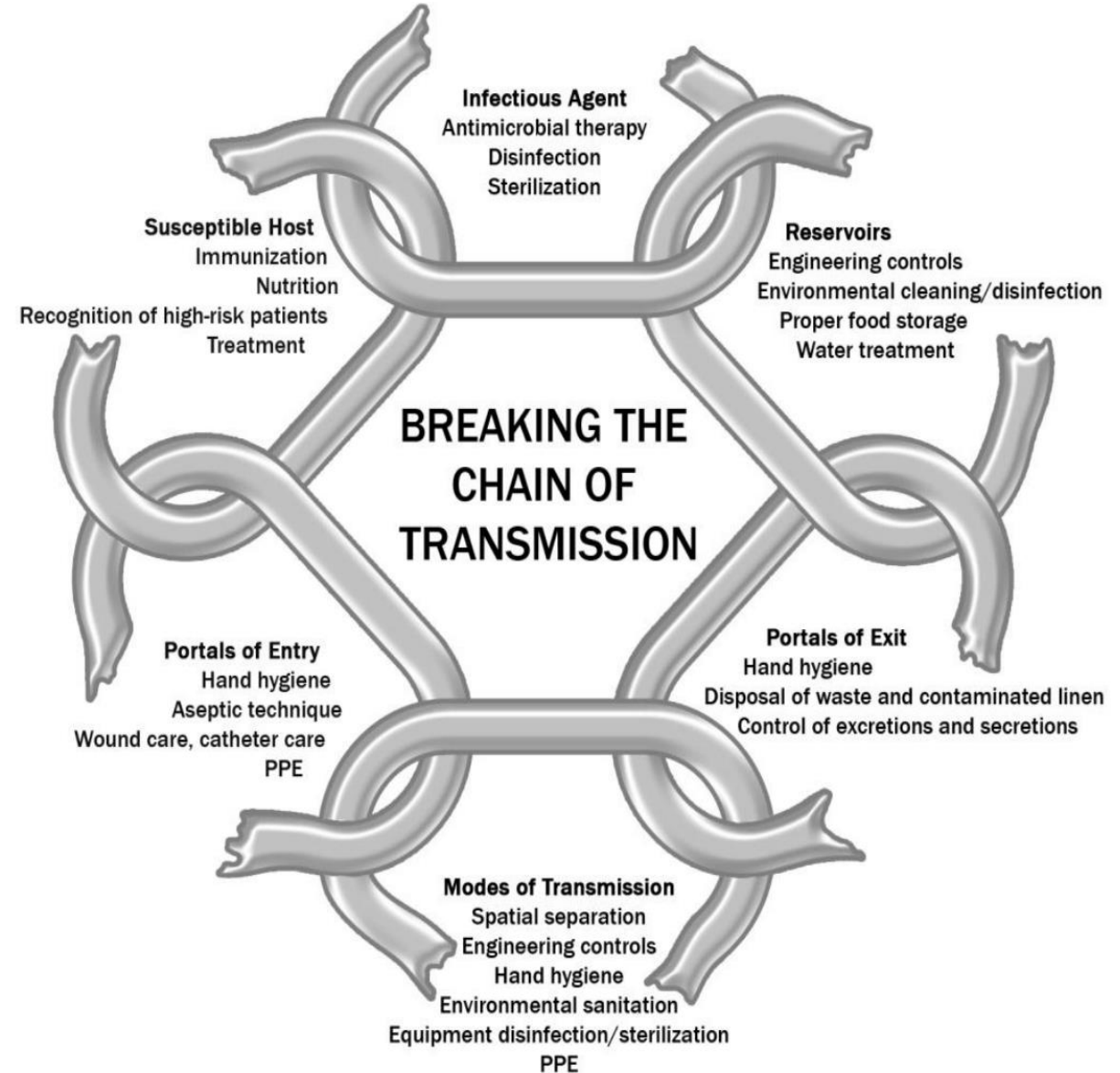
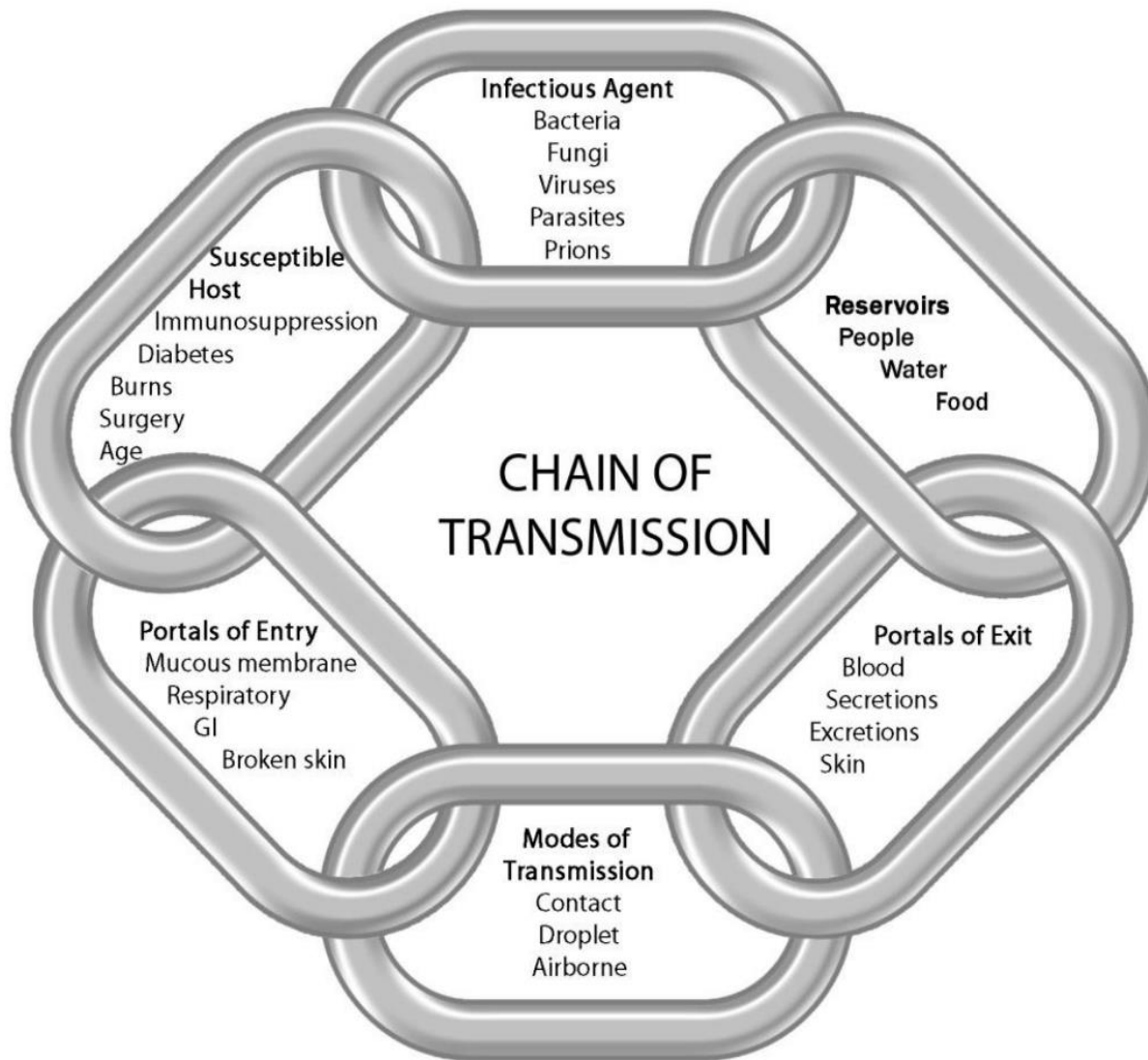




ESSENTIAL IPAC EDUCATION: ROUTINE PRACTICES & ADDITIONAL PRECAUTIONS

RVH IPAC HUB – 2025
Ashley Scopel, RN, BScN

CHAIN OF TRANSMISSION



WHAT ARE ROUTINE PRACTICES?

BOX 1: Elements of Routine Practices

Risk Assessment + Hand Hygiene + Personal Protective Equipment ←

+



Control of the Environment
(Placement, Cleaning, Engineering Controls)

+

Administrative Controls ←

(Policies and Procedures, Staff Education, Healthy Workplace Policies, Respiratory Etiquette, Monitoring of Compliance with Feedback)

HIERARCHY OF CONTROLS

Most effective



Least effective



Elimination

Physically remove the hazard

Substitution

Replace the hazard

Engineering controls

Isolate people from the hazard

Administrative controls

Change the way people work

PPE

Protect the worker with personal protective equipment

POINT OF CARE RISK ASSESSMENT (PCRA)



THE TASK

- What type of task am I carrying out (e.g., providing direct face-to-face care, performing an aerosol generating medical procedure, coming into contact with body fluids, personal care, non-clinical interaction)?
- Am I trained, equipped and ready for the task?



THE ENVIRONMENT

- Where am I doing my task?
- Is there triage or screening?
- Is the client in a separate room? Is the bathroom shared?
- Can physical distancing be maintained?
- Is there adequate environmental cleaning and disinfection?

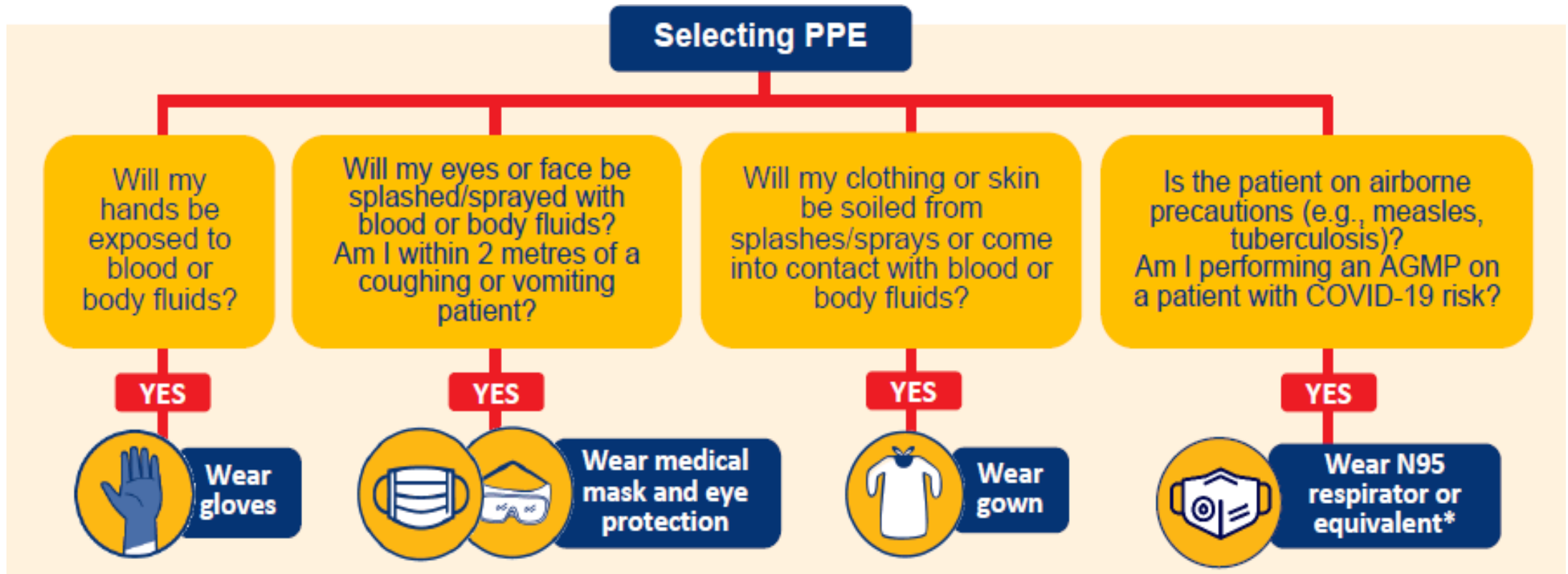


THE PATIENT

- What are the patient's symptoms (e.g., frequent coughing or sneezing)?
- Does the patient require additional precautions (contact/droplet/airborne) for other diseases?
- What is the patient's health status (e.g., immunocompromised)?
- Is the patient able to practice respiratory etiquette and perform hand hygiene?


PCRA

SELECTING APPROPRIATE PPE





DONNING AND DOFFING PERSONAL PROTECTIVE EQUIPMENT (PPE)

How to Put On Personal Protective Equipment

- 1** PERFORM HAND HYGIENE 
- 2** PUT ON GOWN 
- 3** PUT ON MASK OR N95 RESPIRATOR 
- 4** PUT ON EYE PROTECTION 
- 5** PUT ON GLOVES 



How to Remove Personal Protective Equipment

- 1** REMOVE GLOVES 
- 2** REMOVE GOWN 
- 3** PERFORM HAND HYGIENE 
- 4** REMOVE EYE PROTECTION 
- 5** REMOVE MASK OR N95 RESPIRATOR 
- 6** PERFORM HAND HYGIENE 



FOUR MOMENTS FOR HAND HYGIENE



WHEN TO PRACTICE HAND HYGIENE?

Other crucial instants

- ✓ When entering the facility
- ✓ Before entering and after leaving break rooms
- ✓ Before and after eating a meal
- ✓ **Every single time** after doffing gloves!
- ✓ Before/After you touch/adjust your mask.



SOAP AND WATER VS. ALCOHOL BASED HAND RUB (ABHR)

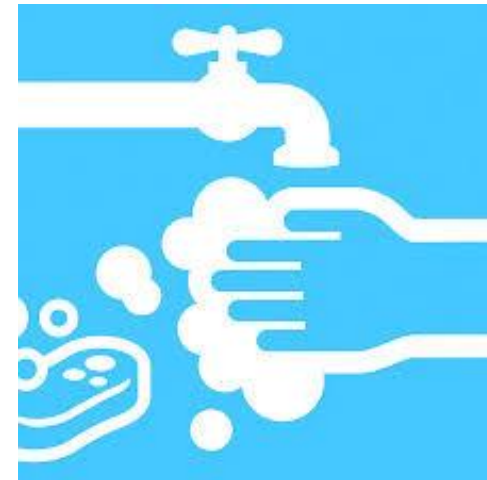
Benefits of ABHR

- Kills pathogens.
- Gentler on skin, causing less dryness and irritation.
- Time-efficient and easily accessible at the point of care.
- Temporary alternative if soap and water are unavailable (handwashing should follow ASAP).



When to Use Soap and Water

- Hands are visibly soiled or contaminated.
- Before eating and after using the washroom.
- Managing spore-forming organisms (e.g., *Clostridioides difficile*)
- During norovirus outbreaks.



ADDITIONAL PRECAUTIONS

STOP Contact Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team and Visitors
(when inside room)

Wear gown Wear gloves Dedicated patient equipment Dedicated medical equipment

Residents
(if necessary to be outside room)

 Clean hands

STOP Enhanced Contact Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team and Visitors
(when inside room)

Wear gown Wear gloves Dedicated patient equipment Dedicated medical equipment

Cleaning
  Use soap and water for hands Use sporicidal cleaning agent

Residents
(if necessary to be outside room)

 Clean hands

STOP Droplet/Contact Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team and Visitors
(when inside room)

Wear gown Wear procedure mask and eye protection Wear gloves

Residents
(if necessary to be outside room)

 Wear procedure mask

STOP Enhanced Droplet/Contact Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team
(when inside room)

 +   

N95 Droplet/Contact PPE

Visitors
 Check with nursing station before entering room

Residents
(if necessary to be outside room)

 Wear procedure mask

STOP Airborne Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team
(when inside room)

Wear fit-tested N95 respirator Keep door closed

Visitors
 Check with nursing station before entering room

Residents
(if necessary to be outside room)

 Wear procedure mask

STOP Airborne/Contact Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team
(when inside room)


Wear gown Wear fit-tested N95 respirator Wear gloves Keep door closed

Visitors
 Check with nursing station before entering room

Residents
(if necessary to be outside room)

 Wear procedure mask





STOP Aerosol Generating Medical Procedure

Clean Your Hands Often 


For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team

Wear fit tested N95 respirator Wear eye protection Wear gloves Wear gown

Visitors
 Check with nursing station before entering room

CONTACT VS ENHANCED CONTACT PRECAUTIONS

Contact Precautions

Clean Your Hands Often

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team and Visitors
(when **inside** room)

Wear gown

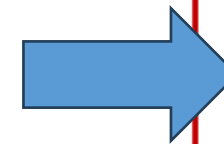
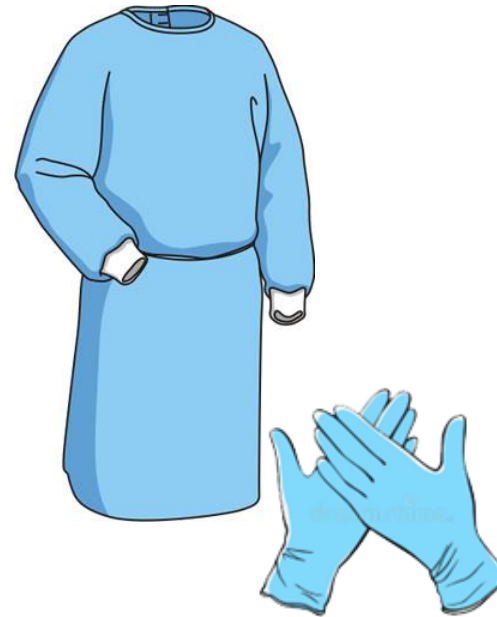
Wear gloves

Dedicated patient equipment

Dedicated medical equipment

Residents
(if necessary to be **outside** room)

Clean hands



Enhanced Contact Precautions

Clean Your Hands Often

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team and Visitors
(when **inside** room)

Wear gown

Wear gloves

Dedicated patient equipment

Dedicated medical equipment

Cleaning

Use soap and water for hands

Use sporicidal cleaning agent

Residents
(if necessary to be **outside** room)

Clean hands

- Norovirus
- diarrhea NYD
- methicillin-resistant *Staphylococcus aureus* (MRSA)
- Scabies

- *Clostridioides difficile*
- vancomycin-resistant enterococci (VRE)
- carbapenemase-producing Enterobacteriaceae (CPE)

DROPLET AND CONTACT PRECAUTIONS

Droplet/Contact Precautions

Clean Your Hands Often

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team and Visitors

(when inside room)

Wear gown

Wear procedure mask and eye protection

Wear gloves

Residents

(if necessary to be outside room)

Wear procedure mask



Enhanced Droplet/Contact Precautions

Clean Your Hands Often

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team

(when inside room)

N95

+

Droplet/Contact PPE

Visitors

Check with nursing station before entering room

Residents

(if necessary to be outside room)

Wear procedure mask

COVID-19, influenza, RSV, meningococcal disease, and group A Streptococcus (GAS).

AIRBORNE/CONTACT PRECAUTIONS

STOP Airborne/Contact Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team
(when inside room)

-  Wear gown
-  Wear fit tested N95 respirator
-  Wear gloves
-  Keep door closed

Visitors

STOP Check with nursing station before entering room

Residents
(if necessary to be outside room)

 Wear procedure mask

STOP Airborne Precautions

Clean Your Hands Often 

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team
(when inside room)

-  Wear fit-tested N95 respirator
-  Keep door closed

Visitors

STOP Check with nursing station before entering room

Residents
(if necessary to be outside room)

 Wear procedure mask

Measles, chickenpox, disseminated shingles, tuberculosis.

AEROSOL GENERATING MEDICAL PROCEDURE (AGMP)

Residents with ARI symptoms requiring

- Nebulizer treatment
- CPAP
- Roommates (private room, physical barriers, etc.).



The sign is a vertical rectangular panel with a black background and white text. At the top left is a red octagonal 'STOP' sign. To its right, the text 'Aerosol Generating Medical Procedure' is written in white. In the top right corner is a circular icon of a door with the word 'CLOSED' written on it. Below this, the text 'Clean Your Hands Often' is written in white, followed by a circular icon of hands being washed. Underneath, it says 'For more information please contact the Care Team or Infection Prevention and Control'. Below that, it says 'In addition to Routine Practices:'. This is followed by a dark grey box titled 'Care Team' which contains four circular icons: an N95 respirator, eye protection, gloves, and a gown, each with a corresponding text label below it. At the bottom is another dark grey box titled 'Visitors' which contains a red octagonal 'STOP' sign and the text 'Check with nursing station before entering room'.

STOP Aerosol Generating Medical Procedure

Clean Your Hands Often

For more information please contact the Care Team or Infection Prevention and Control

In addition to Routine Practices:

Care Team



- Wear fit tested N95 respirator
- Wear eye protection
- Wear gloves
- Wear gown

Visitors

STOP Check with nursing station before entering room

RESOURCES

Additional Precautions
Practice Activities for Long-Term Care

The content for this face-to-face training parallels the content in the online version, and it provides additional practice activities. The activities have been developed to engage participants and make learning fun. Trainers/facilitators can adapt or adopt the activities below to suit their training needs and timeframe.

List of Activities/Objectives

Activity	Title	Objectives
1	<i>Routine Practices or Additional Precautions?</i>	To identify the need for Additional Precautions
2	<i>Touch, Drop or Float</i>	To identify the appropriate category of Additional Precautions required
3	<i>Assign a Sign</i>	To identify the appropriate category of Additional Precautions required
4	<i>It's Elementary!</i>	To apply the elements of Additional Precautions
5	<i>Story, Not Sorry</i>	To apply the categories and elements
6	<i>Cross the Line</i>	To consolidate and reinforce the categories of Additional Precautions and the elements (an advanced activity.)

IPAC Core Competencies Additional Precautions

Routine Practices and Additional Precautions

In All Health Care Settings, 3rd edition

Provincial Infectious Diseases Advisory Committee (PIDAC)



Mr. Star has a high fever, cough and a sore throat.



Mrs. Moon has had a fall. She has a cut on her head that is bleeding heavily.



Mr. Planet fainted. His signs and symptoms are being investigated.

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