






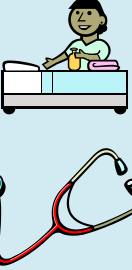




## Routine Practices Summary

<b>Risk Assessment</b> 	<p><u>Before every patient interaction ask yourself:</u></p> <ul style="list-style-type: none"> <li>• What task am I doing?</li> <li>• What are the patient's symptoms?</li> <li>• What is my risk of exposure to blood, body fluids, excretions, secretions, non-intact skin &amp; mucous membranes?</li> <li>• What is my skill level for this task?</li> <li>• How cooperative is the patient?</li> <li>• What is the environment where I will be performing this task?</li> <li>• What actions do I need to take?</li> </ul>
<b>Hand Hygiene</b> 	<p><u>4 Moments for Hand Hygiene:</u></p> <ul style="list-style-type: none"> <li>• Before Patient Contact,</li> <li>• Before Aseptic Technique,</li> <li>• After Blood or Body Fluid Exposure Risk,</li> <li>• After Patient Contact</li> </ul> <p>Point of care alcohol based hand rub (ABHR first choice) Use soap and water if hands are visibly soiled/wet or if patient has diarrhea.</p>
<b>Source Control</b> 	<p><u>Contain microbes at an infectious source:</u></p> <ul style="list-style-type: none"> <li>• Triage</li> <li>• Early diagnosis and treatment</li> <li>• Respiratory Hygiene (cover coughs &amp; sneezes)</li> <li>• Hand Hygiene</li> <li>• Spatial Separation (2m) &amp; separate waiting areas</li> </ul>
<b>Patient Accommodation, Placement and Flow</b> 	<p>Use a private room for patients who contaminate the environment. When a private room is not available, create barriers between patients (e.g. use the privacy curtains). Limit moves (to only those medically essential).</p>
<b>Aseptic Technique</b> 	<p>Always follow aseptic principles (i.e. sterile technique) for invasive procedures.</p>
<b>Use of Personal Protective Equipment</b> 	<p><u>Wear barriers based on the Risk Assessment (put on &amp; take off properly)</u></p> <ul style="list-style-type: none"> <li>• Gloves – risk of hand contact with blood, body fluids, secretions, excretions or non-intact skin</li> <li>• Gown – risk of skin or clothing contamination</li> <li>• Mask &amp; Eye Protection – risk of sprays or splashes of blood, body fluids, secretions or excretions.</li> </ul>
<b>Sharps Safety</b> 	<p>Use safety-engineered devices Do not recap used needles Use sharps containers (replaced when 2/3 full)</p>
<b>Management of the Patient Care Environment</b> 	<p><u>Cleaning of the Patient Care Environment</u></p> <ul style="list-style-type: none"> <li>• Minimize environmental contamination</li> <li>• Follow established Housekeeping standards</li> <li>• Clean &amp; disinfect high touch surfaces when visibly soiled &amp; at least daily</li> </ul> <p><u>Cleaning &amp; Disinfection of Non-Critical Patient Care Equipment</u></p> <ul style="list-style-type: none"> <li>• Equipment that is shared by more than one patient needs to be cleaned &amp; disinfected between patients.</li> </ul> <p><u>Handling of Waste</u></p> <ul style="list-style-type: none"> <li>• Follow appropriate waste streams.</li> </ul> <p><u>Handling of Linen</u></p> <ul style="list-style-type: none"> <li>• Handle linen carefully to prevent personal/environmental contamination – do not place soiled linen on the floor.</li> </ul>
<b>Education of Patients, Families and Visitors</b> 	<p><u>Take opportunities to teach patients, families &amp; visitors about ways to minimize infection risks:</u></p> <ul style="list-style-type: none"> <li>• Cover coughs &amp; sneezes</li> <li>• Appropriate hand hygiene</li> <li>• Do not sit/lie on beds or use patient washrooms</li> </ul>
<b>Visitor Management</b> 	<p>Don't visit if sick (signs &amp; symptoms of infection) If the visit is essential for a sick visitor, limit risk (instruct visitor to: wear a mask if having respiratory symptoms, perform hand hygiene, remain in the patient's room, avoid public areas &amp; contact with other patients/equipment).</p>