



YEE HONG

Innovating care is our tradition

# Infection Prevention and Control (IPAC) Training for Family and Visitors

September 2025



# Agenda

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1. Active and Passive Surveillance
2. Routine Practice
3. Hand Hygiene
4. Putting on and Taking off PPE
5. Additional Precautions
6. Immunization
7. Outbreak Management
8. Cleaning and Disinfection
9. IPAC while Supporting Residents at Mealtime
10. IPAC while Travelling to and from an LTC Home

# Active and Passive Surveillance

1. Self-screen for symptoms of infection before entering the LTC home
2. Stay home if you have signs and symptoms of infection

# Routine Practice

- Are used for all residents  
Includes risk assessment,  
risk reduction, and  
education

## Elements of Routine Practice

- Risk Assessment
- Hand Hygiene
- Barrier Equipment
- Environmental Controls
- Administrative Controls

# Risk Assessment

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- A risk assessment must be done before each interaction with a resident/client
- Risk assessment – what are you going to do
- Risk reduction strategies - how to protect yourself
- Education – improving your knowledge to protect yourself and your clients

# Hand Hygiene

Hand washing, done correctly, is an important personal hygiene practice to prevent the spread of communicable diseases. Many diseases can be spread easily by soiled hands or respiratory droplets. To stop the spread, just clean your Hands.



# When should we clean our hands?

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- Before preparing, handling, serving or eating food
- After using the washroom, blowing your nose, etc.
- Before putting on and after taking off gloves
- Whenever you are in doubt about the necessity for doing so
- In addition to the above indications for hand hygiene, there are some essential moments in health care settings where the risk of transmission is greatest and hand hygiene must be performed: Your **4 Moments of Hand Hygiene**.

**4 Moments of Hand Hygiene (English video):** <https://www.youtube.com/watch?v=mcSi1a9pldk>

# When should we clean our hands?

<b>1</b>	<b>BEFORE initial resident / resident environment contact</b>	<b>WHEN?</b> Clean your hands when entering: <ul style="list-style-type: none"><li>• before touching resident or</li><li>• before touching any object or furniture in the resident's environment</li></ul> <b>WHY?</b> To protect the resident/resident environment from harmful germs carried on your hands
<b>2</b>	<b>BEFORE aseptic procedures</b>	<b>WHEN?</b> Clean your hands immediately before any aseptic procedure (e.g., oral dental care, eye drops, catheter insertion and changing a dressing) <b>WHY?</b> To protect the resident against harmful germs, including the resident's own germs, entering his or her body
<b>3</b>	<b>AFTER body fluid exposure risk</b>	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal) <b>WHY?</b> To protect yourself and the health care environment from harmful resident germs
<b>4</b>	<b>AFTER resident / resident environment contact</b>	<b>WHEN?</b> Clean your hands when leaving: <ul style="list-style-type: none"><li>• after touching resident or</li><li>• after touching any object or furniture in the resident's environment</li></ul> <b>WHY?</b> To protect yourself and the health care environment from harmful resident germs



# Hand Hygiene and Glove Use

- The use of gloves does not replace the need to clean hands.
- Discard gloves after each procedure and clean your hands.
- Wear gloves only when indicated, otherwise they become a major risk for transmission of organisms.

# Two Ways to Clean Hands

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## Liquid Soap and Running Water

Washing hands thoroughly with liquid soap for at least 15 seconds can effectively prevent contracting and spreading communicable diseases.

## Hand Sanitizer

If your hands are not visibly soiled, you can use an alcohol-based hand sanitizer that contains at least 70% alcohol. You can tell if the sanitizer contains at least 70% alcohol by looking at the product label.

# How to Clean Your Hands

Clean your hands with soap or alcohol hand rub to cover all aspects of hands

Least frequently missed

Most frequently missed



Palm



Back

For 15 to 30 seconds—steps **1** through **5**



**1.** Wet hands with warm water



**2.** Apply enough soap to cover entire surface of hands



**3.** Vigorously rub soap palm to palm



**4.** Wash back of each hand with palm of other hand



**5.** Clean your wrists

Don't Forget—steps **6** through **8**



**6.** Space between fingers



**7.** Thumbs



**8.** Fingertips



**9.** Rinse all aspects of hands under running water



**10.** Pat hands dry with disposable paper towel, then use towel to turn off faucet



**11.** Dispose of paper towel in waste basket

# How to Hand Wash

English video:

<https://youtu.be/o9hjmques72I>



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**Use a paper towel to turn off the tap**



**Use a paper towel to grab the door handle**



## How to Hand Rub

- The right way to use Hand Sanitizer;
- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all the surfaces of your hands and fingers until your hands are dry. This should take at least 15 seconds.
- English Video:  
<https://www.youtube.com/watch?v=sDUJ4CAYhpA>



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



## Don't Forget the Residents!

### **Assist/remind them to wash hands:**

- after toileting
- before meals and activities
- after visiting someone who is sick
- after blowing their nose, coughing or sneezing
- after touching a pet



# Putting on and taking off PPE

## Putting on (Donning) PPE Video

<https://youtu.be/s2z1uM1fXN8?si=O7-XSNngNwTprxNI>

## Taking off (Doffing) PPE Video

<https://youtu.be/Go3u37-dRB4?si=RkRxDurnQdolctvs>

### How to: Put On Personal Protective Equipment (PPE)

#### 1 Perform Hand Hygiene

Use alcohol-based hand rub, or soap and water if hands are visibly soiled.



#### 2 Put on Gown

Tie at neck and waist.



#### 3 Put on Mask / N95 Respirator



Secure ties, loops or straps and mould metal piece over nose.



Perform a seal check for N95 respirators.

#### 4 Put on Protective Eyewear



Place eye protection over face and eyes and adjust to fit.



#### 5 Put on Gloves

Pull glove over the cuff of the gown.



For more information, please contact Public Health Ontario's Infection Prevention and Control Team at [ipac@oahpp.ca](mailto:ipac@oahpp.ca) or visit [www.publichealthontario.ca](http://www.publichealthontario.ca).

### How to: Take Off Personal Protective Equipment (PPE)



#### Perform Hand Hygiene

Use alcohol-based hand rub, or soap and water if hands are visibly soiled.

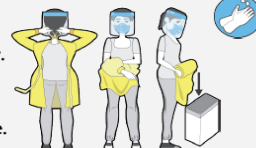
#### 1 Remove Gloves

Take care not to touch your bare skin to the outside of the glove.



#### 2 Remove Gown

Undo ties and pull gown away from body. Carefully roll gown inside out, dispose into waste container. Perform hand hygiene.



#### 3 Remove Protective Eyewear

Do not touch the front. Carefully remove eyewear by pulling up and away from face and dispose into waste container.



#### 4 Remove Mask / N95 Respirator

Take off using the ear loops/straps, pull forward away from face and dispose into waste container. Perform hand hygiene.



# How to wear a medical & N95 mask video

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## Medical Mask Video

<https://www.youtube.com/watch?v=YpcVRFyQ9kM>

## N95 Video

<https://www.youtube.com/watch?v=DlaILi8ThLE>

# Steps of Putting on P.P.E.

***Put on*** PPE in the following order

***1. Perform hand hygiene!***

2. Gown

3. Mask

4. Goggles/face shield

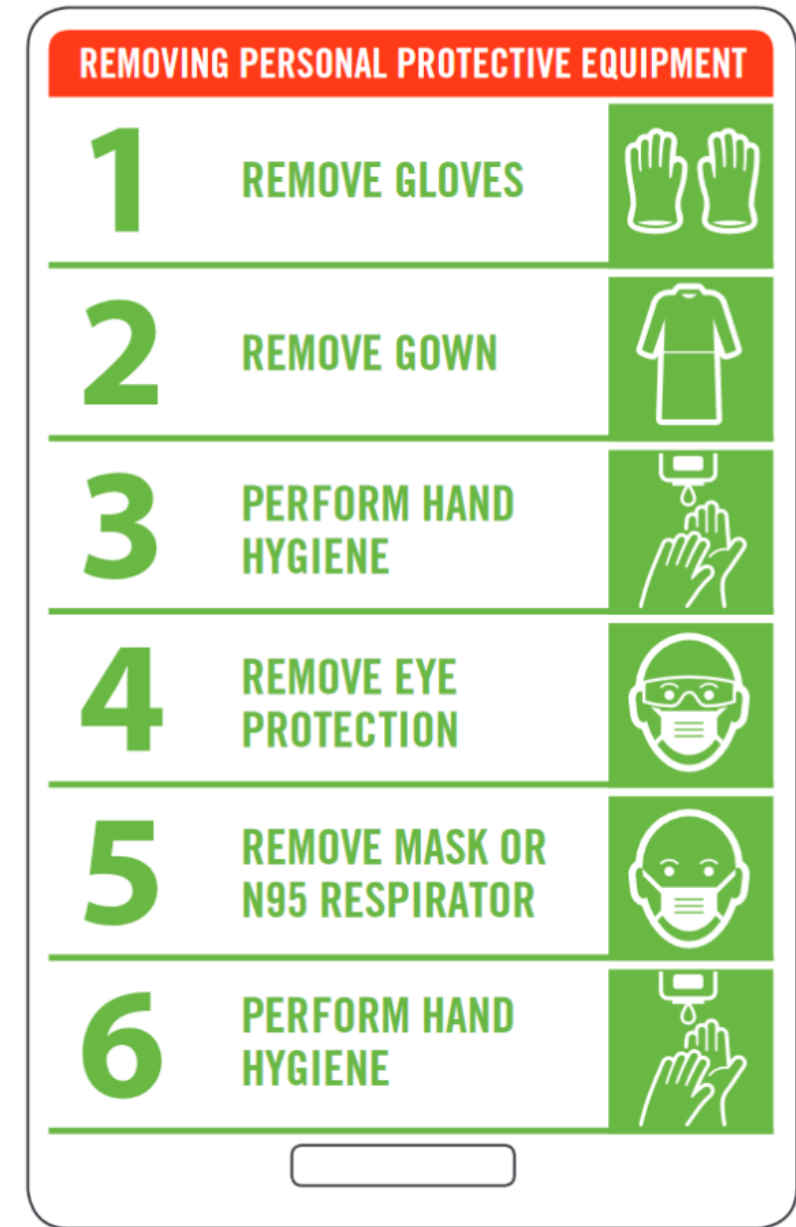
5. Gloves



# Steps of Taking off P.P.E.

***Take off*** PPE in the following order

1. Gloves
2. Gown
3. *Perform hand hygiene!*
4. Goggles/face shield
5. Mask
6. *Perform hand hygiene!*



# Remove Gloves

**Remember: gloves to gloves, skin to skin**



Videos:

Taking off gloves: <https://youtu.be/WDI0Zj573Js>

# Additional Precautions

Are used in **addition to Routine Practices** to protect staff and residents from transmission of known or suspected infectious agents

- Contact precaution
- Droplet precaution
- Droplet/Contact precaution
- Airborne precaution



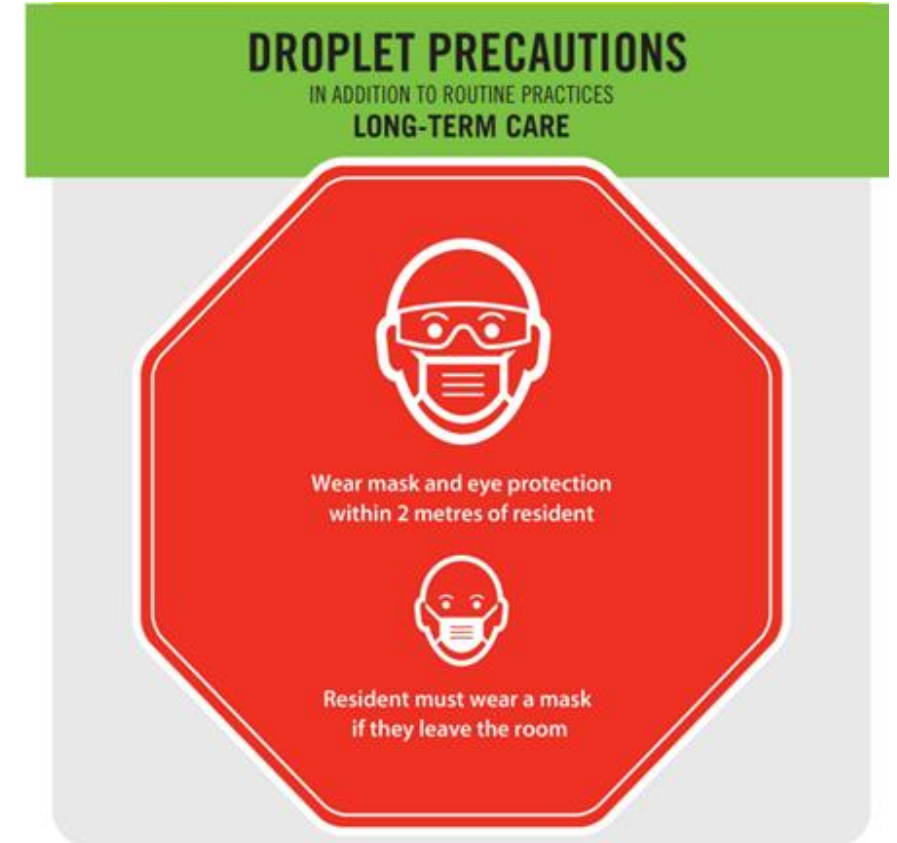
# Contact precaution

- Gown and gloves for contact with resident (direct) or environment of care (indirect)



# Droplet precaution

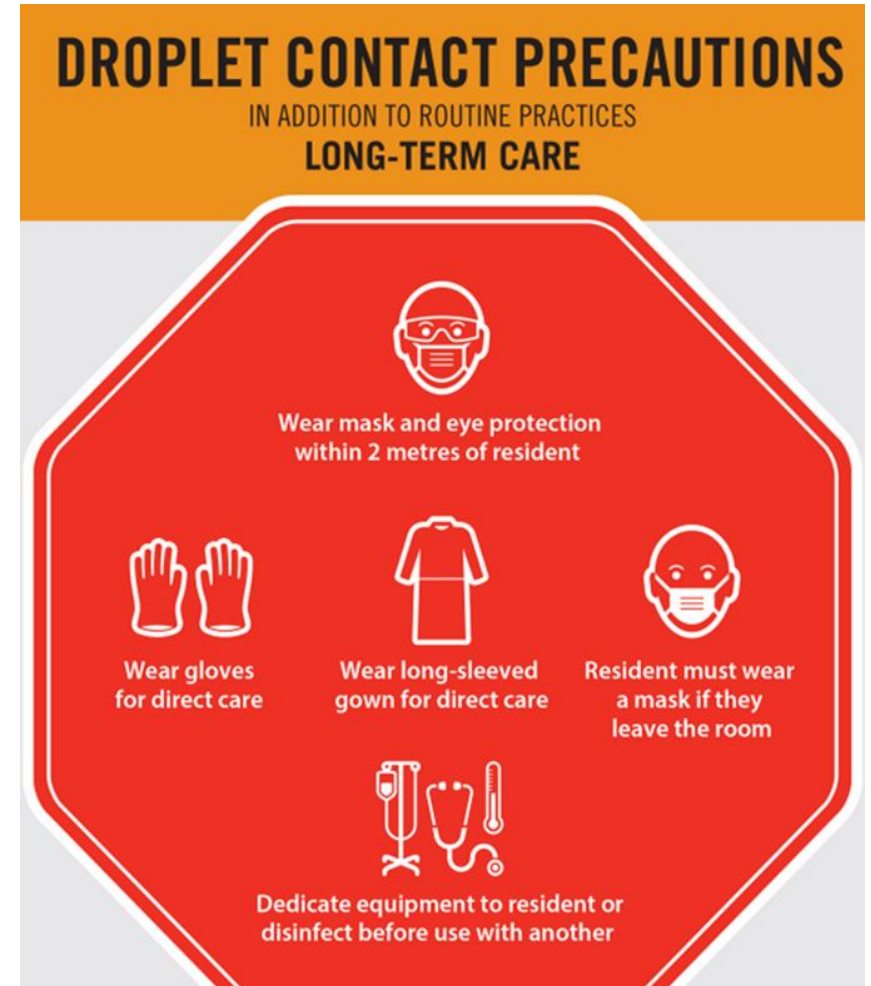
- Surgical masks and eye protection i.e. goggles/face shield/ visors attached to masks within 2 meter of a coughing resident





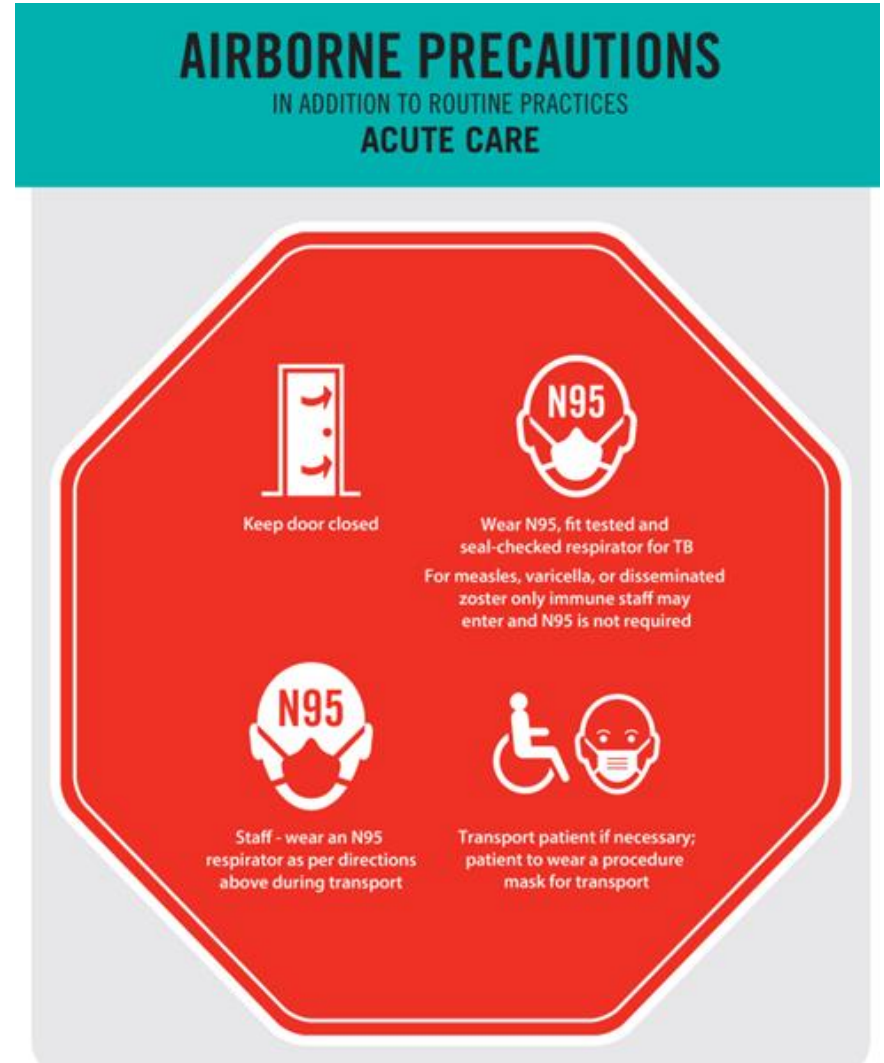
# Droplet/Contact precaution

- **Surgical masks and eye protection** within 2 meter of a coughing resident or procedures with a potential for splashes or sprays of body fluids to the eyes, **gown and gloves**



# Airborne precaution

- Particulate respirator (N95 mask)
- Negative pressure room



# Elements of Additional Precaution

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1. Specialized Accommodation and Signage
2. Barrier Equipment
3. Dedicated Equipment
4. Additional Cleaning Measures
5. Communication

# Immunization

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Stay up to date with your vaccines :

1. Influenza Immunization
2. COVID-19 Immunization



# Outbreak Management Team (OMT)

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- Executive Director
- Director of Resident Care
- IPAC Manager and IPAC Lead
- Assistant Director of Resident Care
- Charge Nurse of the outbreak unit/floor
- PSW(s) of the outbreak unit/floor
- Food Services Manager/Supervisor
- Facility Manager
- Activation Manager
- Medical Director
- Local Public Health Liaison
- Other internal member/external parties as needed

# Outbreak Control Measures

- Follow Public Health guidelines for visiting outbreak units/floors
- Self-monitor for signs of illness and do not enter the home if unwell
- Hand Hygiene
- Resident group activities may be stopped
- Staff cohorted



# Reminder!

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Follow these simple steps to protect yourself:

- Wash your hands
- Cover your cough and sneeze
- Avoid touching your eyes, nose or mouth
- Avoid close contact with persons who are sick
- Stay home when you are sick
- Stay well rested
- Be physically active
- Drink plenty of fluids
- Eat nutritious food

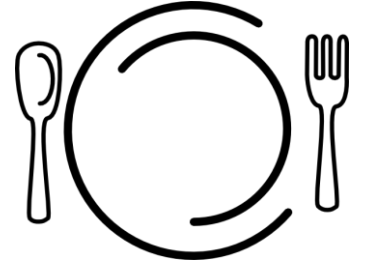
# Cleaning and Disinfection Program

- To prevent the transmission of infection to residents and/or health care workers by providing assurance of proper equipment/environmental surfaces cleaning, disinfection and sterilization
- Use facility approved products
- Cleaning and disinfecting is a two-step process



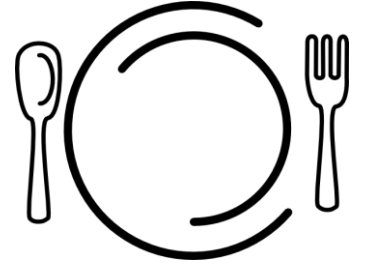


## IPAC while supporting residents at mealtime



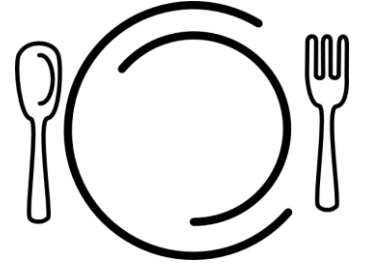
- Perform hand hygiene before you come into the environment of the resident (table, room, etc.)
- The resident should also perform hand hygiene before having a meal
- Perform hand hygiene after you finish assisting a resident
- If your mask is visibly soiled, change to a new one

## How about your mealtime with resident?



- Check with staff where you can have lunch (tea room)
- In tea room or staff lounge, disinfectant (wipes/liquid) and paper towel are provided. Please disinfect your table before and after meal.
- Perform hand hygiene before having a meal
- How to place your mask during your meal?

# How to place your mask during your meal?



- After sanitizing the table and performing hand hygiene, place a paper towel on the table
- Carefully remove your mask by handling the mask from the ear loops only, place it on the paper towel, with the outside surface facing down, inside surface facing up
- Cover the mask with another paper towel



# IPAC while travelling to and from an LTC home



Travelling by public transit or by car pooling

\* If you have symptoms such as fever or worsen cough, stay home, and do not take public transit or car pool

1. Recommend wearing a mask properly throughout the ride
2. After touching surfaces that you think may be contaminated, please wash/sanitize your hands immediately if possible
3. Always wash/sanitize your hands before you touch your mask , eyes, nose or mouth
4. If possible, keep some distance between you and other people

# IPAC while travelling to and from an LTC home



## **Travelling by public transit or by car pooling**

5. If possible, you could increase ventilation by opening a window
6. Avoid eating and drinking when you are taking public transit or car pooling
7. Wash/sanitize your hands thoroughly when you enter our locations or enter your home.
8. Regularly clean/sanitize the items that you need to touch often: phone, keys, presto card, etc.

A large, stylized green leaf graphic is positioned in the background, centered behind the text. It has a thick, rounded stem and several pointed, teardrop-shaped leaflets extending from it, all in a lighter shade of green than the background.

Thank you for attending this training!