

Infection Prevention and Control

Routine Practices

Routine Practices help prevent the spread of infections. Use Routine Practices for every patient every time in all settings regardless of their diagnosis or infectious status.



Point of Care Risk Assessment

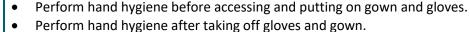
Before providing care to any patient, assess the risk of spreading infection:

- Consider possible contact you may have with blood or body fluids (i.e. coughing, bleeding, runny nose or soiled clothing, equipment, environment).
- Put on (don) appropriate Personal Protective Equipment (PPE) before providing care.



Hand Hygiene

- Perform hand hygiene using <u>alcohol-based hand rub</u> (ABHR) or <u>soap and water</u> as described in the <u>4 Moments for Hand Hygiene</u>.
- When hands are visibly soiled or the patient has C. diff always use soap and water.
- Perform hand hygiene before and after direct contact with a patient and/or their environment.



- Use only VCH approved ABHR, soap, and hand lotion.
- Keep fingernails natural, clean, healthy, and short. No jewelry worn below the elbows.
- Educate patients and visitors on how and when to perform hand hygiene.



Personal Protective Equipment (PPE)

Follow recommended PPE guidelines as posted for: <u>Contact</u>, <u>Contact Plus</u>, <u>Droplet</u>, <u>Droplet</u> <u>& Contact</u>, <u>Airborne</u>, and <u>Airborne & Contact</u> Precautions.

Refer to VCH How to Don PPE and How to Doff PPE posters



Respiratory Hygiene (Etiquette)

Cover your cough and Clean your hands

- Cover your nose and mouth with a tissue when coughing or sneezing.
- Use the tissue only 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.



Handling Patient Care Items and Equipment

- Discard items labeled as single patient use after use on one patient.
- <u>Clean and disinfect reusable equipment</u> after use, when visibly soiled and before use on another patient.
- Bring minimal supplies into patient rooms, tub rooms, and treatment rooms.
- Do not share personal items (i.e. soaps, lotions, razors) between patients.
- Use gloves when handling soiled items, equipment, and linen (appropriate PPE may also include a gown).
- Handle soiled/used linen with minimal agitation and place directly in linen bag without sorting. Do not overfill bags. Double bag only if leaking.

March 22, 2021

Adapted from Alberta Health Services



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	After patients are discharged, discard single-use supplies that remain and launder
	unused linens.
	 Meal trays, dishes, and beverage containers do not require special handling.
Aboutst in the state of the sta	Patient Ambulation Outside Room, Bed Space, or Transfer
	Before conscious patients leave their room, educate or assist them to:
	Perform hand hygiene
	Put on clean clothing or hospital gown/housecoat/cover, if clothing is soiled or patient is
	on additional precautions
	Ensure dressings and incontinence products contain all drainage and body fluids
	Practice respiratory hygiene if coughing or sneezing
	Transport Staff:
	Check isolation flag and/or follow signage posted prior to transporting each patient.
-	Patient Hygiene
	Daily access to or assistance with:
	Clean gown/clothes (additionally when soiled)
	Oral care
	Bathing (including use of cleaning wipes and/or bath basin)
	Family and Visitors
	Encourage family members and visitors to:
	Perform hand hygiene.
	Practice respiratory hygiene (etiquette) while visiting.
	Reschedule visits when feeling unwell.
	Follow posted additional precautions signage.
	Environmental Cleaning and Disinfecting
	Clean and disinfect patient care areas and equipment on a regularly scheduled basis and
	after patient discharge.
	Assign cleaning and disinfection of all non-patient areas to responsible staff. Use VCU approved cleaning and disinfection products and procedures. Refer to the
	 Use VCH approved cleaning and disinfection products and procedures. Refer to the <u>Master Equipment Cleaning and Disinfecting Manual</u> or follow the manufacturer's
	recommendations for equipment not listed.
	Waste and Sharps Handling
A LEE TO SERVICE TO SE	 Wear gloves to remove waste from patient rooms, treatment rooms or if the outside of
	the bag is soiled, followed by hand hygiene after disposal.
	Avoid contact with clothing/body.
	 Dispose of sharps immediately after use in a puncture-proof, biohazard container.
	 Do not overfill waste, laundry, or sharps container (fill only to 2/3 full).
	 Follow facility waste management sorting and disposal guidelines.
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