

## 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.

	<p><b>Point of Care Risk Assessment</b></p> <p>Before providing care to any patient, assess the risk of spreading infection:</p> <ul style="list-style-type: none"> <li>• Consider possible contact you may have with blood or body fluids (i.e. coughing, bleeding, runny nose or soiled clothing, equipment, environment).</li> <li>• Put on (don) appropriate Personal Protective Equipment (PPE) before providing care.</li> </ul>
	<p><b>Hand Hygiene</b></p> <ul style="list-style-type: none"> <li>• Perform hand hygiene using <a href="#">alcohol-based hand rub</a> (ABHR) or <a href="#">soap and water</a> as described in the <a href="#">4 Moments for Hand Hygiene</a>.</li> <li>• When hands are visibly soiled or the patient has C. diff always use soap and water.</li> <li>• Perform hand hygiene before and after direct contact with a patient and/or their environment.</li> <li>• Perform hand hygiene before accessing and putting on gown and gloves.</li> <li>• Perform hand hygiene after taking off gloves and gown.</li> <li>• Use only VCH approved ABHR, soap, and hand lotion.</li> <li>• Keep fingernails natural, clean, healthy, and short. No jewelry worn below the elbows.</li> <li>• Educate patients and visitors on how and when to perform hand hygiene.</li> </ul>
	<p><b>Personal Protective Equipment (PPE)</b></p> <p>Follow recommended PPE guidelines as posted for: <a href="#">Contact</a>, <a href="#">Contact Plus</a>, <a href="#">Droplet</a>, <a href="#">Droplet &amp; Contact</a>, <a href="#">Airborne</a>, and <a href="#">Airborne &amp; Contact</a> Precautions.</p> <p>Refer to VCH <a href="#">How to Don PPE</a> and <a href="#">How to Doff PPE</a> posters</p>
	<p><b>Respiratory Hygiene (Etiquette)</b></p> <p><a href="#">Cover your cough</a> and Clean your hands</p> <ul style="list-style-type: none"> <li>• Cover your nose and mouth with a tissue when coughing or sneezing.</li> <li>• Use the tissue only once then dispose of it immediately and perform hand hygiene.</li> <li>• If tissues are not readily available, cough or sneeze into your upper arm or elbow.</li> </ul>
	<p><b>Handling Patient Care Items and Equipment</b></p> <ul style="list-style-type: none"> <li>• Discard items labeled as single patient use after use on one patient.</li> <li>• <a href="#">Clean and disinfect reusable equipment</a> after use, when visibly soiled and before use on another patient.</li> <li>• Bring minimal supplies into patient rooms, tub rooms, and treatment rooms.</li> <li>• Do not share personal items (i.e. soaps, lotions, razors) between patients.</li> <li>• Use gloves when handling soiled items, equipment, and linen (appropriate PPE may also include a gown).</li> <li>• Handle soiled/used linen with minimal agitation and place directly in linen bag without sorting. Do not overfill bags. Double bag only if leaking.</li> </ul>



	<ul style="list-style-type: none"> <li>• After patients are discharged, discard single-use supplies that remain and launder unused linens.</li> <li>• Meal trays, dishes, and beverage containers <a href="#">do not require special handling</a>.</li> </ul>
	<p><b>Patient Ambulation Outside Room, Bed Space, or Transfer</b> Before conscious patients leave their room, educate or assist them to:</p> <ul style="list-style-type: none"> <li>• Perform hand hygiene</li> <li>• Put on clean clothing or hospital gown/housecoat/cover, if clothing is soiled or patient is on additional precautions</li> <li>• Ensure dressings and incontinence products contain all drainage and body fluids</li> <li>• Practice respiratory hygiene if coughing or sneezing</li> </ul> <p><b>Transport Staff:</b></p> <ul style="list-style-type: none"> <li>• Check isolation flag and/or follow signage posted prior to transporting each patient.</li> </ul>
	<p><b>Patient Hygiene</b> Daily access to or assistance with:</p> <ul style="list-style-type: none"> <li>• Clean gown/clothes (additionally when soiled)</li> <li>• Oral care</li> <li>• Bathing (including use of cleaning wipes and/or bath basin)</li> </ul>
	<p><b>Family and Visitors</b> Encourage family members and visitors to:</p> <ul style="list-style-type: none"> <li>• Perform hand hygiene.</li> <li>• Practice respiratory hygiene (etiquette) while visiting.</li> <li>• Reschedule visits when feeling unwell.</li> <li>• Follow posted additional precautions signage.</li> </ul>
	<p><b>Environmental Cleaning and Disinfecting</b></p> <ul style="list-style-type: none"> <li>• Clean and disinfect patient care areas and equipment on a regularly scheduled basis and after patient discharge.</li> <li>• Assign cleaning and disinfection of all non-patient areas to responsible staff.</li> <li>• Use VCH approved cleaning and disinfection products and procedures. Refer to the <a href="#">Master Equipment Cleaning and Disinfecting Manual</a> or follow the manufacturer's recommendations for equipment not listed.</li> </ul>
	<p><b>Waste and Sharps Handling</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Avoid contact with clothing/body.</li> <li>• Dispose of sharps immediately after use in a puncture-proof, biohazard container.</li> <li>• Do not overfill waste, laundry, or sharps container (fill only to 2/3 full).</li> <li>• Follow <a href="#">facility waste management sorting and disposal guidelines</a>.</li> </ul>

