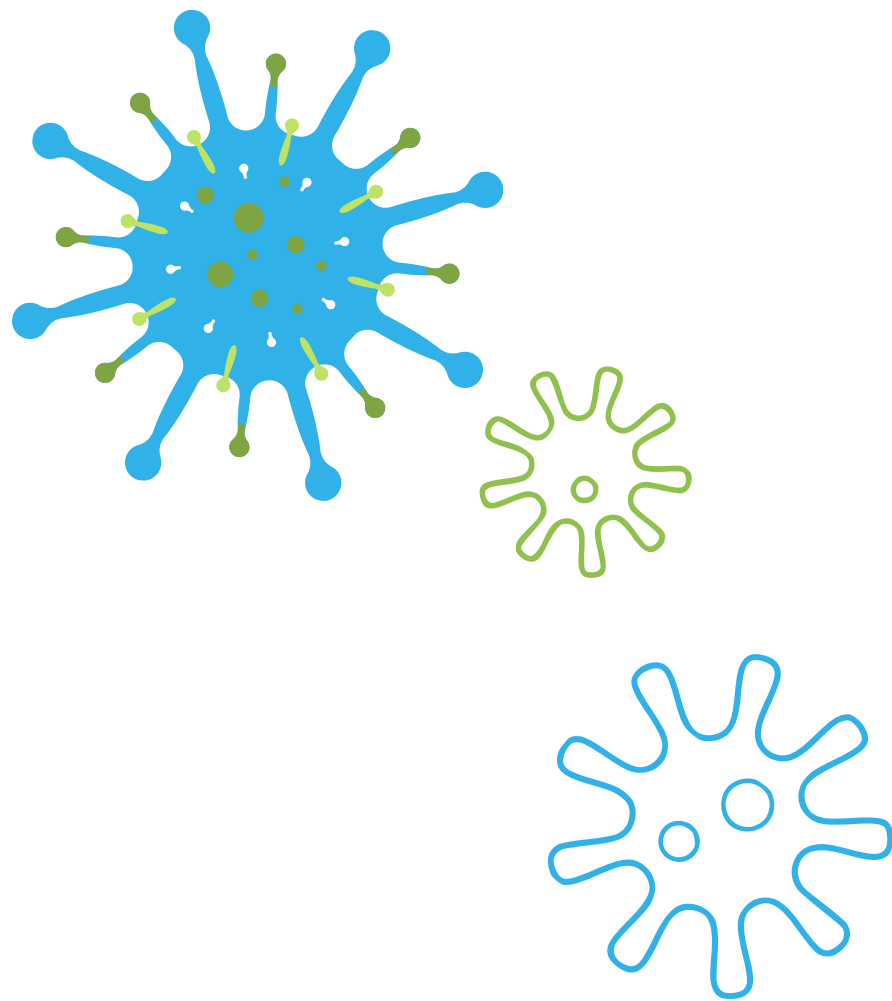
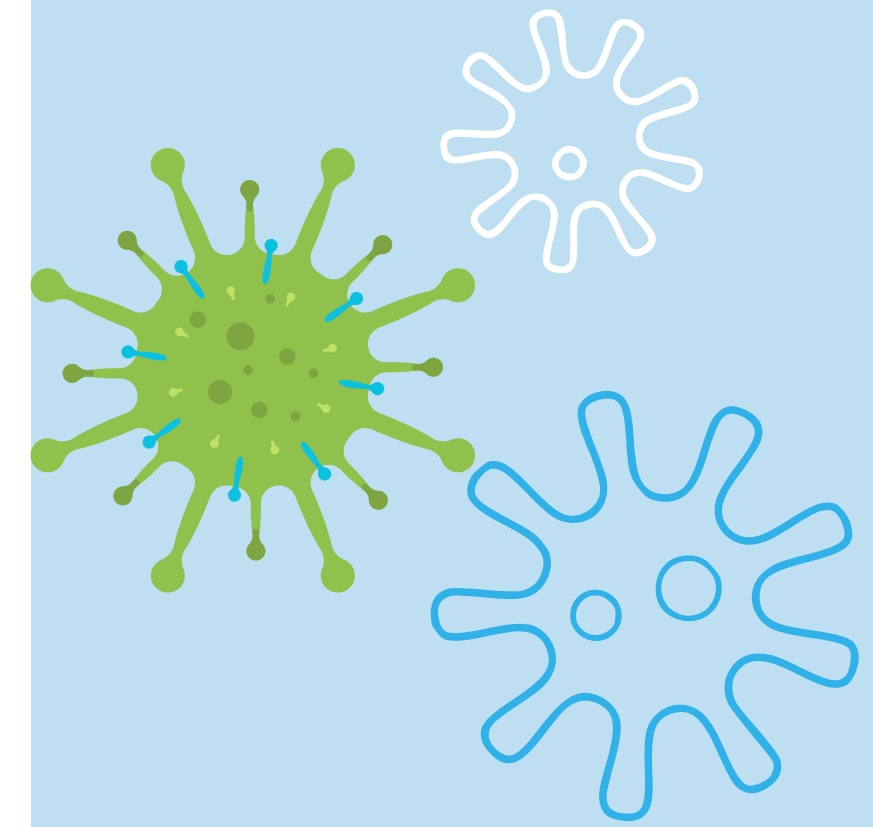


Infection prevention and control

Training for volunteers and caregivers



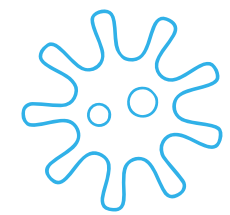
*Centre intégré
de santé
et de services sociaux
de la Côte-Nord*

Québec 



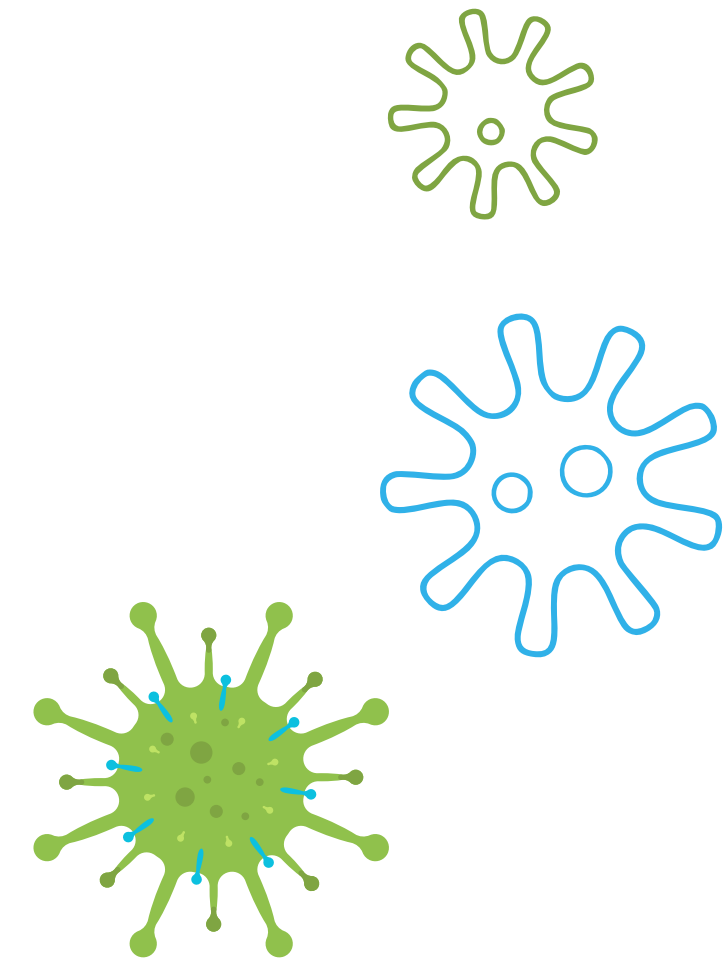
Training objectives

- Perform proper hand hygiene techniques
- Understand the appropriate times to perform hand hygiene
- Apply the general principles of respiratory hygiene
- Recognize isolation measures
- Apply the general principles for travel and activities with a user/resident



Training outline

- Hand hygiene
 - General
 - Water and soap technique
 - Hydroalcoholic solution technique
 - Correct times
- Respiratory hygiene
- Isolation measures
- Travel and activities with a user/resident
- Certificate of participation
- References



HAND HYGIENE

General

Throughout the day, your hands come into contact with many objects that may have been contaminated with viruses or bacteria.

When your hands come into contact with your eyes, nose or mouth, you run the risk of developing an infection such as influenza, COVID-19 or gastroenteritis.

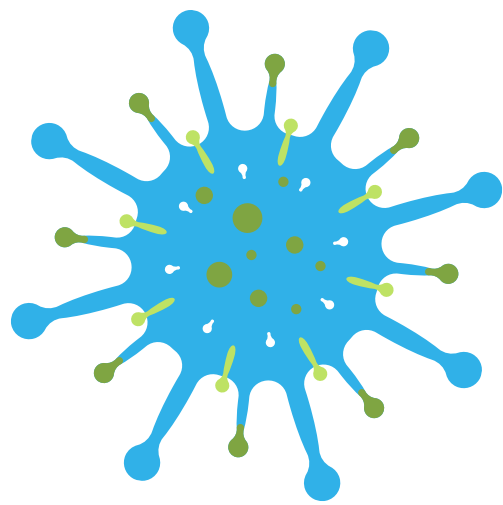
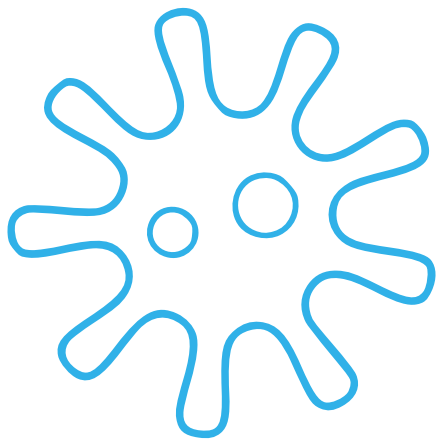
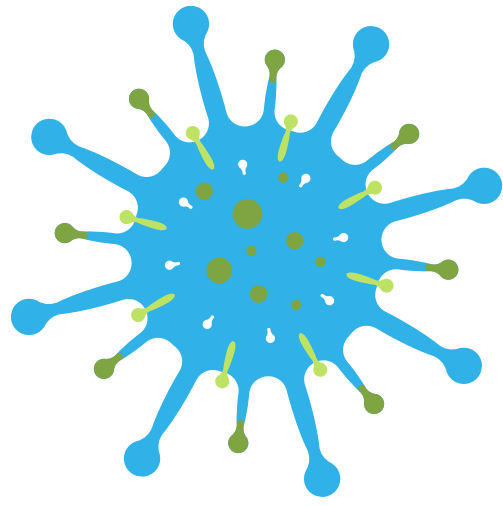
Hand hygiene is the simplest and most effective way of preventing the spread of infection.

Hand hygiene includes washing your hands with:

- **Soap and water**
- **Hydroalcoholic solution**

To be effective, hand hygiene should be performed for least **20 seconds**.

Remember to scrub all surfaces of the hands: the palms, tops of the hands, wrists, thumbs, between fingers, fingertips and fingernails!



HAND HYGIENE

Soap and water technique

Washing hands,
simple and effective!



1 WET HANDS



2 APPLY SOAP



3 RUB FOR 15
TO 20 SECONDS



4 SCRUB NAILS



5 RINSE

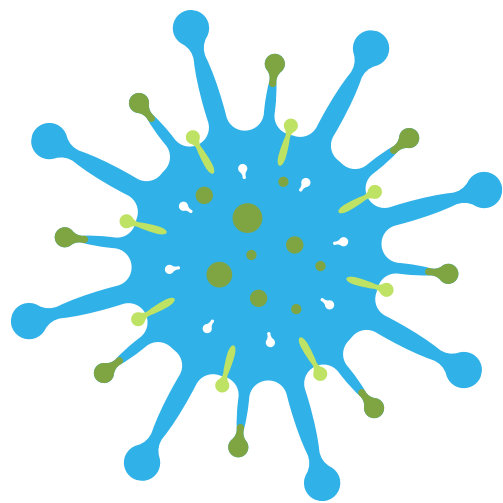
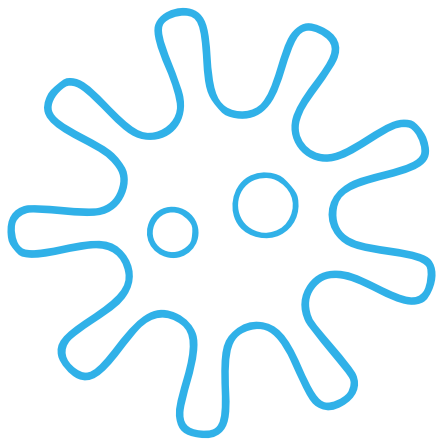
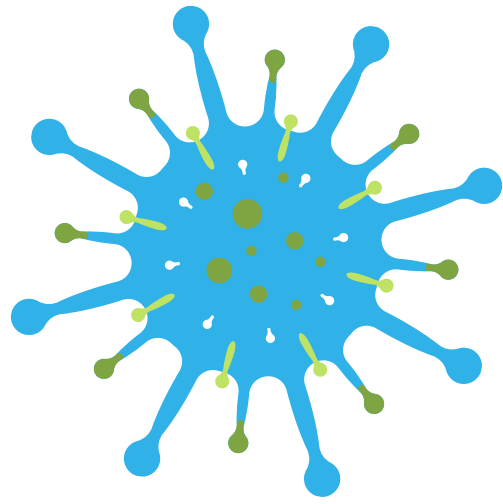


6 DRY



7 TURN OFF WITH
A PAPER TOWEL

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HAND HYGIENE

Hydroalcoholic solution technique

Disinfecting your hands



1

Apply some of the cleaning product to your hands (liquid, gel or foam).



2

Scrub your fingertips.



3

Rub the inside of your hands and thumbs.



4

Scrub between your fingers.



5

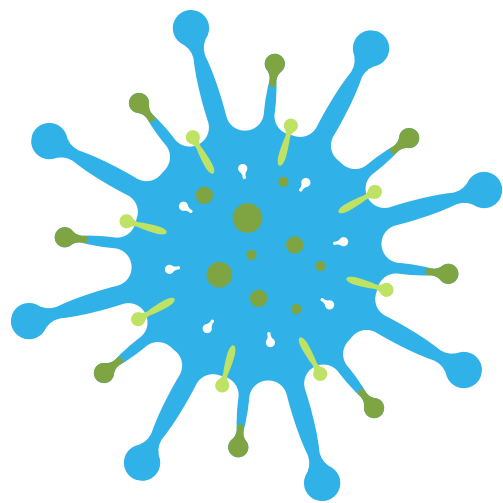
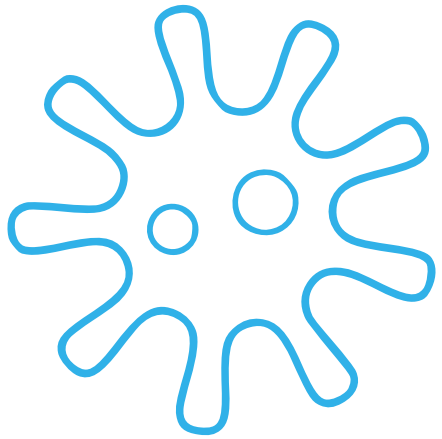
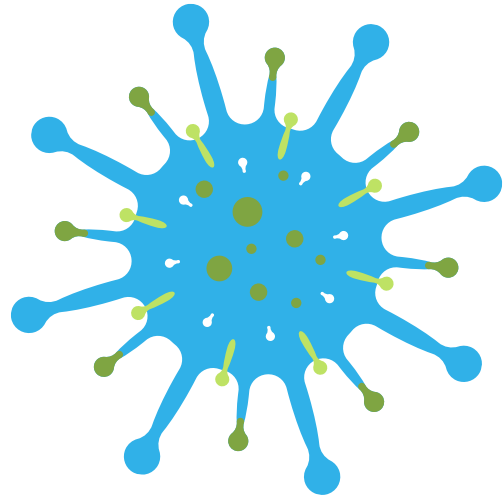
Scrub the backs of your hands.

**RUB YOUR HANDS TOGETHER UNTIL THEY ARE DRY;
DO NOT USE PAPER TOWELS.**

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6

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HAND HYGIENE

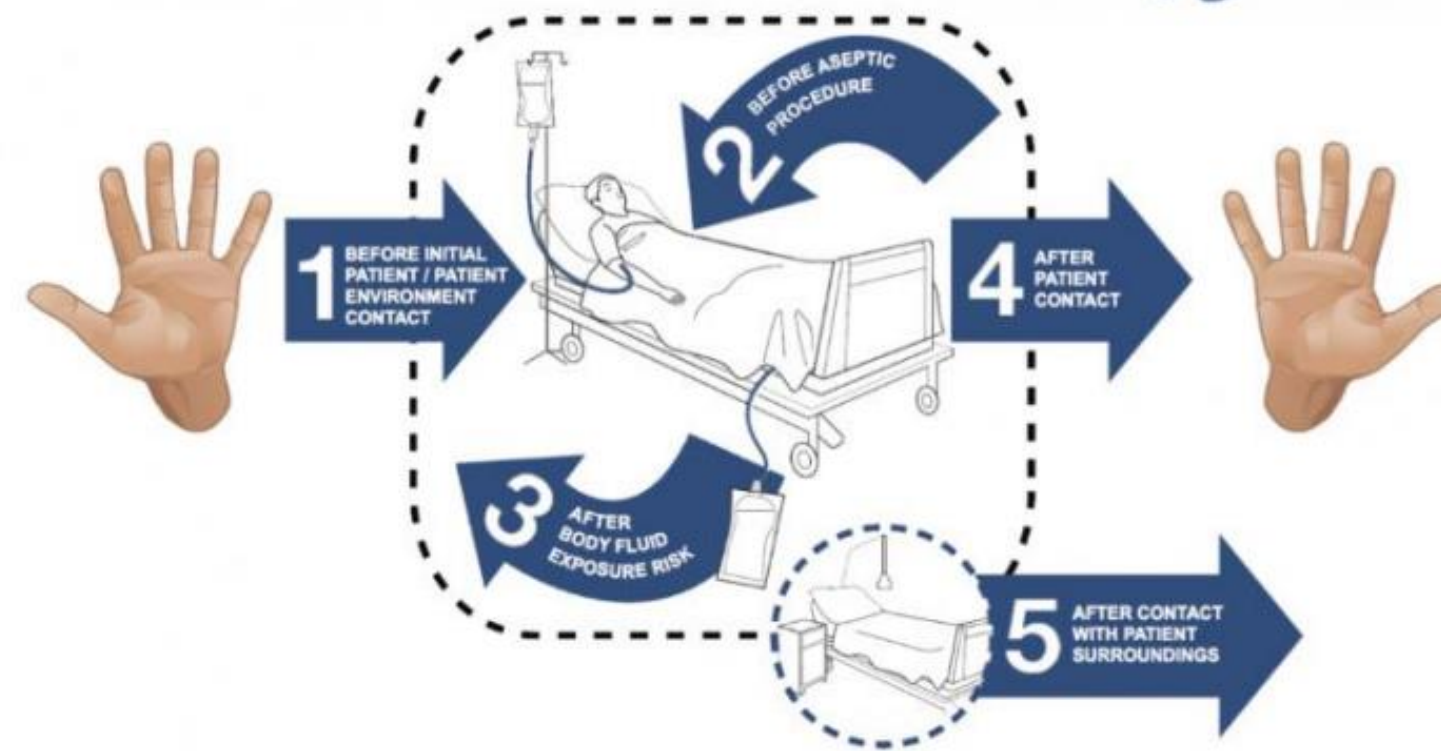
Correct times

It is important to perform hand hygiene especially:

- Before touching a user/resident or their environment
- After contact with the user/resident or their environment

Main indications for hand hygiene

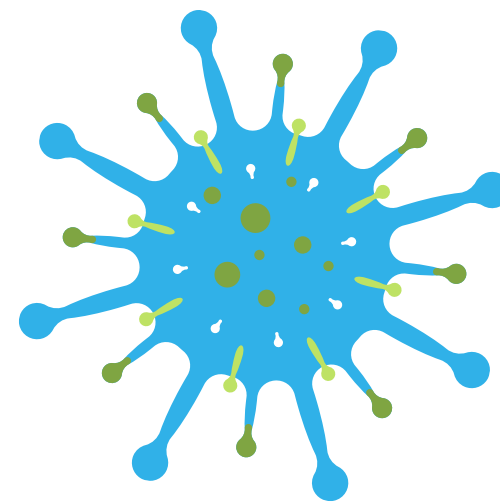
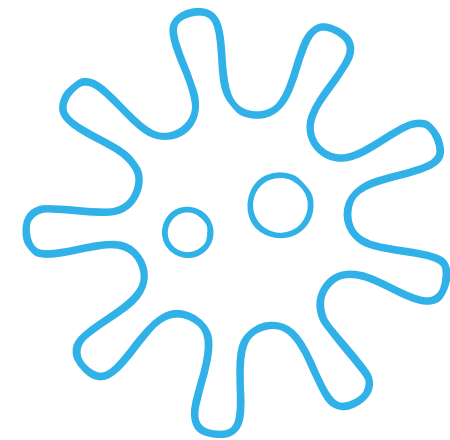
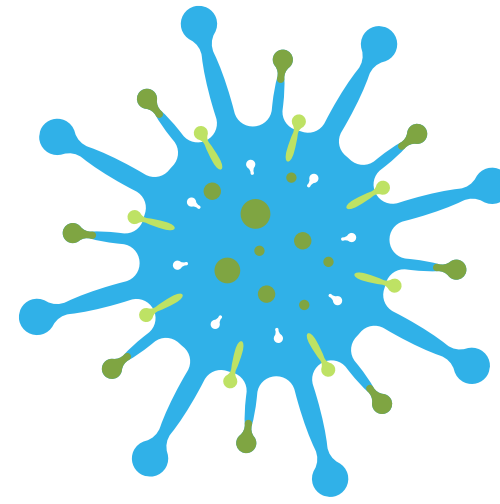
Your 5 Moments for Hand Hygiene



1	Before touching a patient	When ? Why ?	Clean your hands before touching a patient when approaching him/her. To protect the patient against harmful germs carried on your hands.
2	Before clean/ aseptic procedure	When ? Why ?	Clean your hands immediately before performing a clean/aseptic procedure. To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3	After body fluid exposure risk	When ? Why ?	Clean your hands immediately after an exposure risk to body fluids (and after glove removal). To protect yourself and the health-care environment from harmful patient germs.
4	After touching a patient	When ? Why ?	Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side. To protect yourself and the health-care environment from harmful patient germs.
5	After touching patient surrounding	When ? Why ?	Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched. To protect yourself and the health-care environment from harmful patient germs

1. Excerpt from the McGill University Health Centre "La santé et sécurité au travail – Le contrôle des infections"
<https://cushm.ca/orientation-etudiants-services-multidisciplinaires/sant%C3%A9-et-s%C3%A9curit%C3%A9-en-milieu-travail>

Adapted from the World Health Organization poster "Your 5 Moments for Hand Hygiene" (2006) and the Canadian Patient Safety Institute poster "Your 4 moments for Hand Hygiene" (n.d.).

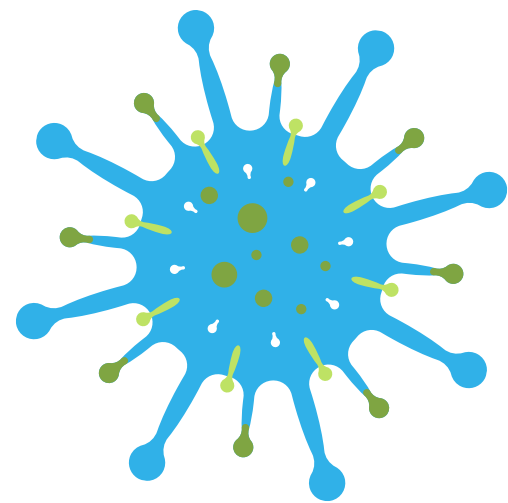
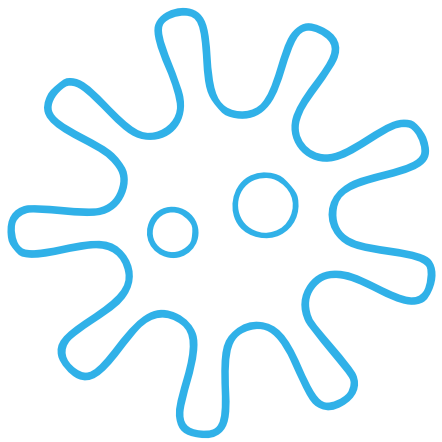
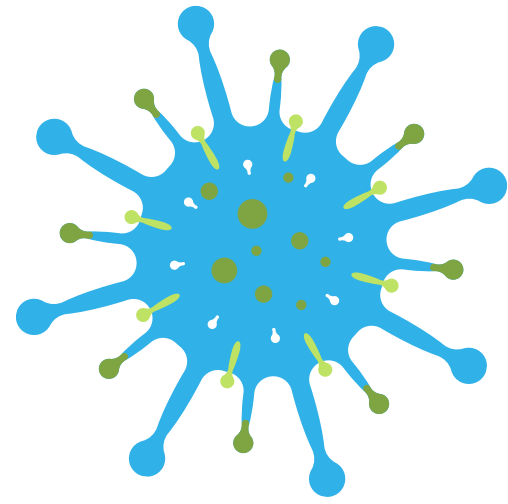


HAND HYGIENE

Appropriate times

It is also important to perform hand hygiene:

- **When entering and leaving the facility**
- After contact with blood or body fluids (urine, stool, vomit, wounds, etc.)
- After removing gloves
- **Before preparing, touching, serving food and before eating**
- After using the toilet
- After blowing your nose, coughing or sneezing into your hands
- **When hands are visibly dirty**

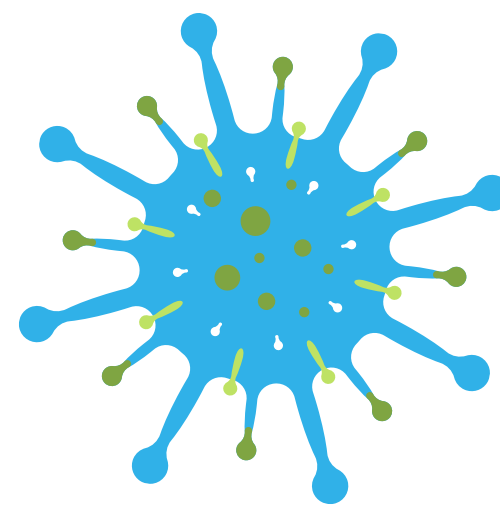
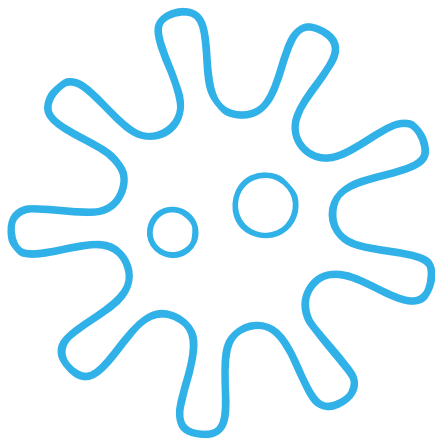
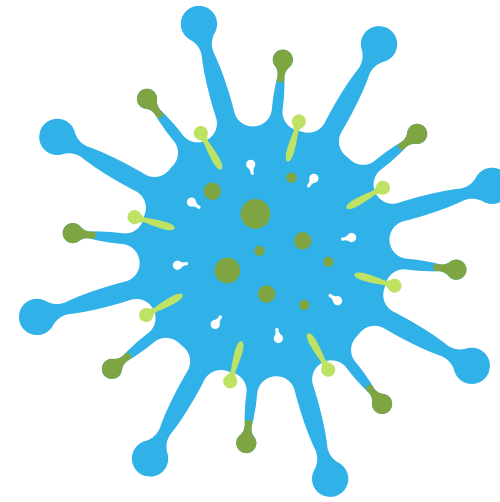


Respiratory hygiene

General

- Cough and sneeze into your elbow
- Dispose of tissues in the trash after use
- **Stay home if you have symptoms associated with an infection** (fever, new or aggravated cough, diarrhea, vomiting, etc.)*

Notify the person in charge of your volunteering activity or the nurse responsible for the care of your loved one



*Visits for humanitarian reasons are tolerated; wear masks when necessary.

RESPIRATORY HYGIENE

PROTECT THE HEALTH OF OTHERS!

Respiratory hygiene



1

If you have to sneeze or cough, cover your mouth and nose with a tissue.



2

Dispose of soiled tissues in the trash.



3

If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough.



4

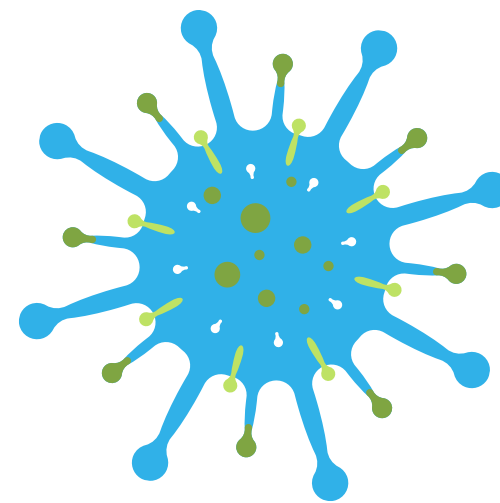
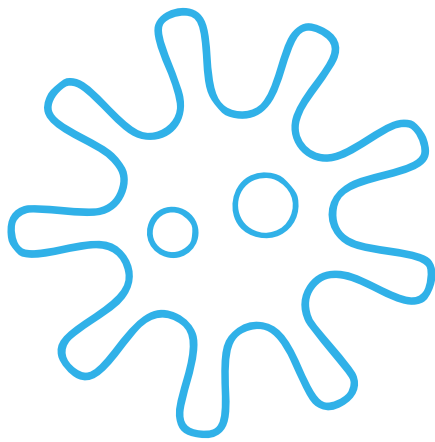
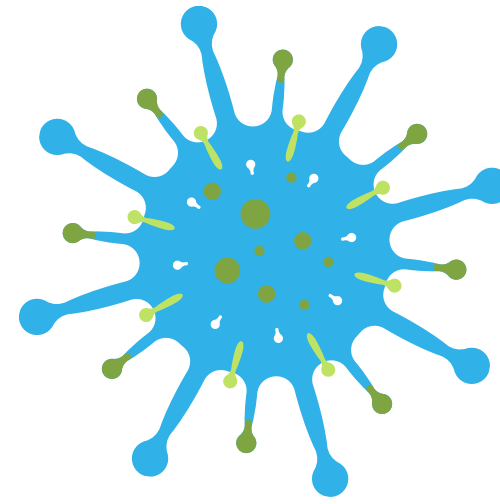
Wash your hands often. If soap and water are not available, use an antiseptic product.

IF YOU ARE ILL, AVOID VISITING FAMILY AND FRIENDS.

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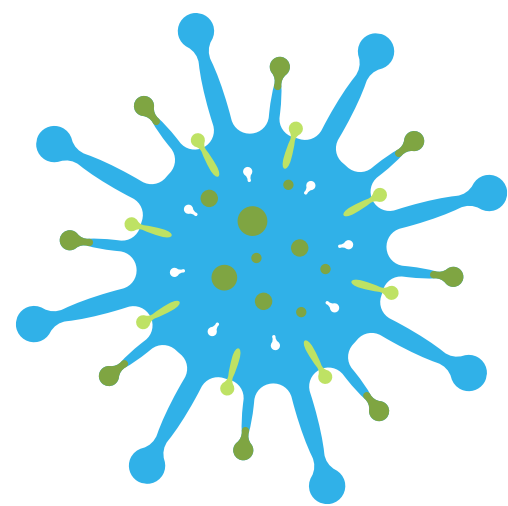
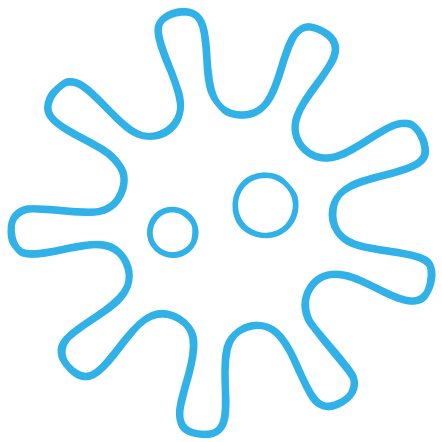
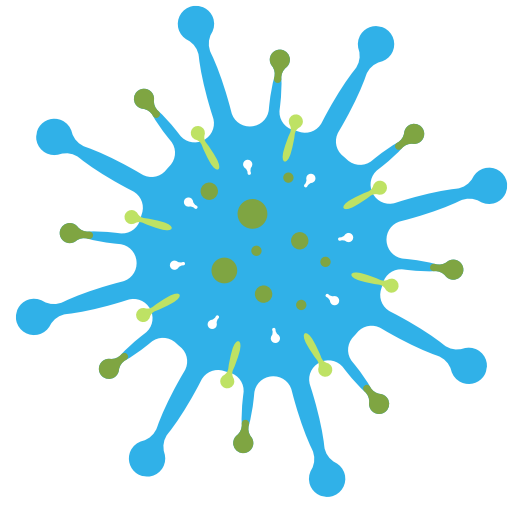
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ISOLATION MEASURES

- Isolation measures are those taken when an infection is suspected or diagnosed
- These measures are introduced to limit the transmission of infections in the facility (to protect individuals and the environment)
- If an isolation sign (of any colour) is present outside the user's/resident's room, **you must go to the nursing station before entering** for applicable instructions depending on the type of additional precautions in place



ISOLATION MEASURES

STOP CONTACT PRECAUTIONS

BED → A B C D

VISITORS → Go to the nursing station before entering

WHEN ENTERING



Perform hand hygiene



Put on a gown



Put on gloves

WHEN LEAVING



Remove the gloves



Remove the gown



Perform hand hygiene



- Dedicated toilet or commode chair
- Dedicated equipment or disinfect after use between users

STOP DROPLET/CONTACT PRECAUTIONS

BED → A B C D

VISITORS ↓
Go to the nursing station before entering

WHEN ENTERING



Perform hand hygiene



Put on a gown



Put on a mask



Put on gloves

WHEN LEAVING



Remove the gloves



Remove the gown



Perform hand hygiene



Remove the mask



Perform hand hygiene

G Eye protection / Hand hygiene with **soap and water**



- Dedicated toilet or commode chair
- Dedicated equipment or disinfect after use between users

CHLORINE DISINFECTION

STOP AIRBORNE/CONTACT PRECAUTIONS

VISITORS
Access prohibited without authorization

Go to the nursing station before entering

WHEN ENTERING



Perform hand hygiene



Put on a gown



Put on an N95 mask



Put on gloves

WHEN LEAVING



Remove the gloves



Remove the gown



Perform hand hygiene



Remove the N95 mask
(air lock or outside the room)



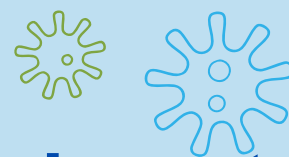
Perform hand hygiene



- Dedicated toilet or commode chair
- Dedicated equipment or disinfect after use between users

CHLORINE DISINFECTION

Volunteers and caregivers

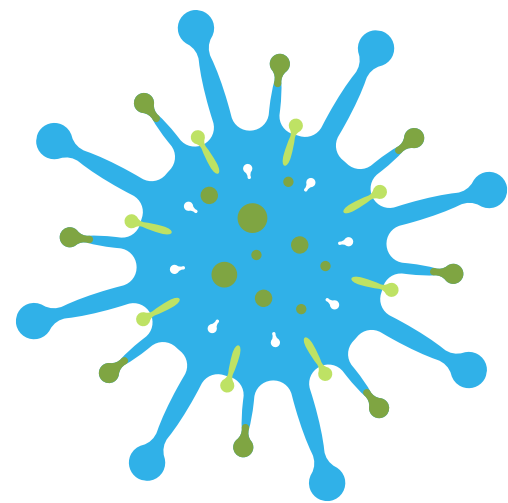
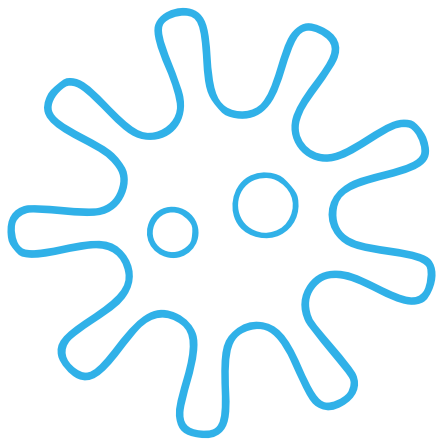
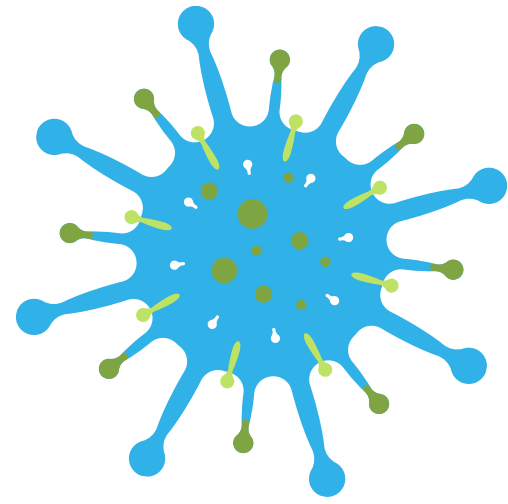


Please report to the nursing station before entering the room

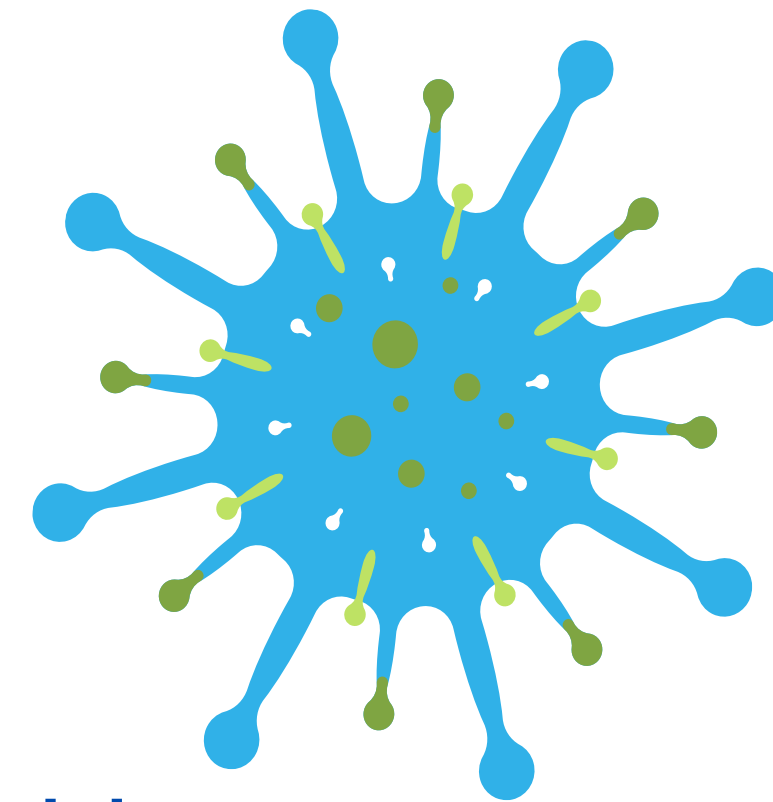
TRAVEL AND ACTIVITIES WITH A USER/RESIDENT

General

- Have the user/resident perform hand hygiene when leaving the room
- Clean the wheelchair used to transport the user/resident
- Do not allow users/residents to enter other people's rooms
- Have users/residents wash their hands with hydroalcoholic solution before and after activities
- Use washable objects whenever possible
- At the end of the activity, clean the equipment used with disinfectant wipes



CERTIFICATE OF PARTICIPATION



- Complete the Identification section
- Answer the 5 questions related to the training course

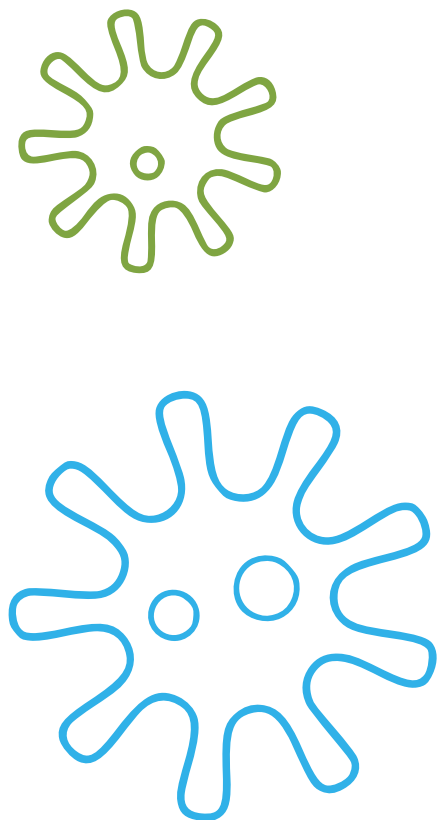
**Blue passages in the training
will help you complete
the questionnaire**



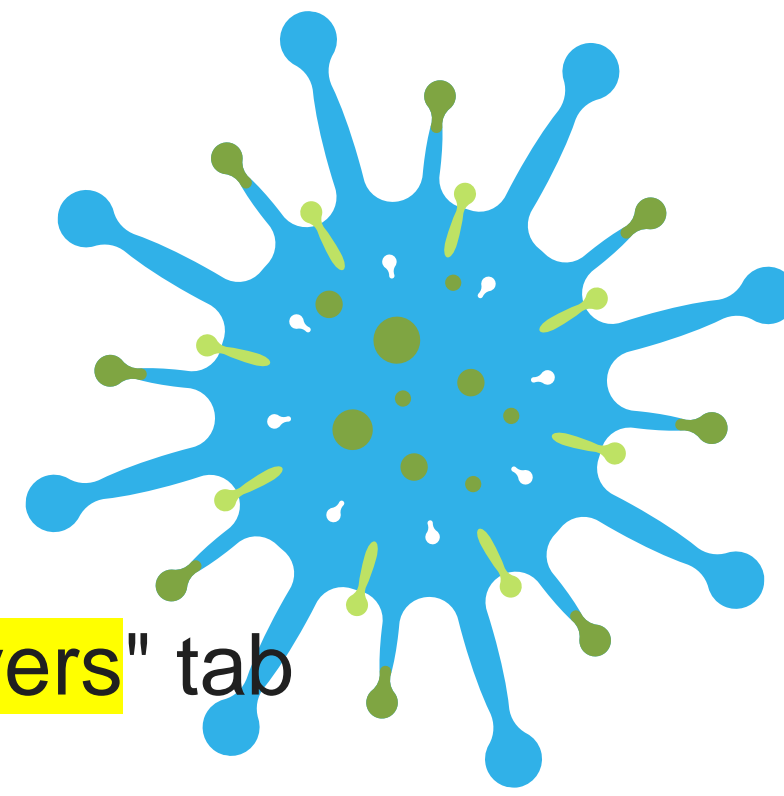
Scan the code

or go to:

<https://forms.office.com/r/DunzQacDji>



QUESTIONS?

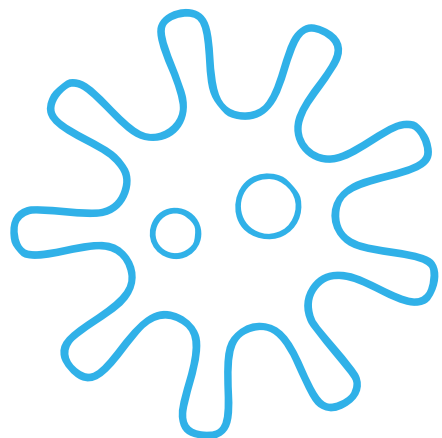
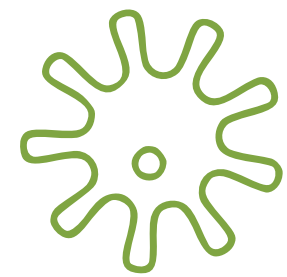


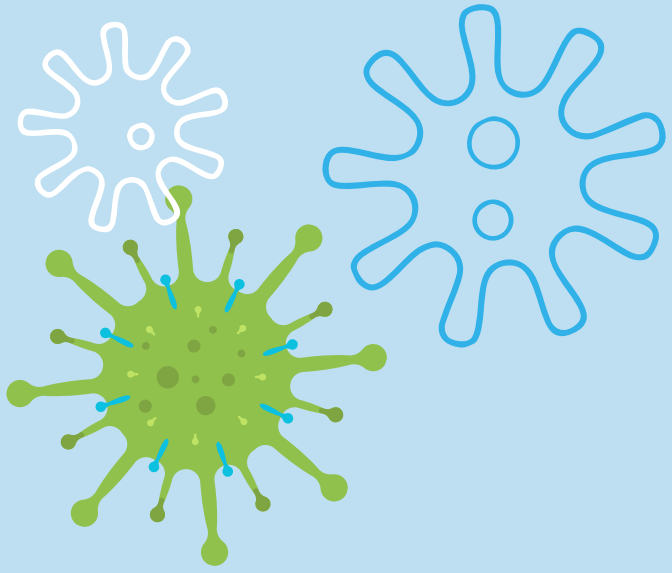
- Visit the website of the CISSS de la Côte-Nord
 - Infection prevention and control section, "volunteers and caregivers" tab



<https://www.ciasss-cotenord.gouv.qc.ca/soins-et-services/prevention-des-infections/>

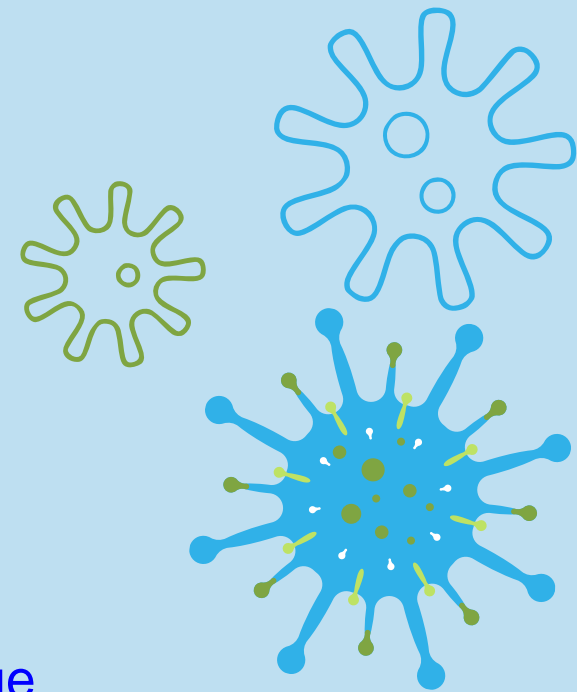
- Contact an infection prevention and control advisor
 - Haute-Côte-Nord: 418-233-2931, ext. 232229
 - Manicouagan: 418-589-3701, ext. 302818 or 302545 or 302621
 - Port-Cartier: 418-766-2572, ext. 452404
 - Sept-Iles: 418-962-9761, ext. 452566 or 452598
 - Minganie: 418-538-2212, ext. 542411
 - Basse-Côte-Nord: 418-461-2144

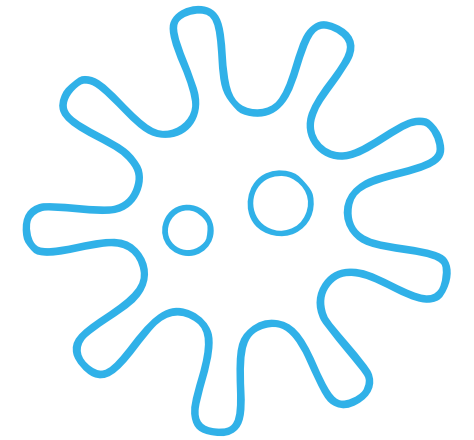
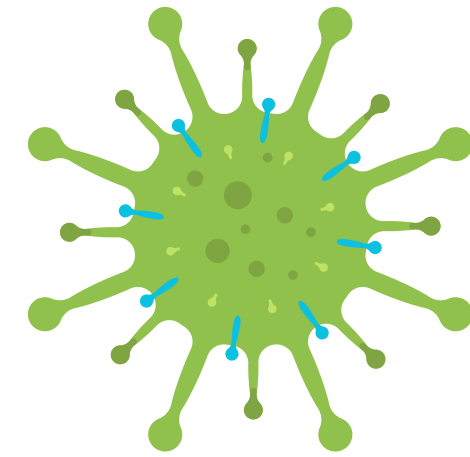




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<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-207-02A.pdf>
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(French only)
<https://publications.msss.gouv.qc.ca/msss/fichiers/guide-garderie/chap4-hygiene-respiratoire.pdf>
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http://cisscotenord.intranet.reg09.rtss.qc.ca/fileadmin/intranet/ciss_cotenord/Directions/Soins_infirmiers/PCI/Guide_de_pratique_base_et_precautions.pdf





Infection prevention and control team

CISSS de la Côte-Nord

November 2024

