Infection Prevention and Control

Essential Care Partners

2024

We make it possible.

How to keep patients safe from microorganisms that visitors can bring to patients from the community

- In order to keep patients safe at Runnymede Healthcare Centre, visitors should be compliant with:

  - ➤ Proper Hand hygiene
  - ➤ Mandatory use of mask
  - ➤ Proper use of Personal Protective Equipment (PPE)

- Visitor should not visit the patient if not feeling well (with or without fever experiencing any of these symptoms: cough, sore throat, runny nose, nausea, vomiting, diarrhea, rash, or other)

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Frequently Clean Your Hands

- Alcohol Based Hand Rub (ABHR) is preferred if hands are not visibly soiled (alcohol chemically kills germs)

- Soap and water is preferred if hands are visibly soiled (physically removes germs)

Hand hygiene is the single best way to prevent transmission of infections

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Hand Hygiene: When?

Clean your hands frequently, especially:

- When entering and exiting the hospital
- Before entering and upon exiting the patient's room
- After having a contact with a patient's body fluids
- Before and after eating
- After using the washroom

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Proper hand hygiene technique (15 seconds)

1:
Damp hands and wrists with water and soap or with 1,5ml hand sanitizer.

2:
Palm against palm.

3:
Right palm above the left back of the hand and left palm above the right back of the hand.

4:
Palm against palm with interlaced fingers.

5:
The back of the fingers against the opposite palm with the fingers gribbing each other.

6:
Rotating wash of the right thumb with left palm and opposite.

7:
Rotating wash of right palm with left hand fingers closed and opposite.

8:
Rotating wash of both wrists.

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The Masking Requirements Remains in Effect

- Masks are **mandatory** in the following areas:
  - ➢ Patient rooms
  - ➢ Any encounter with a patient outside the patient's room
- We recommend wearing a mask when social distancing is not possible.
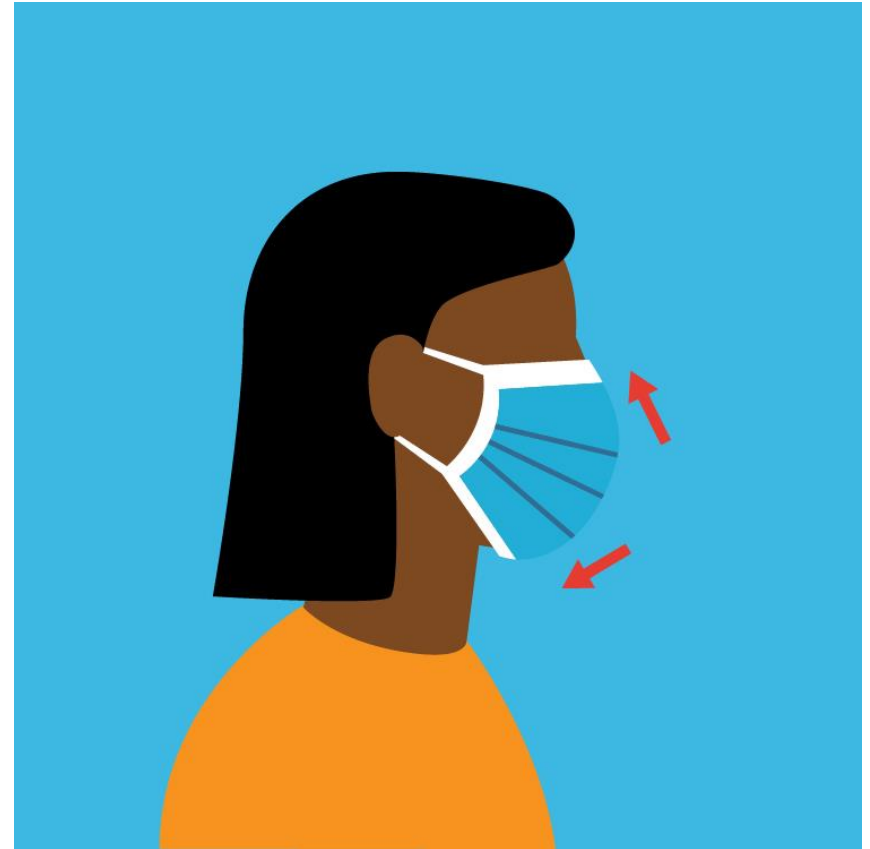- You can choose to wear a mask in any other location.

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How to Properly Put on a Mask

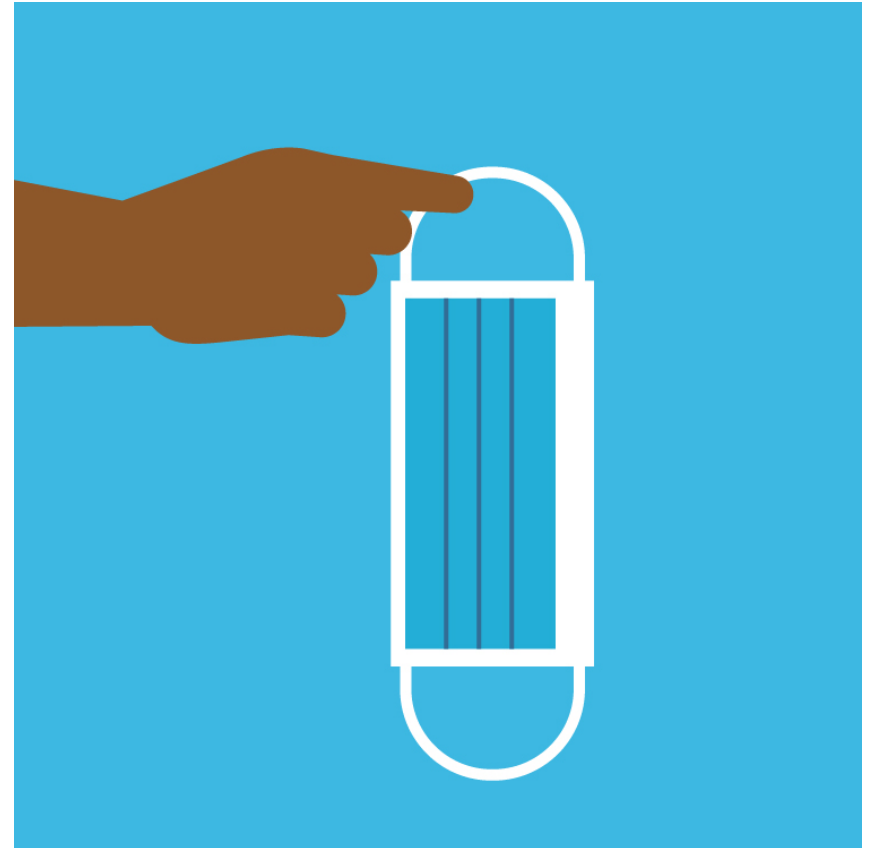Masks are available on the entrance of the facility, and on the units.

Put on a mask:

➢ Clean hands

➢ Place mask over your nose, mouth and chin, with the colored side facing outwards

➢ Secure your mask by pinching the metal stripe around the nose, and pulling the bottom part of the mask under the chin

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How to Properly Remove a Mask

Removing a mask:

➢ Clean your hands

➢ Remove a used mask holding only the ear loops (the front part of mask is considered contaminated, while the ear loops are considered clean)

➢ Pull forward off the head, bending forward to allow mask to fall away from the face

➢ Discard mask immediately into the garbage bin

➢ Clean your hands

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Personal Protective Equipment (PPE)

- Personal Protective Equipment is specialized clothing or equipment worn for protection against infectious agents.
- It should be used when there is a possibility of contact with patient's body fluids or when entering the patient room with a precautionary sign on the door.
- If gown, gloves, and face shield are required, <u>should be used only inside the patient's room</u>
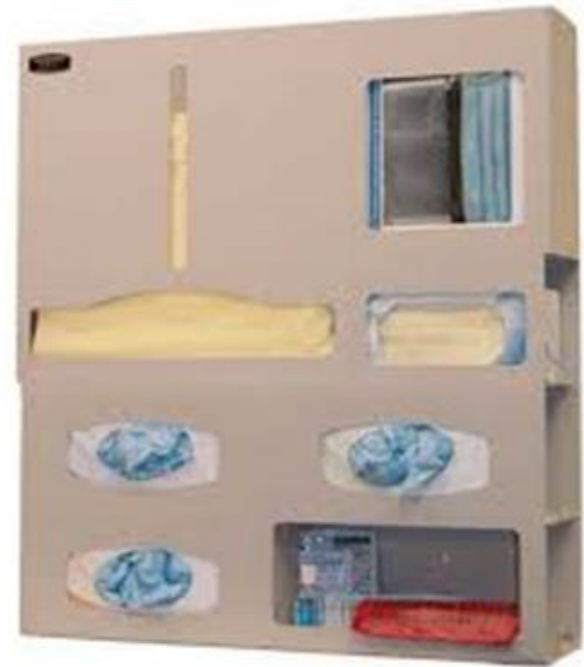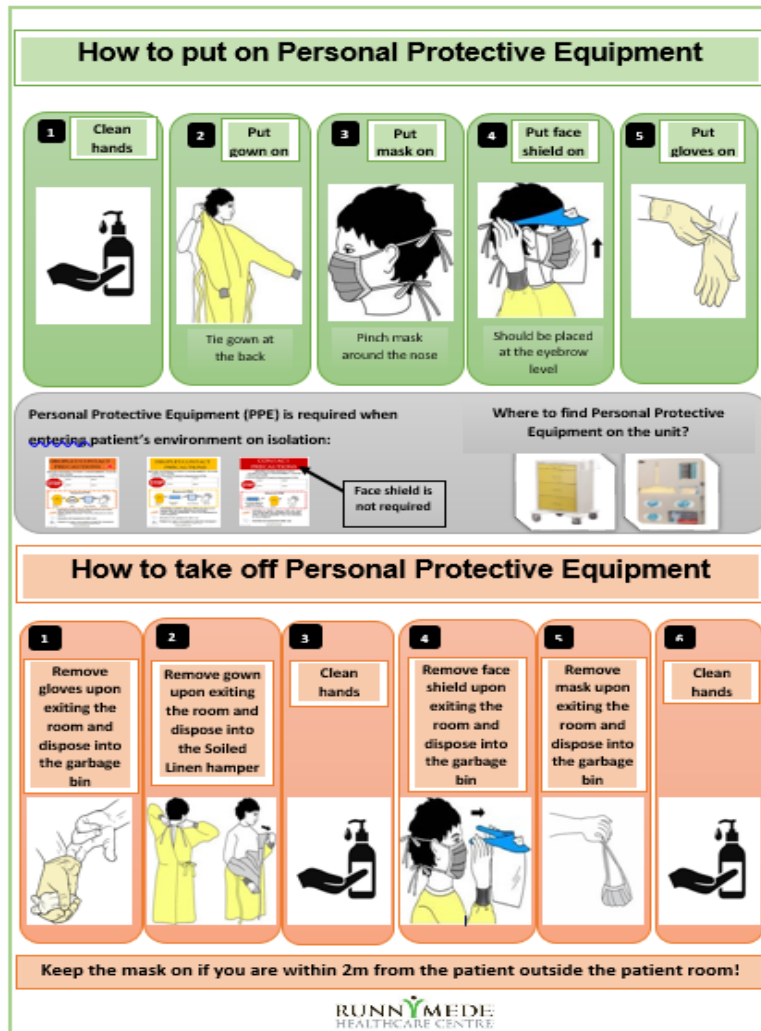
gown

Face shield

Procedure mask

gloves

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Personal Protective Equipment stations are available on all patient care units

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Instructions for Proper Placement and Removal of PPE

- Poster with instructions how to properly put PPE on and how to properly remove PPE, is available next to each PPE station.

PPE is required when entering the patient's room/patient's environment with Precautionary sign on the door

Proper Placement and Removal of a Face Shield

Proper placement:

➢ Face shield should be placed at the eyebrow level

To remove the face shield:

➢ Tilt your head forward slightly
➢ Grab the strap at the temples and pull it forward and over your head, which will let the face shield fall from your face
➢ Dispose of the face shield in the garbage bin (when leaving the patient for that day)
➢ Clean your hands

Cleaning and disinfection of face shield:

➢ If leaving the patient's room/patient environment temporarily, face shield should be cleaned/disinfected upon exiting the room with disinfectant wipes

Eyebrow level

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Proper use of PPE

➢ Wear required Personal Protective Equipment (PPE) indicated by the Precautionary sign, <u>only when inside the patient's room</u>. If face shield is required, ask for one at the nursing station.

➢ Dispose PPE when exiting the patient's room (gloves, disposable gown and face shield dispose in the garbage bin inside the patient's room, and fabric gown dispose in the soiled linen hamper in front of the patient's room).

Garbage bin inside the patient's room

Soiled linen hamper in front of the patient's room

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Infection Control Tips

- Refrain from using the patient washroom

- Refrain from eating in the patient room (use cafeteria in the basement instead)

- Refrain from visiting other patients

- Personal belongings (jacket, bag) should be placed in the plastic bag before entering the room of a patient who has Precautionary sign on the door (plastic bags are available in the back pocket of each soiled linen hamper).

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For any question related to Infection Control please contact Infection Control Team:

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