

# Routine Practices



are used by staff in any healthcare setting

are used with all patients

prevents spread of microorganisms

prevents transmission between patients

prevents transmission from patients to staff



## Tips



Use **Respiratory Hygiene** to contain coughs and sneezes

**Clean hands** before and after contact with a patient or a patient's environment

**Clean and disinfect surfaces** and shared **equipment**

# Point of Care Risk Assessment (PCRA)



Perform a PCRA with every patient

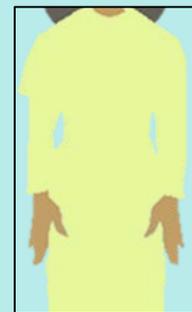
Assess patients for symptoms of infection

Assess risk of body fluid exposure

Clean your hands and choose PPE

# Personal Protective Equipment

Wear **gowns** to protect yourself during patient care that generate splashes of body fluids



Wear **gloves** to protect your hands from contact with patients' body fluids and contaminated items



Wear **mask and eye** protection to protect your eyes, nose and mouth during patient care that generate splashes of body fluids



Edmonton Zone Infection Prevention and Control

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### Routine Practices Are Essential to Safe Care

- ❖ Routine Practices are a comprehensive set of infection prevention and control measures, intended to prevent contact with and spread of potentially infectious microorganisms
- ❖ Routine Practices are relevant for all who work in any healthcare setting
- ❖ Following Routine Practices consistently will help to prevent transmission from patients to staff members, from staff members to patients and between patients
- ❖ Routine Practices apply to patients who are on Additional Precautions and to those who do not require Additional Precautions

The essential components of Routine Practices include:

- Perform a point of care risk assessment (**PCRA**) **prior to every patient interaction**
  - Consider the type of care you will provide, condition of patient, risk of exposure to blood/body fluids or contaminated surfaces
  - Perform hand hygiene and choose Personal Protective Equipment to prevent exposure
- **Assess** all patients for signs and symptoms of **active infection**, including influenza like-illness, gastrointestinal illness, potentially infectious rashes and uncontained drainage, at each visit and regularly during an inpatient admission
  - Provide **physical separation** or barriers for patients with signs and symptoms of infection to contain their germs
  - Place patients on Additional Precautions-**Contact, Droplet and/or Airborne**-if they have active signs or symptoms of confirmed or possible infectious illness
- **Clean hands** before and after contact with patient or patient's environment, before clean or aseptic activities and when hands are soiled
  - Use of an alcohol based hand rub is preferred method for hand hygiene
  - When hands are visibly soiled, wash with soap and water
  - Hand hygiene is required before accessing and after removing gloves
- Perform **Respiratory Hygiene** to contain your coughs and sneezes, using a tissue, sleeve or mask, followed by hand hygiene and encourage patients and visitors to do the same
- Wear appropriate **personal protective equipment** to prevent exposure of your skin, clothing and mucous membranes from potential contact with and splashes from patients' blood, body fluids, secretions and excretions, mucous membranes, draining wounds or non-intact skin
  - Wear **gloves**
    - To help protect your hands from contact with contaminated surfaces
    - When handling dirty or potentially contaminated items
    - When your hands have open lesions
  - Wear a **gown** to protect uncovered skin and clothing during procedures and patient care activities likely to generate splashes or sprays
  - Wear **facial protection**-masks and eye protection/ face shields to protect mucous membranes of eyes, nose and mouth during procedures and care activities likely to generate splashes or sprays
- **Clean** and disinfect **environmental** surfaces and medical **equipment** with AHS approved products and proper procedures between patient uses and when visibly soiled
- **Handle linen** and **sharps** in a manner that **minimizes** the risk of cross **contamination** and **injury**
- Follow proper **procedures** specified for **handling and disposal** of **different** types of **healthcare waste**
- Remember to use a **new needle** and **new syringe every time!**