






Routine practices are used for all patients* in all health care settings all of the time to prevent and control the spread of infection

Note: In this document, the term patient is inclusive of patient, resident and client

	<h3>Point of Care Risk Assessment (PCRA)</h3> <ul style="list-style-type: none"> Assess the risk of spreading infection before every interaction with a patient and their environment Assess for any possible contact with blood, body fluids, secretions, excretions, contaminated surfaces and equipment Perform hand hygiene and put on the correct personal protective equipment (PPE), if needed, before providing care Refer to CV-19 G0031 Point of Care Risk Assessment Guideline
	<h3>Hand Hygiene</h3> <ul style="list-style-type: none"> Hand hygiene is the single most important step in preventing infections Perform hand hygiene by using alcohol-based hand rub (ABHR) or soap and water Use plain liquid soap and water when hands are visibly soiled Keep fingernails natural, clean, healthy and short Perform Hand Hygiene: <ul style="list-style-type: none"> ⇒ BEFORE initial patient/patient environment contact ⇒ BEFORE aseptic procedure ⇒ AFTER body fluid exposure ⇒ AFTER patient/patient environment contact Refer to the SHA Hand Hygiene policy
	<h3>Patient Placement/Accommodation</h3> <ul style="list-style-type: none"> Single rooms, with dedicated bathroom and sink, are preferred for placement of all patients When there are insufficient single rooms, room assignments and cohorting of patients should be based on: <ul style="list-style-type: none"> ⇒ Route of transmission of the infectious agent ⇒ Risk factors for transmission (e.g., cognitive status, hygiene) ⇒ Risk factors for acquisition in other patients on the unit (e.g., compromised immunity)



Personal Protective Equipment: Gloves

Wear non-sterile gloves:

- When there is a risk of contact with blood, body fluids, secretions, excretions, mucous membranes or non-intact skin
- When handling contaminated surfaces and equipment
- To protect your hands if you have non-intact skin (i.e., open cut, lesions or rashes)

Appropriate Glove Use:

- Perform hand hygiene before putting on clean gloves and immediately after removing gloves
- Gloves are single-use
- Never wash gloves or use ABHR while wearing gloves
- Do not wear gloves when accessing clean supplies or linens
- Refer to [PPE Rapid Update - Gloves are not Continuous Use](#)



Personal Protective Equipment: Gowns

- Wear a gown to protect exposed skin and clothing during activities likely to cause splashes or sprays of blood, body fluids, secretions, or excretions
- Ensure the gown fits and the sleeves cover your wrists
- Gowns are single-use
- Remove the soiled gown as soon as possible
- After removing the gown:
 - ⇒ Place in waste container, if disposable
 - ⇒ Place in linen bag, if reusable
 - ⇒ Perform hand hygiene
- Refer to SHA [Putting on \(Donning\) Personal Protective Equipment \(PPE\)](#) and [Taking off \(Doffing\) Personal Protective Equipment \(PPE\)](#) for details on careful removal and disposal of gowns



Personal Protective Equipment: Facial (Mask and Eye) Protection

- Mask (procedure/surgical) and eye protection are worn to protect your mouth, nose and eyes from sprays or splashes and respiratory secretions (e.g., when performing aseptic procedures or in a room during an aerosol generating medical procedure)

Eye Protection:

- May include face shields, goggles, safety glasses or mask/visor combo
 - *Note: only face shields and goggles (indirectly vented or non-vented) are approved for use in cases where contact with respiratory secretions are anticipated
- Prescription eye glasses are not acceptable as eye protection



Respiratory Hygiene/Cough Etiquette

- Cover your nose and mouth with a tissue when coughing or sneezing
- Dispose of tissue immediately after use and perform hand hygiene
- If tissues are not readily available, cough or sneeze into your upper arm or elbow
- Offer a mask to patients with respiratory symptoms



Handling Patient Care Items and Equipment

- Bring minimal supplies into patient room, home and treatment rooms
- Use disposable equipment when possible
- All reusable equipment and supplies should be dedicated to the patient until discharge
- If reusable equipment cannot be dedicated to a single patient, clean and disinfect thoroughly with a low-level disinfectant before use on another patient
- Items that cannot be appropriately cleaned and disinfected should be discarded upon patient discharge or transfer



ROUTINE PRACTICES

INFECTION PREVENTION AND CONTROL



Linen & Dishes

- Soiled linen is handled the same way for all patients regardless of their infection status
- Soiled linen should be handled with minimum agitation and placed in a no-touch receptacle at the point-of-use
- Transport and store clean linen in a manner that prevents its contamination and ensures its cleanliness
- Used meal trays and dishes do not require special handling



Patient Transport

- Before patients leave their room, educate or assist them to:
 - ⇒ Perform hand hygiene
 - ⇒ Offer a mask to the patient, if respiratory symptoms are present
 - ⇒ Put on clean hospital gown/housecoat
- Staff transporting the patient should assess the patient's risk of spreading infection and if necessary, choose clean PPE using the [Point of Care Risk Assessment Algorithm](#)



Environmental Cleaning

- Clean patient areas on a regularly scheduled basis and after patient discharge
- Use SHA approved products for cleaning



Waste and Sharp Handling

- Wear gloves to remove waste from patient rooms, treatment rooms or if the outside of the bag is soiled
- Remember: New Needle, New Syringe, Every Time
- Dispose of sharps immediately after use in a puncture-proof, biohazard container at the point-of-care
- Do not overfill waste or sharps container



Additional Resources:

Government of Saskatchewan website: [Video: Correct Donning and Doffing of Personal Protective Equipment](#)

References

Alberta Health Services Infection Prevention and Control “Routine Practices” February 2020.

<https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-routine-practices-info.pdf>

Ontario Agency for Health Protection and Promotion, Provincial Infectious Diseases Advisory Committee. Routine Practices and Additional Precautions in All Health Care Settings. 3rd edition. Toronto, ON: Queen’s Printer for Ontario; November 2012

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<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/routine-practices-precautions-healthcare-associated-infections/routine-practices-precautions-healthcare-associated-infections-2016-FINAL-eng.pdf>

Vancouver Coastal Health Infection Prevention and Control “Routine Practices 2017”

<http://ipac.vch.ca/Documents/Routine%20Practices/Routine%20Practices%20Information%20Sheet.pdf>