
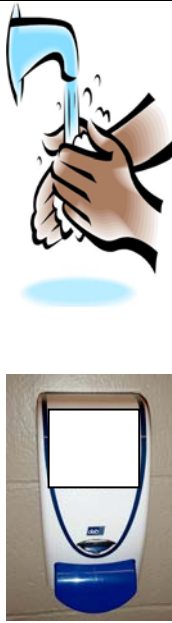











Routine Practices in Long Term Care

Routine Practices help prevent the spread of infections. Use Routine Practices for every resident, every time, regardless of their diagnosis or infectious status.

	<h3>Point of Care Risk Assessment</h3> <p>Before providing care to any resident, assess the risk of spreading infection:</p> <ul style="list-style-type: none"> ➤ Consider possible contact you may have with blood or body fluids (e.g., coughing, bleeding, runny nose, rash, or soiled clothing, equipment or environment), and select the appropriate personal protective equipment. ➤ Refer to the VCH Point of Care Risk Assessment algorithm
	<h3>Hand Hygiene: the single most important step in preventing infections</h3> <ul style="list-style-type: none"> ➤ Perform hand hygiene using alcohol-based hand rub (ABHR) or soap and water. Use ABHR for hand hygiene unless hands are visibly soiled. Use plain soap and water when: <ul style="list-style-type: none"> • hands are visibly soiled • caring for residents with diarrhea and/or vomiting ➤ Keep fingernails natural, clean, healthy and short; no jewelry worn below the elbows. Check the VCH Hand Hygiene Policy for more information. ➤ Use only VCH approved ABHR, soap, and hand lotion. ➤ Follow steps for performing hand hygiene found in the VCH Hand Hygiene Procedure. ➤ Perform hand hygiene: <ul style="list-style-type: none"> • Before contact with a resident or resident environment; • Before a clean or aseptic procedure; • After exposure or risk of exposure to blood or body fluids; • After contact with a resident or resident environment; ➤ Educate residents and visitors on how and when to use hand hygiene products. Assist residents with hand hygiene before eating, after toileting, and before and after group activities. Assure hand hygiene products are readily available for resident use.
	<h3>Respiratory Hygiene (Etiquette): Cover Your Cough, Clean Your Hands</h3> <ul style="list-style-type: none"> ➤ Cover your nose and mouth with a tissue when coughing or sneezing. ➤ Use the tissue once then dispose of it immediately, and perform hand hygiene. ➤ If tissues are not readily available, cough or sneeze into your upper arm or elbow.
	<h3>Personal Protective Equipment: Gowns & Aprons</h3> <p>Wear a gown or apron to protect exposed skin and clothing during activities likely to cause:</p> <ul style="list-style-type: none"> • Splashes of fluids • Contact with blood or body fluids (e.g., wound drainage) <p>Perform hand hygiene before accessing a clean gown/apron.</p> <ul style="list-style-type: none"> ➤ Fasten tie strings ➤ Do not use gowns as a housecoat or warm-up jacket. ➤ Do not wear gowns/aprons outside of the resident room/bed space unless transporting contaminated items. ➤ Remove soiled gown/apron as soon as possible <ul style="list-style-type: none"> ○ Place in linen hamper (reusable) or waste container (disposable) ○ Perform hand hygiene. ○ Do not reuse gowns or aprons. Select a new, clean gown/apron as needed.

	<h3>Personal Protective Equipment: Mask and Eye Protection</h3> <ul style="list-style-type: none"> ➤ Wear a mask and eye protection to protect your mouth/nose/eyes if splashes are likely. ➤ Perform hand hygiene before accessing mask and eye protection. ➤ Proper mask use: <ul style="list-style-type: none"> • Ensure a snug fit over the nose and under the chin; • Mold the metal bar over the nose; • Wear the mask with moisture-absorbing side closest to the face (blue side out); • Change the mask when it is moist; • Carefully remove after use, touching only the elastic ear loops or ties; • Do not wear mask around the neck ➤ Prescription glasses are not a substitute for eye protection ➤ Discard masks and eye protection in waste containers and perform hand hygiene.
	<h3>Personal Protective Equipment: Gloves</h3> <ul style="list-style-type: none"> ➤ Inappropriate glove use increases the risk for environmental contamination. Never wear gloves outside a resident room or bed space unless transporting contaminated items or when cleaning spills of blood or body fluids/the environment. ➤ Wear non-sterile gloves: <ul style="list-style-type: none"> ○ To protect your hands from contact with blood, body fluids, excretions, secretions, mucous membranes or non-intact skin of patients ○ When handling dirty or potentially contaminated items ○ To protect non-intact skin (open cuts, lesions, rashes) ➤ Sterile gloves are for sterile procedures only. ➤ Perform hand hygiene before putting on clean gloves. ➤ Gloves are single use <ul style="list-style-type: none"> ○ Use only once, then dispose of them immediately after use and perform hand hygiene ○ Change gloves between care activities for the same resident (work from clean to dirty sites; change gloves after working on a contaminated body site) ➤ Never wash gloves or use ABHR while wearing gloves.
	<h3>Handling Resident Care Items and Equipment</h3> <ul style="list-style-type: none"> ➤ Clean and disinfect shared equipment after use, when visibly soiled and before use with another resident. ➤ Dedicate personal care items to individual residents and label with their name (e.g., soaps, lotions, razors). ➤ Avoid clutter <ul style="list-style-type: none"> ○ Maintain clear surfaces in tub rooms and resident bathrooms. Store items in designated bins, closed cabinets or drawers. ○ Bring minimal supplies into resident rooms, tub rooms, and treatment rooms. ○ Consider routine decluttering activities. ➤ Use gloves when handling soiled items, equipment, and linen (appropriate PPE may also include a gown or apron). ➤ Handle soiled/used linen with minimal agitation and place directly in linen bag without sorting. Do not overfill bags. Double bag only if leaking. ➤ Once brought into the resident care environment, supplies may not be returned to stock. After residents are discharged, discard all single-use supplies that remain and launder unused linens.

	<h3>Environmental Cleaning</h3> <ul style="list-style-type: none"> ➤ Clean and disinfect resident care areas on a regularly scheduled basis and after resident discharge. ➤ Assign cleaning of all non-resident areas to responsible staff. ➤ Use VCH approved cleaning products and procedures. ➤ Refer to the Master Equipment Cleaning Manual for details on cleaning and disinfection of resident care equipment, or follow the manufacturer's recommendations for equipment not listed.
	<h3>Resident Ambulation & Transfer</h3> <ul style="list-style-type: none"> ➤ Educate/assist residents to do the following regularly on leaving their rooms: <ul style="list-style-type: none"> ● Perform hand hygiene ● Wear clean clothing ● Ensure dressings and incontinence products contain all drainage and body fluids ● Practice respiratory hygiene if coughing or sneezing ➤ Communicate need for additional precautions or signs/symptoms of infection with transport staff and receiving clinical area when resident is transferred to another level of care (e.g., hospital, community clinic, rehab, hemodialysis)
	<h3>Family & Visitors</h3> <ul style="list-style-type: none"> ➤ Encourage family & visitors to: <ul style="list-style-type: none"> ● Perform hand hygiene ● Practice respiratory hygiene while visiting ● Reschedule visits when feeling unwell ● Follow posted additional precaution signage and contact facility staff if providing direct care to a resident ➤ Engage families in regular decluttering activities to facilitate routine environmental cleaning.
	<h3>Waste and Sharps</h3> <ul style="list-style-type: none"> ➤ Wear gloves to remove waste from resident rooms, treatment rooms or if the outside of the bag is soiled. ➤ Avoid contact with uniform/body. ➤ After discarding waste, remove gloves and perform hand hygiene. ➤ Remember: New Needle, New Syringe, Every Time! ➤ Dispose of sharps immediately after use in a puncture-proof, biohazard container at the point of care. ➤ Do not overfill waste or sharps container (fill only to marked line on container). ➤ Follow facility waste management sorting and disposal guidelines. ➤ Double bag items containing human waste (e.g., depends, incontinence products)