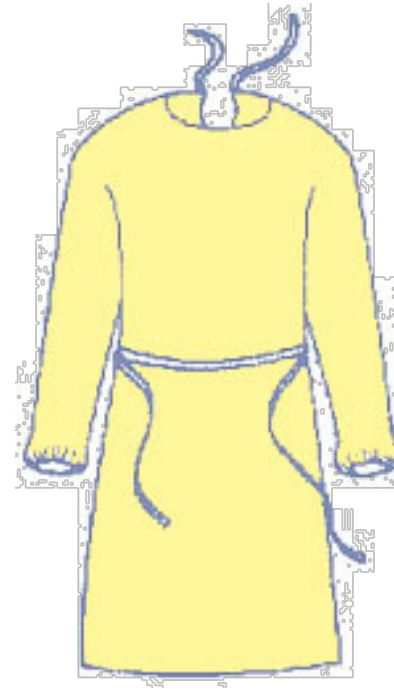
4 Discard both gloves immediately into the garbage



5 Clean your hands.

PPE - Gowns

- ▶ Gowns should be used when there is a potential for your arms, legs, or clothing to come into contact with body fluids.
- ▶ Gowns should fully cover your body from the neck to the knees, arms to the end of wrists, and wrap around the back.
- ▶ Gowns should be fastened at the back of neck and the back of the waist.
- ▶ When removing a gown, unfasten the ties, peel the gown away from the neck and shoulders (turning it inside out), fold or roll into a bundle, and discard.



PPE – Masks

- ▶ Masks protect your mouth and nose from splashes and sprays of body fluids.
- ▶ Wear a mask that fits securely and covers both the nose and mouth.
- ▶ Do not hang masks around your neck or on the top of your head.
- ▶ Change your mask if it becomes wet.
- ▶ Do not re-use masks.



PPE – Eye Protection

- ▶ Eye protection protects your eyes from splashes and sprays of body fluids.
- ▶ Prescription glasses do not replace eye protection.
- ▶ Do not touch eye protection while in use.
- ▶ Do not put eye protection on top of your head.
- ▶ Perform hand hygiene before taking off eye protection.



PPE- Putting on and Taking off Full PPE

Putting on Full PPE

1. Clean hands
2. Put on gown
 - ▶ Tie neck and waist ties securely
3. Put on mask
 - ▶ Make sure the mask is secure and placed over your nose and under your chin
 - ▶ Ensure that the top of the mask is moulded over the bridge of your nose
4. Put on eye protection
5. Put on gloves
 - ▶ Make sure your gloves fit securely over the wrist cuffs of your gown

Taking off Full PPE

1. Take off gloves properly
 - ▶ Throw them out in the garbage
2. Take off gown
 - ▶ Untie the gown
 - ▶ Starting with carefully pulling the inner front of the neck area, roll the gown off of your body and roll it into a bundle
 - ▶ Throw it out in the garbage
3. Clean hands
4. Take off eye protection
 - ▶ Handle eye protection from the sides when removing
5. Take off mask
 - ▶ Handle mask from the ear loops or straps
 - ▶ Throw it out in the garbage
6. Clean hands

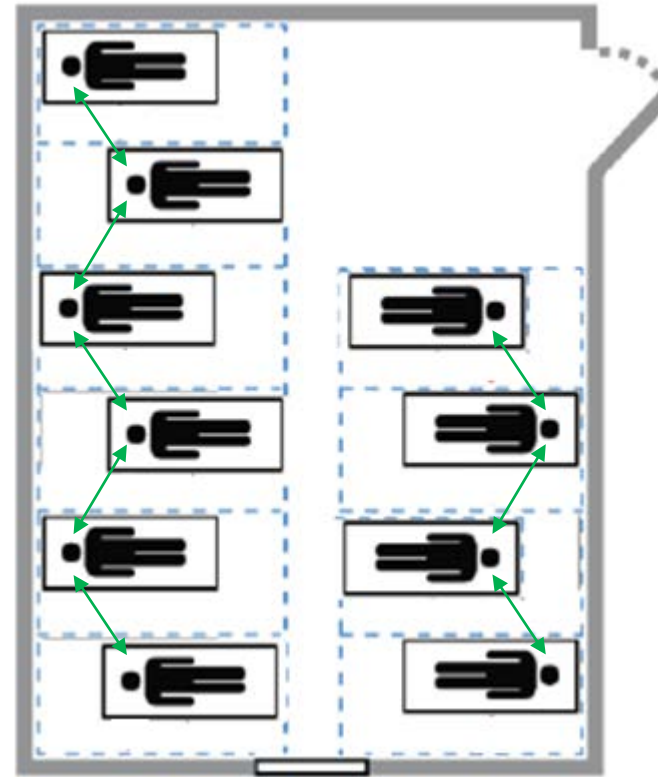
Supporting Good IPAC Practices/Administrative Controls

- ▶ Measures that are put in place to protect workers, volunteers and clients from infections and increases accountability. These include:
 - ▶ IPAC-related policies and procedures
 - ▶ IPAC education and training to workers, volunteers, and clients
 - ▶ Schedules for cleaning and disinfecting



Control of the Environment

- ▶ Puts physical measures into the place that enhance IPAC.
- ▶ Relies less on the individual and more on creating a physical environment conducive to IPAC.
- ▶ Controls and minimizes the level of germs in the environment through things like:
 - ▶ Ensuring that clients' sleeping arrangements allow for facial separation of >2 m
 - ▶ Staggered bed spacing
 - ▶ Making sure sleeping mats and furniture is in good condition
 - ▶ Having easy access to appropriate cleaning equipment
 - ▶ Cleaning/disinfecting the environment effectively
 - ▶ Easy access to alcohol-based hand rub and sharps containers
 - ▶ Having waste bins accessible



Case Study #2 – Routine Practices

- ▶ Sam, a case worker at your site, has an episode of vomiting in the shared washroom on the first floor.
- ▶ A number of clients use the same communal bathroom throughout the day.
- ▶ The cleaner cleans the bathroom several hours later, but does not wear gloves. He does not perform hand hygiene prior to cleaning the next area.
- ▶ After the cleaner has left for the day, three clients vomit in the common area. The staff, who have never been trained in infection control, don't know what to do so they clean up the vomit without wearing PPE.
- ▶ Over the next few days, more clients and staff become ill. All clients continue to use the same bathroom.
- ▶ The site now has an outbreak of gastrointestinal illness.

Thinking of routine practices, what are some ways that the gastrointestinal outbreak could have been prevented?

Case Study #2 Answers – Routine Practices

- ▶ If the site had a staff illness policy and procedure and related training, Sam could have called in sick or left when he started feeling ill. (Administrative Control)
- ▶ If the bathroom had been closed until it was cleaned, additional clients would not have been exposed to germs from the vomit. (Environmental Control)
- ▶ If the cleaner had worn gloves, his hands would not have become contaminated with the germ that caused the outbreak. Further, if he had performed hand hygiene after cleaning the bathroom, he would not have contaminated other areas of the site. (Hand Hygiene, PPE)
- ▶ If staff had been trained appropriately, they would know to conduct a risk assessment prior to exposure to body fluids and would have worn the appropriate PPE. (Administrative Control, Risk Assessment, PPE)
- ▶ If, after the illness had started to spread, a bathroom had been designated for ill individuals, that could have slowed down the outbreak or prevented spread to those who are well. (Environmental Control)

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