



## ROUTINE PRACTICE & ADDITIONAL PRECAUTIONS (RPAP)

Consistent and appropriate use of Routine Practices for all patient encounters will decrease spread of infection in health care settings (PIDAC).

### WHAT ARE ROUTINE PRACTICES?

Routine practices are the infection prevention and control practices that are used for **ALL** routine care of clients/ patients/residents (C/P/R) to prevent spread of infectious diseases in **ALL** health care settings.

### ELEMENTS OF ROUTINE PRACTICES

**Risk Assessment + Hand Hygiene + PPE + Control of the Environment** (Placement, Cleaning, Engineering Controls) + **Administrative Controls** (Policies and Procedures, Staff Education, Vaccination, Respiratory Etiquette, Monitoring of Compliance with Feedback).

### ASSESSING RISK

The key to applying routine practices is to assess your risk before each interaction with a C/P/R.

Risk Assessment	
Will you be exposing yourself to a splash or spray of blood, excretions or secretions?	If yes, ask yourself questions 1 - 4
Will you have contact with the C/P/R's environment?	
1. Will your hands be exposed to blood, excretions, secretions or contaminated items?	Wear gloves Perform hand hygiene
2. Will your face be exposed to a splash, spray, cough or sneeze?	Wear facial protection
3. Will your clothing or skin be exposed to splashes/ sprays or items contaminated with blood, excretions, secretions?	Wear a gown
4. Does the C/P/R have a known infection or symptoms of an infection?	Follow specific Additional Precautions

*continued...*

**HAND HYGIENE** The **best** way to prevent the spread of infection.

### 4 Moments of Hand Hygiene

1. When entering, before touching the resident or any object or furniture in the resident's environment.
2. Before any aseptic procedure.
3. Immediately after an exposure risk to body fluids (and after glove removal).
4. When leaving, after touching resident or any object or furniture in the resident's environment.



**PERSONAL PROTECTIVE EQUIPMENT (PPE)** Clothing or equipment worn for protection against hazards.

### Masks & Eye Protection (facial protection)

- Use eye protection (i.e. goggles or shield) every time a mask is used.
- Use face protection when you are doing an activity, within a 2 meter range of where there might be a splash or spray of blood or body fluids, secretions or excretions to your face.
- For information on use of N95 respirators, refer to PIDAC, Routine Practices & Additional Precautions (p. 69)



### Gowns

- Use a long-sleeved gown to protect your skin and prevent soiling of clothing during procedures and care activities that may cause splashes or sprays of blood, body fluids, secretions, or excretions.



### Gloves

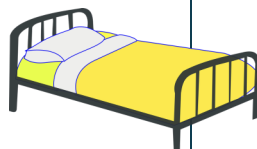
- Use gloves if you will be touching someone else's blood, body fluids or broken skin (including rashes).
- Put gloves on just before you touch the other person and remove as soon as you're finished the activity.
- Remember: Clean your hands before you put on and after you take off the gloves.



**CONTROL OF THE ENVIRONMENT** Includes placement of the C/P/R, environmental cleaning and disinfection, and engineering controls.

### Room Placement

- Single rooms, with dedicated bathroom and sink, are preferred.
- If single rooms are not available, decisions must be made about room assignments and selection of roommates based on:
  - \* Route of transmission of the infectious agent (known or suspected)
  - \* Risk factors for transmission (i.e., poor hygiene, does not understand infection control recommendations)
  - \* Risk factors for acquisition in other clients/patients/residents in the unit (i.e., compromised immunity)



### Cleaning

- Maintaining a clean and safe health care environment is an essential component of infection control.
- Environmental cleaning should be performed on a routine and consistent basis.
- Cleaning staff need routine education and training that includes clear messaging regarding their role in the prevention of infections.
- Cleaning practices must be audited.
- Cleaning and disinfection methods must be reviewed to ensure that they are adequate for disinfection of contaminated surfaces.



### Engineering Controls

- Dedicated hand washing sinks, point-of-care alcohol-based hand rub and sharps containers, and sufficient air changes per hour appropriate to the care setting, are the preferred engineering controls.



**Additional precautions as well as routine practices, are necessary for certain infections. Additional precautions are based on how an infection is spread (i.e. airborne, contact or droplet).**