



## World Hand Hygiene Day

May 5, 2023

SAVE LIVES -  
Clean Your  
Hands

Dangerous and lethal diseases have plagued our world pretty much since the beginning of civilization. We try to understand and battle one, and suddenly another one shows up. Bacteria and viruses have danced over our corpses for a long time until we discovered handwashing. Even though handwashing has been considered a measure of personal hand hygiene for centuries, and has been generally embedded in religious and cultural habits, the connection between handwashing and spreading of diseases was made only two centuries ago by a Hungarian physician called Ignaz Semmelweis, who noted the link in 1846. Described as the “saviour of mothers”, Semmelweis discovered that the incidence of puerperal or childbed fever could be significantly reduced by requiring hand disinfection in obstetrical clinics.

Semmelweis provided empirical observations but his results lacked scientific explanation at the time as the germ theory of disease wasn't developed enough until the 1860s and 1870s. As a result, his ideas were rejected by the medical community. Some physicians were even offended at the mere suggestion that their hands could be unclean, and that they should wash their hands before providing patient care.

Fast forward to about 130 years later, the United States Centre for Disease Control and Prevention (CDC) developed a series of guidelines in 1980 on hand hygiene as an important way to prevent and control hospital-associated infections. Yes, it did take that long. Part of the problem is the psychological tendency of clinging to discredited beliefs called “belief perseverance”. As a result, it is not uncommon for scientific advances to be accepted by the larger community after a long and protracted uphill battle.

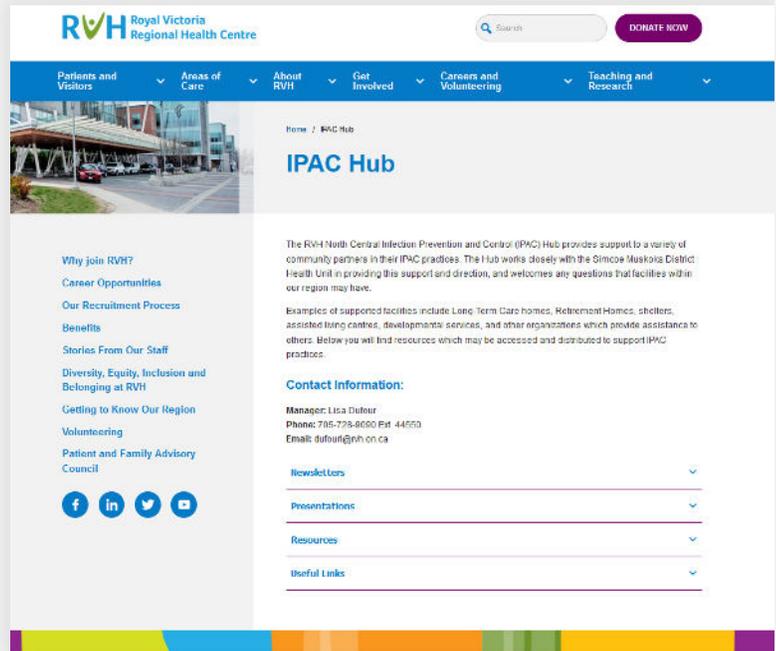
Understanding the importance of hand hygiene as the best defense against disease-causing microbes, the World Health Organization (WHO) launched a campaign in 2009 to maintain a global profile on the importance of hand hygiene to prevent infections and antimicrobial resistance in health care. The Hand Hygiene Day campaign was also designed to build a culture of safety and quality in which hand hygiene improvement is given high priority. So let's celebrate the World Hand Hygiene Day on **May 5, 2023**, and spread the word far and wide to promote hand hygiene at our work places and in our community to keep everyone safe.

Sources: [www.who.int](http://www.who.int) | [wonder.cdc.gov](http://wonder.cdc.gov) | [nationaltoday.com](http://nationaltoday.com)

## WE HAVE A NEW WEBSITE!

We are excited to announce our new website! [www.rvh.on.ca/ipac-hub/](http://www.rvh.on.ca/ipac-hub/).

You can now access all the resources created by the RVH IPAC Hub on our new website/webpage, including our monthly newsletters, the new Additional Precaution signages, slide decks and toolkits for staff education, presentation slides from our monthly Community of Practice (CoP) meetings, and some of the essential links for all the IPAC leads in the Simcoe-Muskoka region who provide support to long-term care homes, retirement homes, and other congregate living settings. The webpage is currently in its early stages but we will continue to add more resources going forward.



## BREATHE WELL AND PROSPER

Mould (or Mold) is the common word for any fungus that grows on food or damp building materials, and could grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mould grows well on paper products, cardboard, ceiling tiles, and wood products. It can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery. With enough moisture, mould could grow into active colonies and release spores into the air that could cause serious health problems in clients/residents. Mould can start growing in a wet environment in less than **24 hours**.

The presence of mould in a home indicates that there is a problem with water or excess moisture due to a leak or infiltration, and should be fixed first. Wet surfaces should be dried within 48 hrs. Once mould starts to grow in carpet, insulation, ceiling tiles, drywall, or wallboard, the only way to deal with the problem is by removal and replacement. Another recommendation is to keep humidity levels no more than 30% to 50% throughout the day. Air conditioners and dehumidifiers help to keep the humidity levels low during

warm weather. Any small patch (<1m<sup>2</sup>) of mould on non-porous surfaces should be cleaned with soap and water. Safety goggles, a disposable N95 respirator, and gloves should be worn. The area should be vacuumed only using a vacuum cleaner with a high efficiency particulate air (HEPA) filter before and after cleaning. If the area is larger, consider hiring professional service. Susceptible people should not be in the same room or near the area when mould is being cleaned.



Sources: [www.canada.ca](http://www.canada.ca) | [www.cdc.gov](http://www.cdc.gov)

## YOUR RVH IPAC HUB LIAISONS

We would like to welcome two new additions, Ashley Allan and Jessie Must, to our hub's infection prevention and control practitioner (ICP) team. Going forward, Ashley and Jessie will provide support to the IPAC leads of the homes in Barrie area, and will reach out to you if not already done so. Below is the contact information for all the **four** ICPs that are your liaisons for the RVH IPAC Hub.



**Lisa Dufour RN, BScN, MSc PCNP** (in progress)

Manager Professional Practice, Infection Prevention & Control,  
 and North Central Regional IPAC Hub  
 email: [dufourl@rvh.on.ca](mailto:dufourl@rvh.on.ca)



**Ashley Allan RN, BScN, CIC**  
 Regional IPAC Practitioner

Cell: (705) 817-6315 | Email: [allana@rvh.on.ca](mailto:allana@rvh.on.ca)

Ashley joined the RVH IPAC Hub in March 2023 as an ICP and has been working in acute care IPAC since 2016. She is a Registered Nurse and will also start her MSc in nursing and primary health care nurse practitioner program (MSc PCNP) in the fall of 2023. Ashley is CIC certified.



**Jessie Must**

Regional IPAC Practitioner

Cell: (705) 828-4630 | Email: [mustj@rvh.on.ca](mailto:mustj@rvh.on.ca)

Jessie joined the RVH IPAC Hub in February 2023 as an ICP. She holds a bachelor's degree in health and physical education concentrating in health promotion, and a post-graduate degree in naturopathic medicine. She previously worked in public health as an ICP. Jessie is working towards her CIC.



**Lauren Parsons BSc, CIC**  
 Regional IPAC Practitioner

Cell: (249) 535-4012 | Email: [parsonsl@rvh.on.ca](mailto:parsonsl@rvh.on.ca)

Lauren is an ICP at the RVH IPAC Hub since early 2021. She has a background in public health and has worked in several acute care settings in both infection control and quality patient safety roles. Lauren is CIC certified.



**Mustansir Diwan MSc, CIC, LTC-CIP**  
 Regional IPAC Practitioner

Cell: (249) 535-4269 | Email: [diwanm@rvh.on.ca](mailto:diwanm@rvh.on.ca)

Mustansir is an ICP at the RVH IPAC Hub since October 2021. He has an Hon. BSc in human biology and a MSc in infectious diseases with a background in preclinical neuroscience research. Mustansir is CIC and LTC-CIP certified.