Infection Prevention and Control

How to keep yourself and others safe during the COVID-19 pandemic

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A friendly reminder…

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Agenda for today

- COVID-19: The latest and greatest updates
- Infection Control Routine Practices
- Hand Hygiene - Tips and Tricks
- Point of Care Risk Assessment
- Personal Protective Equipment – Why technique matters
- Cleaning and Disinfection

COVID-19: The latest updates

- Risk remains high
- Variants of concern
  - B.1.1.7 (U.K.) variant
  - B.1.351 (South Africa) variant
  - P.1 (Brazil) variant
- Uptick in new cases and clusters in Lower Mainland
  - Long term care outbreaks have declined
  - More transmission in workplaces and social gatherings in the community
- Vaccination is ongoing

Reference: https://news.gov.bc.ca/releases/2021HLTH0022-000525 Joint statement on B.C.'s COVID-19 response, latest updates; Monday, March 22, 2021

COVID-19: The latest updates

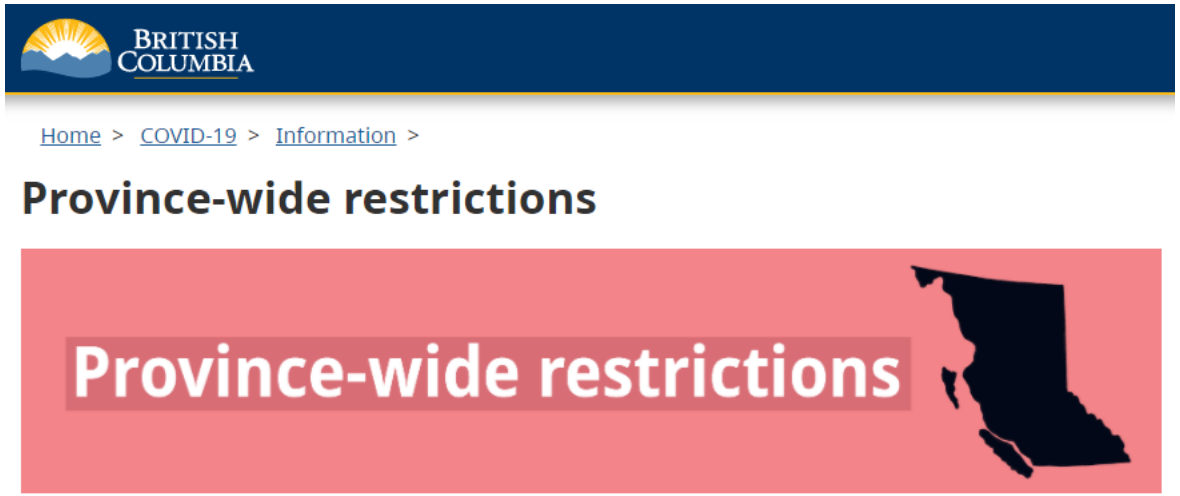
As per the March 24th update,

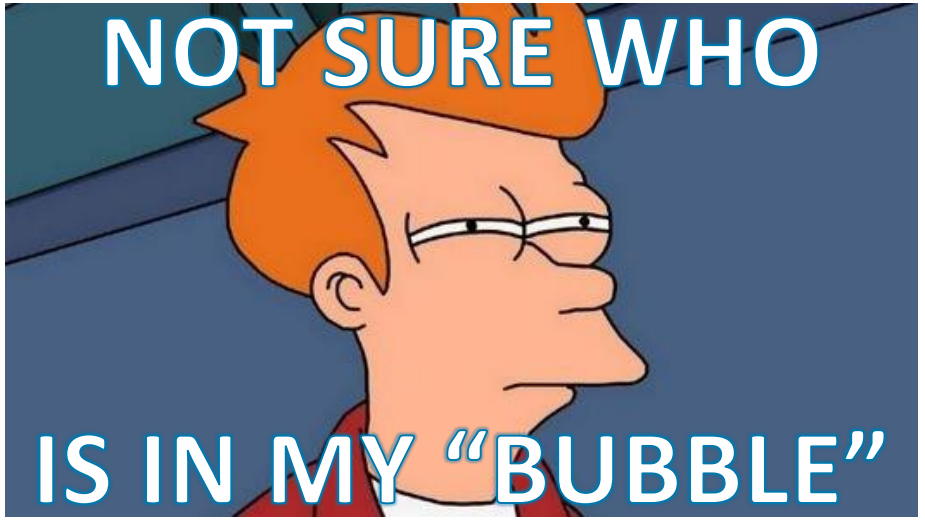
“No social gatherings of **any size** inside your residence with anyone other than your household or, if you live alone, your core bubble.”

“Up to 10 people can gather outdoors.

- For example: Up to 10 people can gather at a park, beach, or backyard of a residence. Stick to the same people. Continue to use COVID-19 layers of protection and maintain physical distancing. ”

https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#pho-order

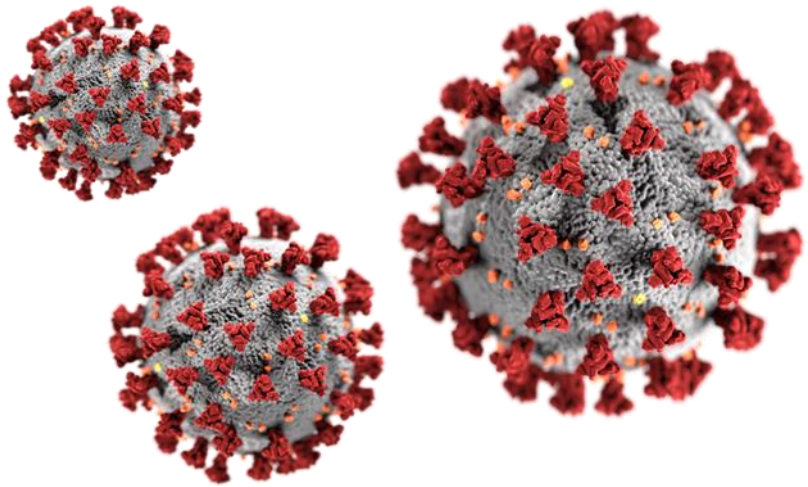


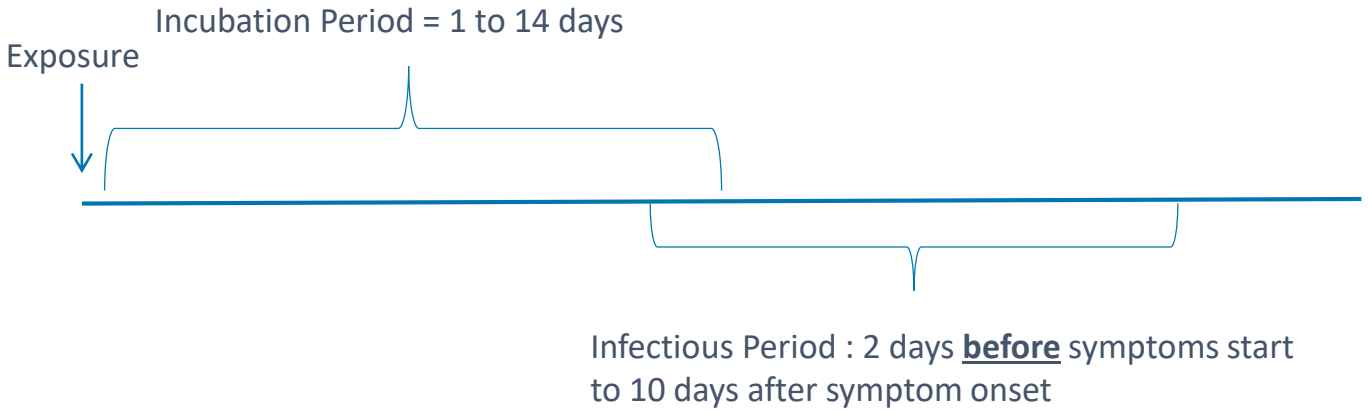


COVID-19 Basics

COVID-19: The basics

- COVID-19 = the disease
- Coronavirus = the family
- SARS-CoV-2 = the virus





COVID-19: How the virus is spread

- Spread through **water droplets**

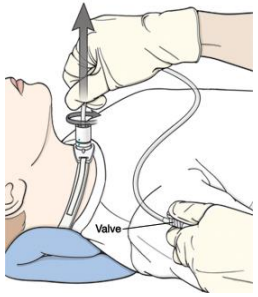
Large water droplets

Aerosols

- Can become aerosolized during certain medical procedures

Bag-valve-mask

CPAP/BiPAP



Tracheostomy suctioning

Nebulizers

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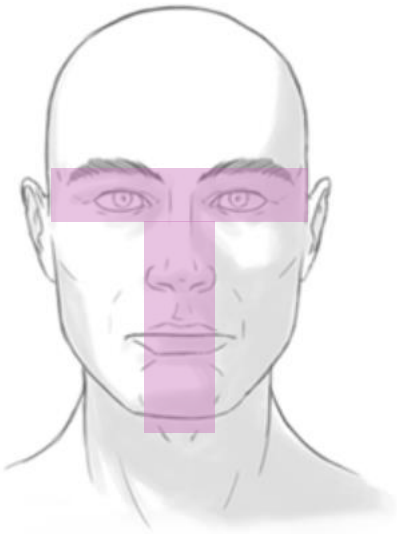
COVID-19: How the virus is spread

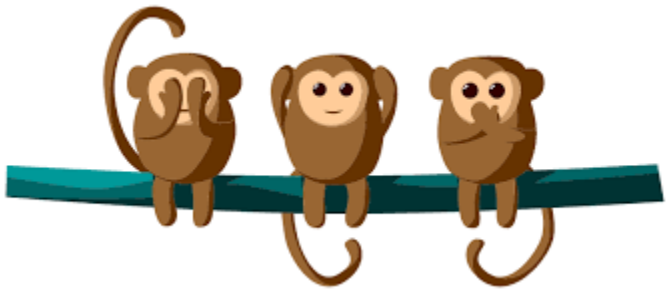
Direct transmission:

- In close spaces, when mask or eye protection is not worn
- Talking, coughing, singing, etc.
- Droplets enters eyes, nose or mouth



Indirect transmission:

- Droplets land on a surface/object
- Touch a person or environment
- Touch your eyes, nose or mouth



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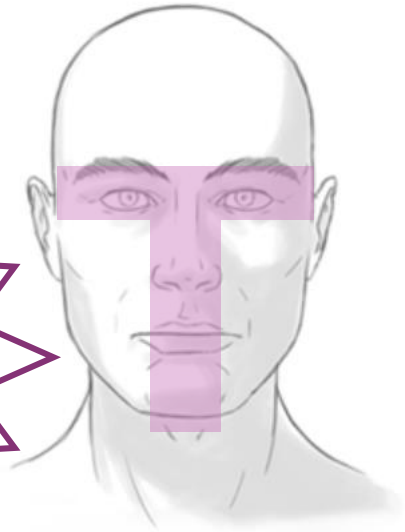
PHYSICAL DISTANCING

PROTECT YOUR T-ZONE!



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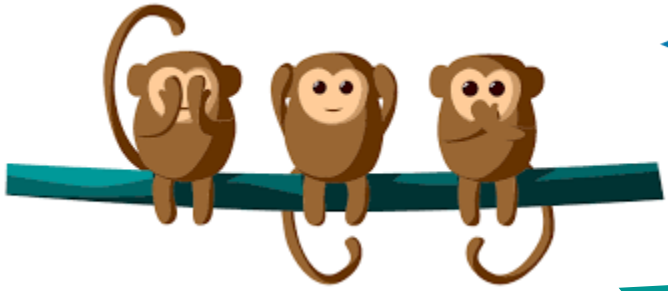

HAND HYGIENE

CLEANING AND DISINFECTION

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Knowledge Check

Can COVID-19 be transmitted through skin?

Can COVID-19 be contracted through cuts and open skin?

Knowledge Check

Can COVID-19 be transmitted through skin?

No

Can COVID-19 be contracted through cuts and open skin?

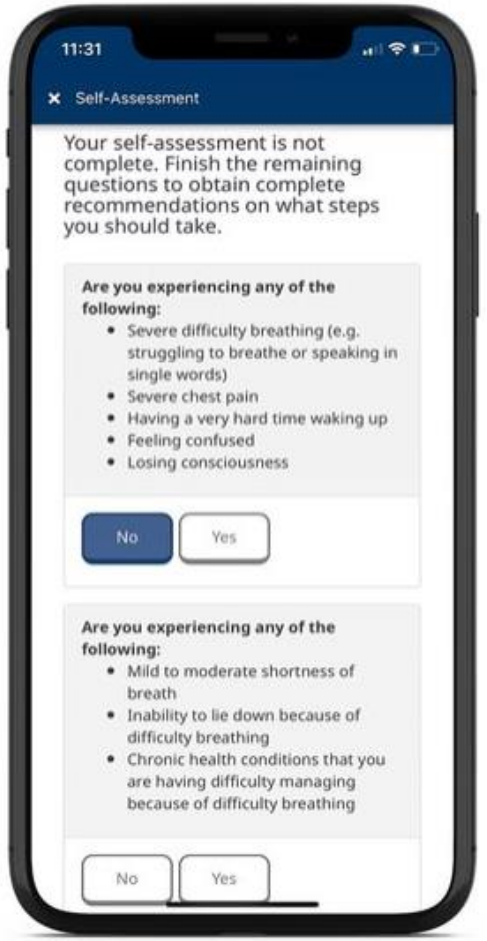
No

Self-Screening: Am I safe to come to work?

The BC COVID-19 Self Assessment Tool:

https://www.thrive.health/bc-self-assessment-tool

Available as an App



How do we stop the spread?

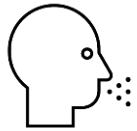
Routine Practices

How do we stop the spread?
Routine Practices

Is based on the premise that all

blood

body fluids



secretions

excretions

mucous membranes

non-intact skin

soiled items

are potentially infectious

What are “Routine Practices”?

Routine Practices are Used:

by ALL healthcare providers

for ALL clients

in ALL settings

ALL of the time

Examples of Routine Practices:

- Hand hygiene
- Sharps safety
- Point of care risk assessment
- Visitor management
- Cleaning and disinfecting equipment
- Cleaning and disinfecting environments
- Handling of waste and linen
- Personal Protective Equipment (PPE)

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Routine Precautions – HAND HYGIENE

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Hand Hygiene – The basics

When to wash/sanitize your hands:

- Before and after eating or feeding someone else
- Before preparing food
- After using the washroom or helping someone use the washroom
- After sneezing, coughing or using a tissue
- After helping someone with a runny nose
- Before and after caring for someone who is sick
- Before and after performing a care activity
- After handling pets or other animals
- After handling animal waste
- After handling shared objects
- After cleaning or handling garbage

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Hand Hygiene – Tips and Tricks

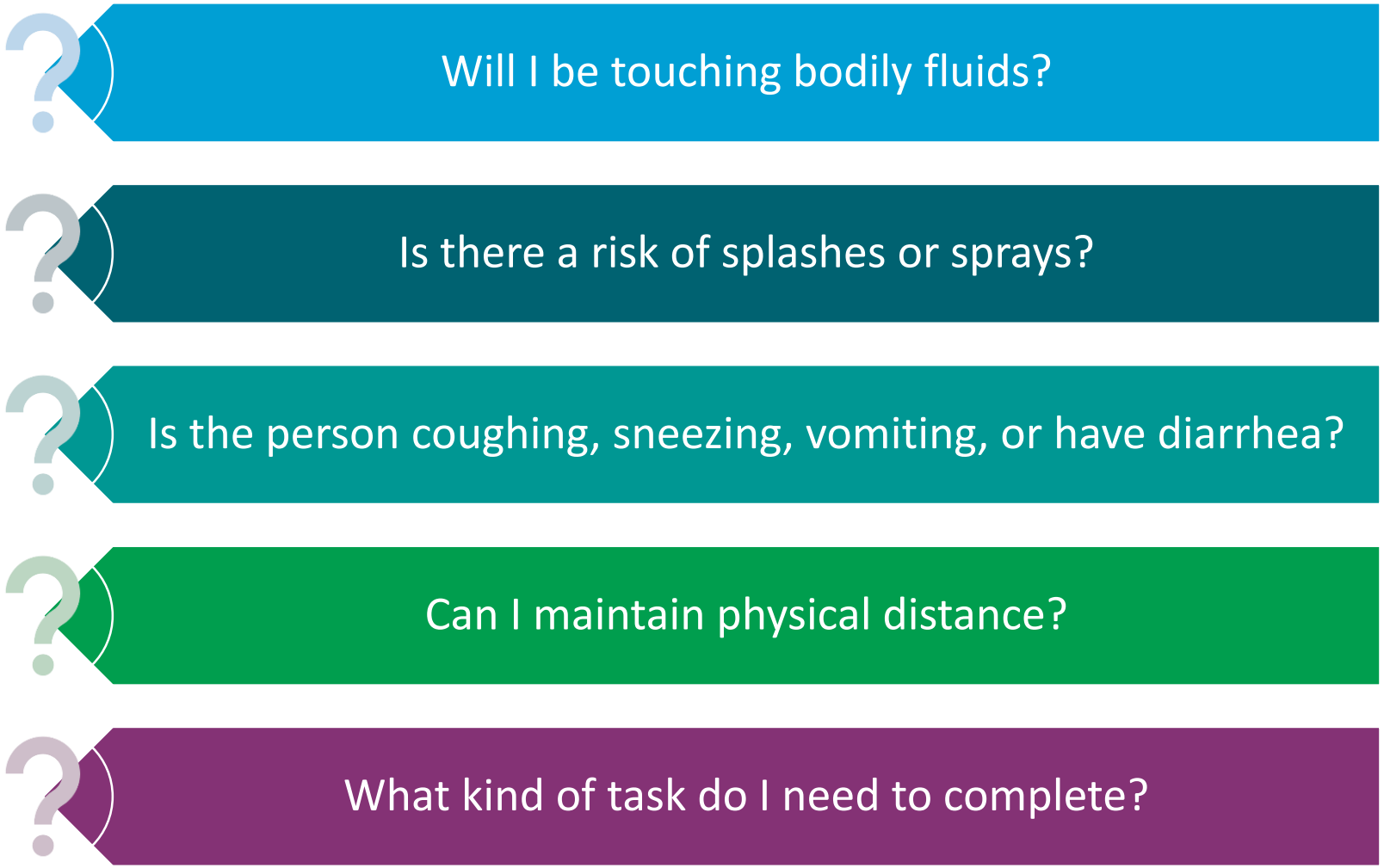
- DO:
  - ✓ Remove rings, bracelets, etc.
  - ✓ Take care of your skin
  - ✓ Use enough hand sanitizer to cover hands
  - ✓ Rub your hands together until dry
  - ✓ Physically wash hands if visibly soiled
  - ✓ Use plain soap
- DO NOT:
  - × Shake hands dry
  - × Remove excess hand sanitizer
  - × Touch your face without sanitizing hands first
  - × Sanitize on top of gloves
  - × Use hand sanitizer on visibly dirty hands
  - × Rush hand washing

Routine Practices –
POINT OF CARE RISK ASSESSMENT

What is a Point of Care Risk Assessment (POCRA)?

- Relies on professional judgement
- Before **every** interaction (During *and after* the COVID pandemic)
- Determines risk
- Selects appropriate personal protective equipment

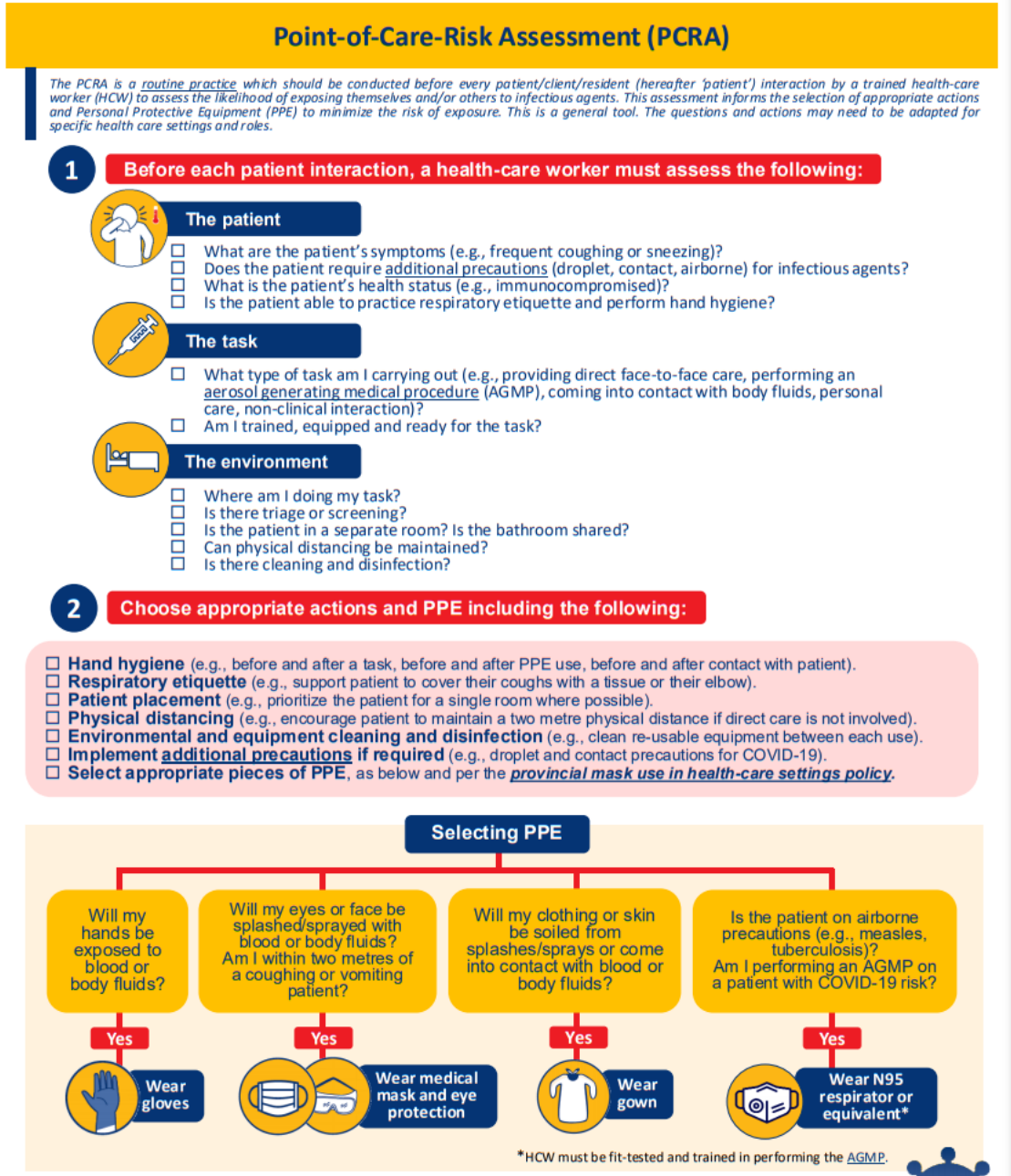
Questions to ask during a Point of Care Risk Assessment (POCRA)



Point of Care Risk Assessment

BCCDC Website:

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_PointOfCareRiskAssessTool.pdf



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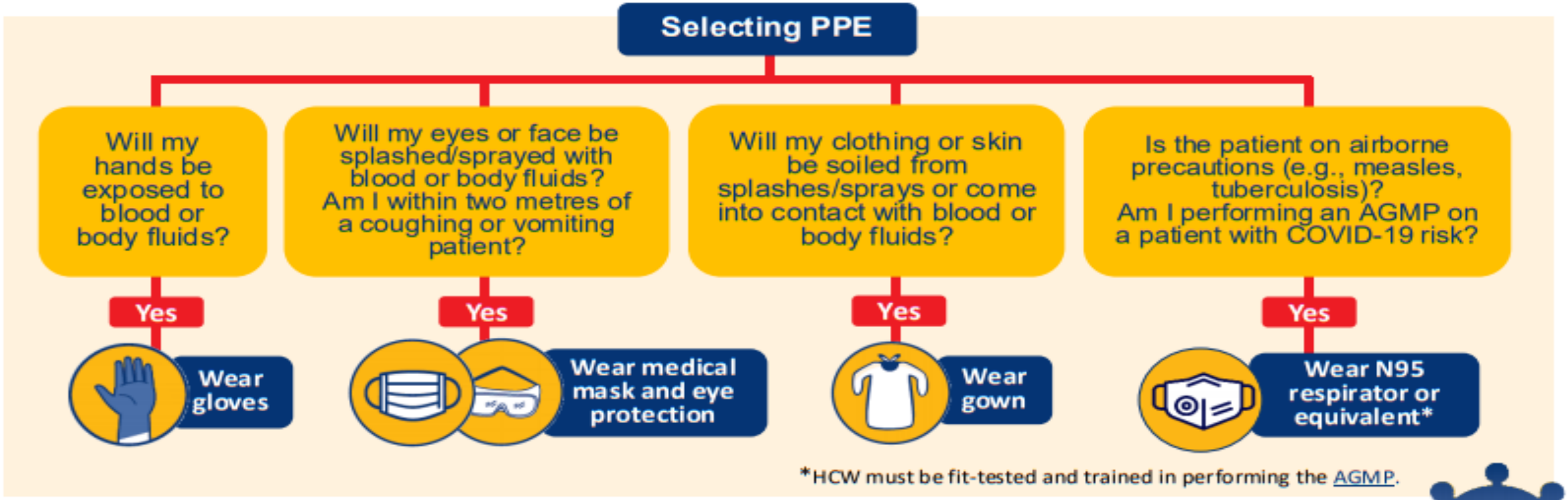
Knowledge Check



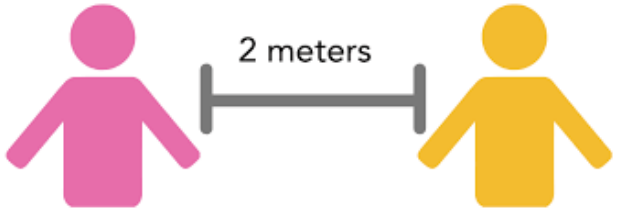
For Employees - Visit Planning

- Plan ahead for your visit
- Consider the challenges you may face in donning and doffing PPE
- Consider the challenges you may face when cleaning and disinfecting multi-use care items
- Have multiple ways that you can safely execute your employer's home visit

Donning and Doffing PPE in Community Settings

- The community environment is unpredictable
- The community clinician has little control of the space he or she must work in
- Community clinicians can work in a variety of environments including client homes, clinic spaces, outdoors, pop-up clinics
- Services provided are variable and can be invasive

Donning and Doffing PPE in Community Settings

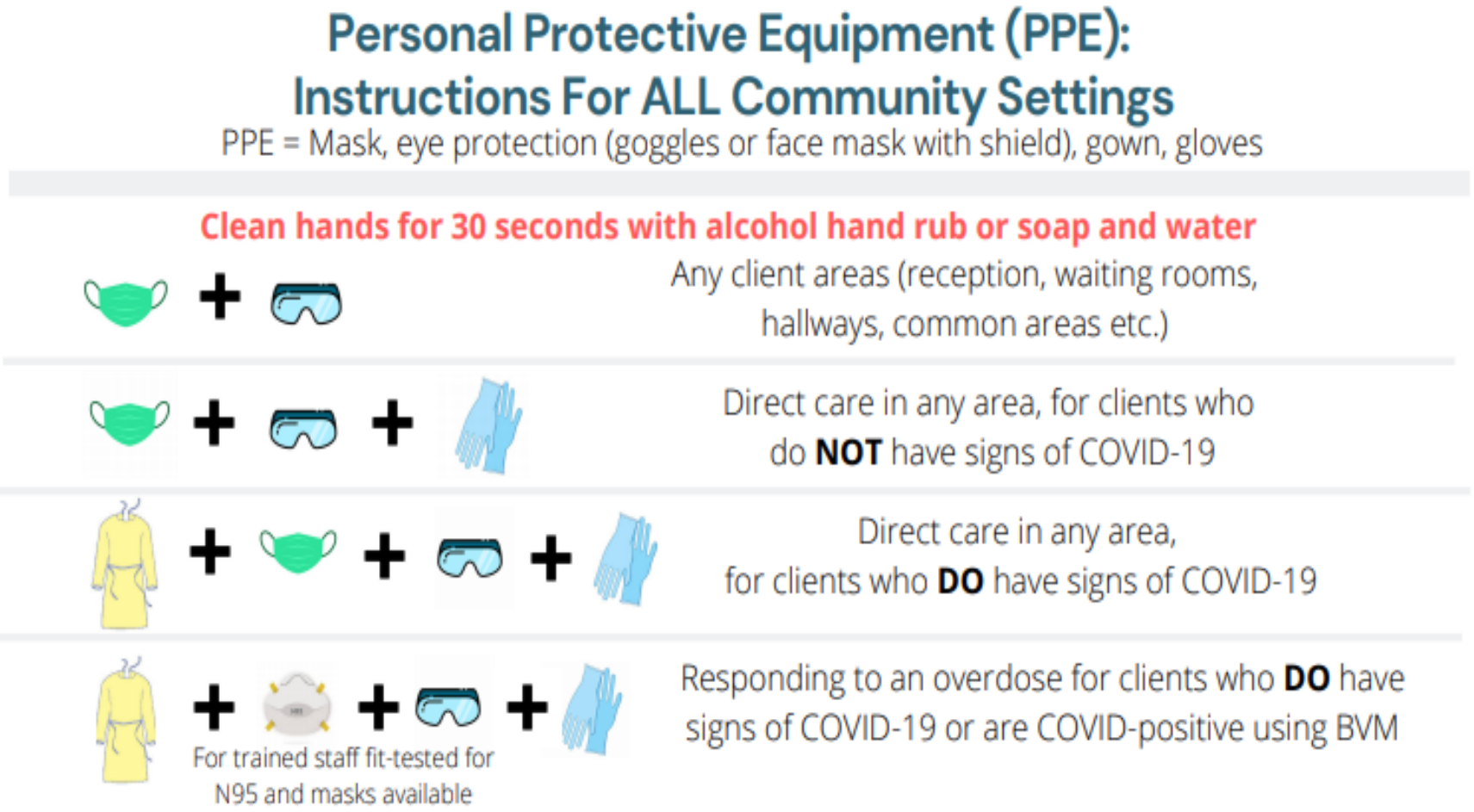


- Depending on the conditions of the environment – PPE may be donned in a variety of areas
  - Hallway or foyer of an apartment building
  - Front steps of a single client home
- Designate PPE access to employees only – don't openly store PPE in the employers home as it can become contaminated
- For employees - Consider having a plastic container in your vehicle to store PPE or have a supply in your care bag
- For employers - Provide a garbage bin lined with a plastic bag for employees to dispose PPE
- PPE should always be disposed of in the employer's regular waste streams

Personal Protective Equipment for COVID-19 Pandemic

Personal Protective Equipment (PPE)

Confirmed or suspected COVID-19 cases require **contact and droplet precautions.**



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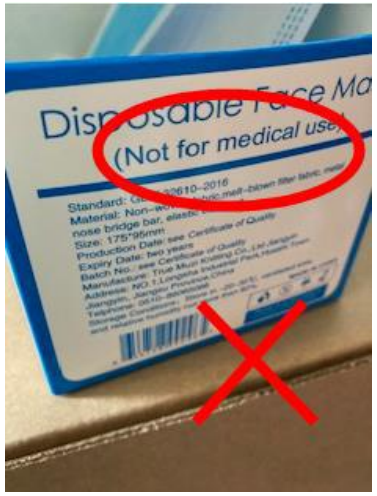
Tips and Tricks for medical masks

- Medical grade masks filter out droplets from the environment
- Cloth and non-medical grade masks only keep droplets to yourself
- If working with someone with any signs of COVID-19, need a medical grade mask



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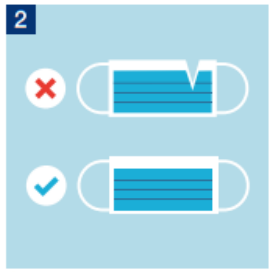
Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

BRITISH COLUMBIA Ministry of Health

How to Wear a Face Mask

1. Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2. Check the new mask to make sure it's not damaged.

3. Ensure colour side of the mask faces outwards.

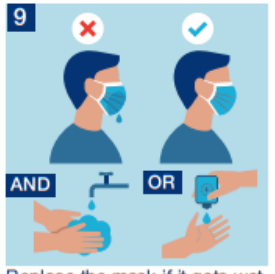
4. Locate the metallic strip. Place it over and mold it to the nose bridge.

5. Place an ear loop around each ear or tie the top and bottom straps.

6. Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.

7. Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

8. Do not touch the mask while using it, if you do, perform hand hygiene.



9. Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask

1. Perform hand hygiene.

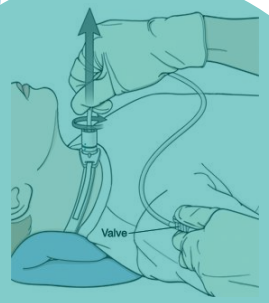
2. Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.

3. Discard the mask in a waste container.

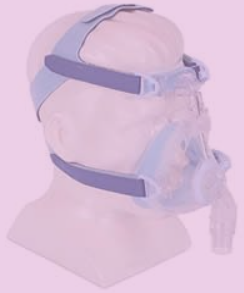
4. Perform hand hygiene.

Aerosolizing Generating Medical Procedures (AGMPs)– N95 masks

Bag-valve-mask



Tracheostomy suctioning



CPAP/BiPAP

Nebulizers

- Airborne, droplet, and contact precautions for COVID-19
- Different sizes. Must be fit-tested for N95 respirators.
- Also use eye protection

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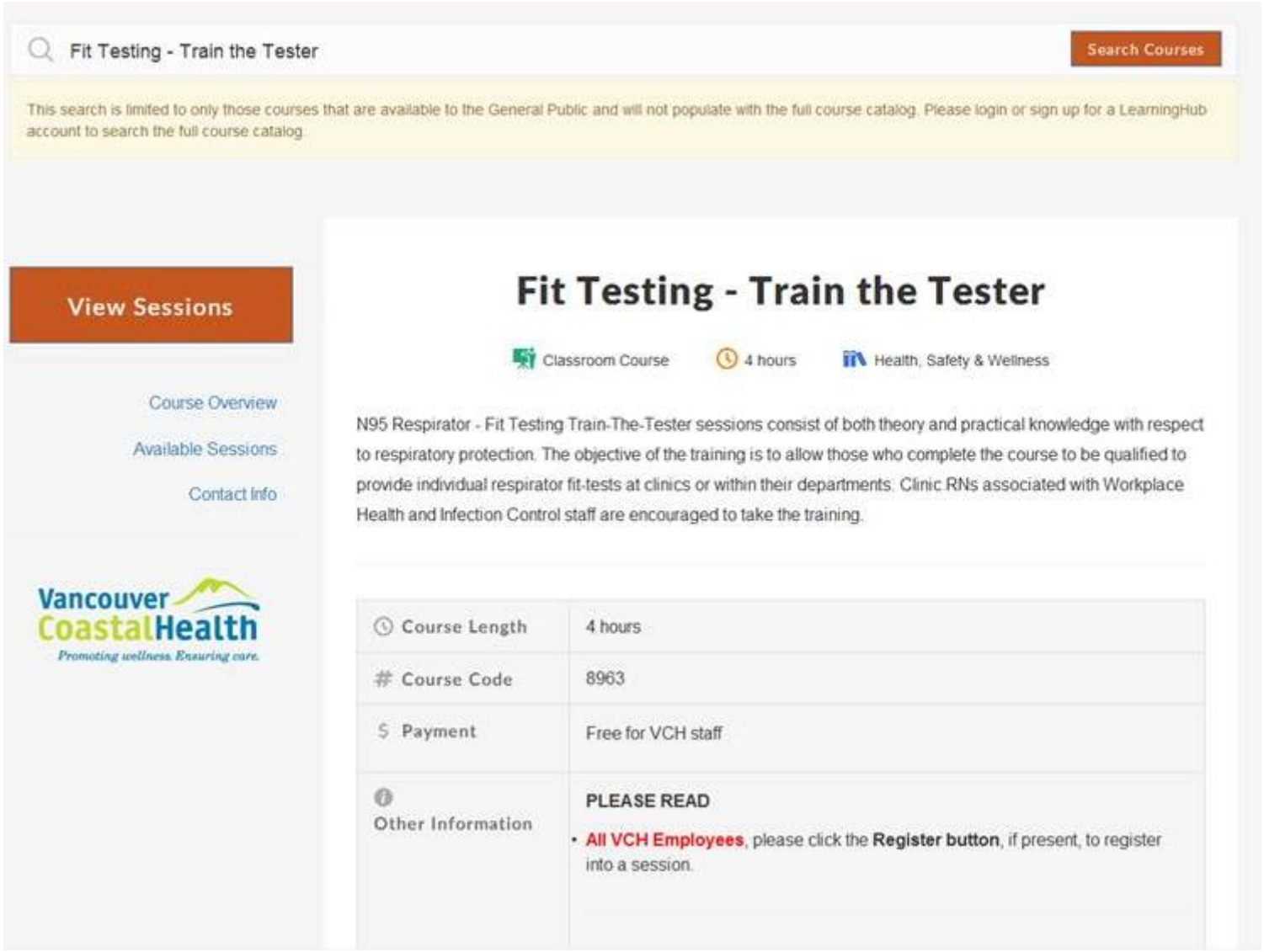
N95 Fit testing – Train the tester

VCH Learning Hub:

https://learninghub.phsa.ca/Courses/8963/fit-testing-train-the-tester



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Gloves

- Does not replace the need for regular hand hygiene.
- Hand hygiene should be performed ***before and after*** glove use.
- Gloves must be changed if visibly soiled/dirty when transitioning between different tasks to prevent contamination.

Eye protection

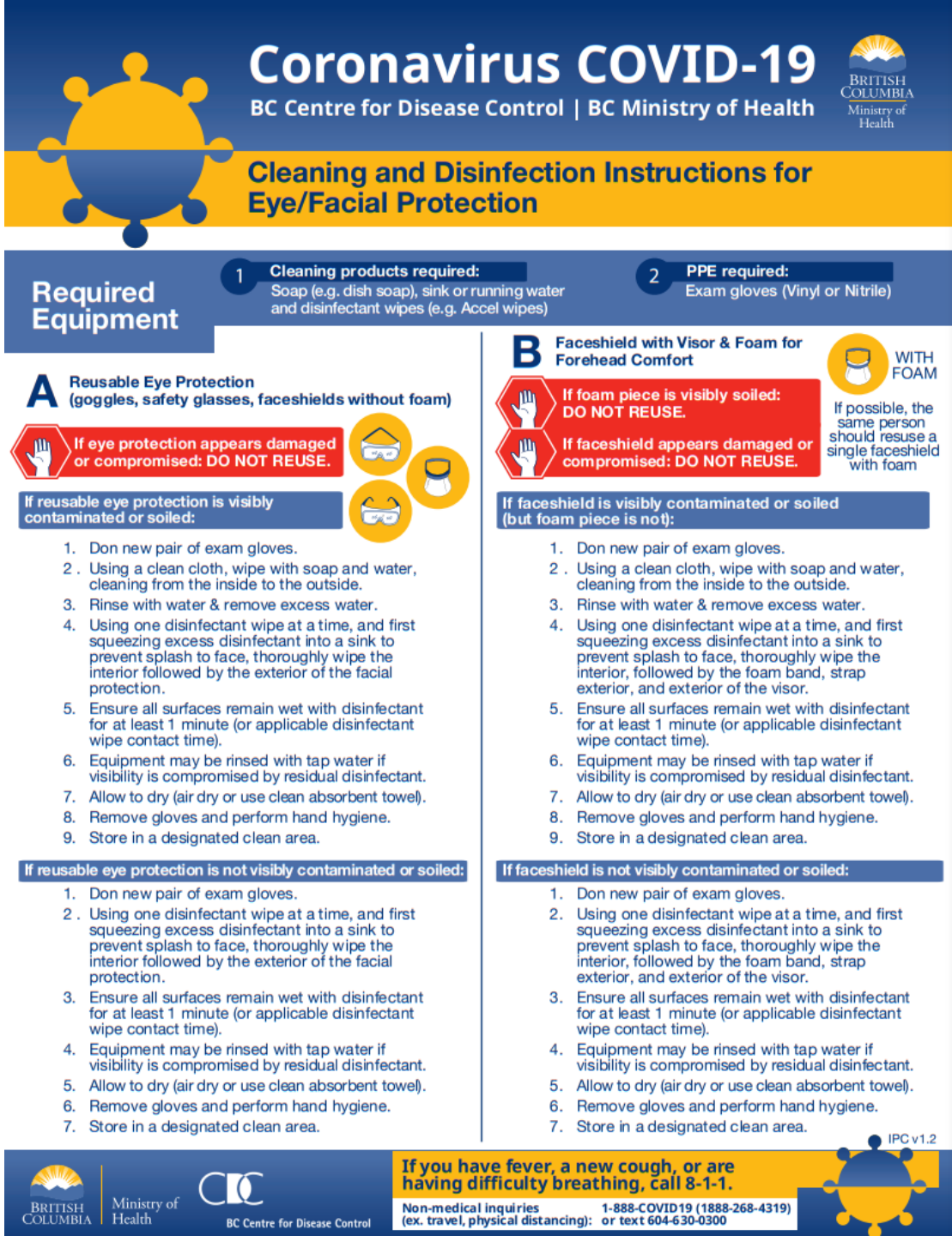
- Should shield the eyes at the sides and top
- Try to dedicate eyewear to individuals wherever possible
- Re-usable eyewear can be cleaned and disinfected and stored in a clean plastic bag or container and stored for employees next time they work
- Protective eyewear that is damaged should be discarded and new eye wear obtained
- Prescription glasses alone do not protect eyes

Eye protection

How to clean eyewear:

- See BCCDC guidance sheet

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_EyeFacialProtectionDisinfection.pdf



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Gowns

- Use if working with someone with **suspected** or **confirmed** COVID-19.

- Suspected COVID-19 = any signs or symptoms of COVID-19.

Time for PPE Demo

Knowledge Check – PPE in Vehicles

An employee and employer are travelling together in a vehicle.

What PPE do they need to wear?

How do they physically distance themselves?

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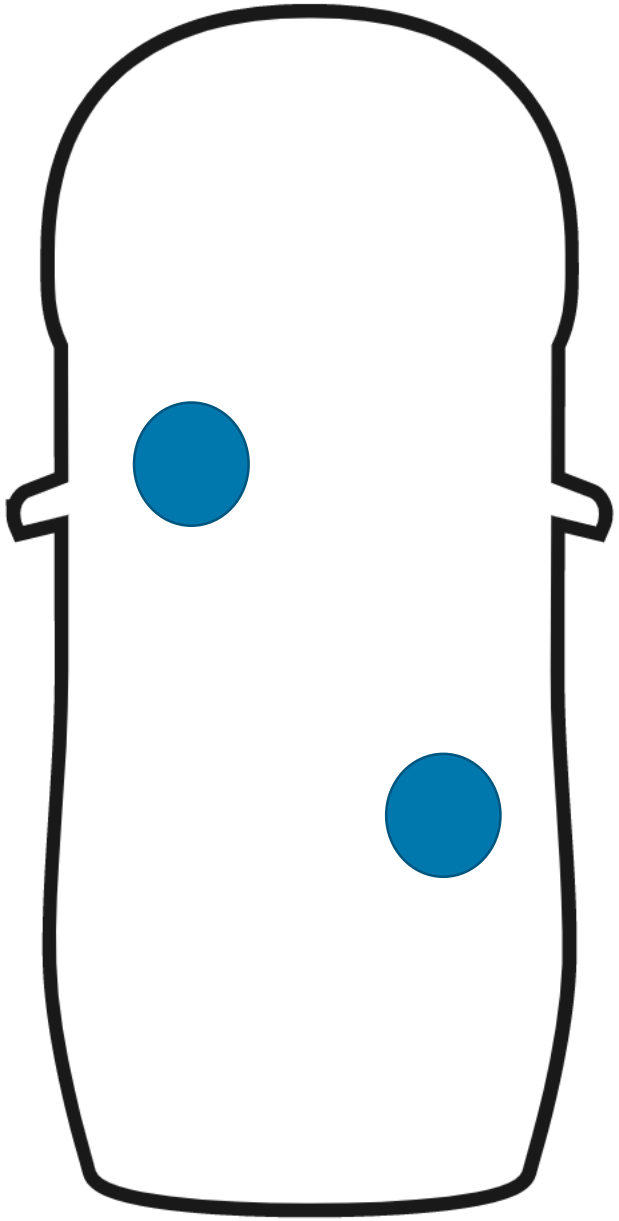

Cleaning and Disinfection

Environmental Measures – Cleaning and Disinfecting Products

- Products should have a drug identification number (DIN)
- Cleaning and disinfecting is a **2-Step process**
  - **Cleaning**: surfaces are cleaned using friction to remove microorganisms and organic debris
  - **Disinfecting**: surface is wiped immediately after being cleaned to disinfect the surface
- Every disinfectant has a “wet contact” time

Environmental Measures – Cleaning and Disinfecting Products

Remember

Most disinfectants are NOT cleaners!

Cleaners = Remove dirt, grime, and “bioburden”

Disinfectants = Kill viruses, bacteria and microbes

(Some products are both)

Remember the 2-step cleaning and disinfection process!

Cleaning and Disinfecting Products – Accelerated Hydrogen Peroxide

- Product can be used as both a cleaner and a disinfectant
- Environmentally friendly
- Safe for staff to use
- Available in a pre-moistened wipe or ready to use liquid
- Short wet contact time

Product Examples:

Accel INTERvention

Optim 33 Tb

Oxivir Plus

Cleaning and Disinfecting Products – Sodium Hypochlorite (Bleach)

- Disinfectant only. Additional products are required for the cleaning step (i.e. detergent, soap and water)
- Product must be compounded and solution should be mixed daily
- Corrosive to some surfaces
- Can be a respiratory irritant
- Concentration will be dependent on items requiring disinfection
- Wet contact time is 1-10 minutes, depending on concentration

Cleaning and Disinfecting Products – Sodium Hypochlorite (Bleach)

Recommended bleach, water ratios, and cleaning times needed for COVID-19 disinfecting	**High touch and heavily soiled areas** (appropriate for households with illness)	**All other surfaces**	**Food contact surfaces**
Example areas and surfaces	Toilets, light switches, door knobs, cell phone, TV remotes, bathroom faucets	Tables, counters, floors, chairs, cribs	Any surface or equipment that contacts food
Bleach concentration in ppm (refers to the % ratio of bleach to water) OR 1 part bleach diluted in ## parts of water	1000ppm 0.1% (1:49)	500ppm 0.05% (1:99)	100ppm 0.01% (1:499)
Time to leave wet, rinsing and drying	Allow 1 minute then rinse with clean water	Allow 5 minutes, no rinse required, let air dry	Allow to air dry, no rinse required
Frequency if everyone in household is well	Once every few days	Once per week	After each use
Frequency if someone in household has COVID-19 or symptoms of illness	Twice per day	Once per day	After each use

BCCDC Guidance on Bleach:

http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting

http://www.bccdc.ca/Health-Info-Site/Documents/bleach-water-ratios-table.pdf

Environmental Measure – Cleaning and Disinfection

- COVID-19 is not a particularly hardy virus
- Clean and disinfect common spaces and high touch points to decrease “bioburden”
- Shared medical equipment in contact with the client should be cleaned in between each individual
- Empty garbage cans regularly
- Wear appropriate PPE when cleaning blood or body fluids

Cleaning and Disinfecting Equipment

1. Gather equipment that requires cleaning and disinfection
2. Gather supplies required to clean and disinfect items
   - Approved VCH cleaning/disinfectant products
   - Gloves
   - Procedure pads or barrier (optional)
   - Receptacle to place cleaned/disinfected items
3. Remove gloves, perform hand hygiene and apply clean gloves
4. Clean and disinfect your work surface
5. Lay out procedure pads(s)/barrier where freshly cleaned and disinfected items will air dry (optional)
6. Start by cleaning items using approved wipes. Use friction to help remove bio burden and any gross contamination
7. Wipe items a second time with approved wipes to disinfect.
8. Ensure items meet the recommended wet contact time of the product you are using. Depending on the size of the product, an additional wipe may be required to meet the wet contact time
9. Place cleaned/disinfected items onto procedure pad/barrier (optional) or cleaned and disinfected surface to allow items to air dry
10. Place items in disposable bag or nursing supply bag to exit care area

Worksite Safety Pan

- For employers, feel free to integrate info into your worksite safety plan
- George and IFRC can assist if you'd like help

Thank you!

Questions?

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