

HEALTH AND SAFETY

Here at Ontario Shores, we take the health and safety of our patients, staff, visitors, and volunteers very seriously which is why we have so many policies and procedures pertaining to health and safety practices in place. As a student and a member of the Ontario Shores team, it is your responsibility to familiarize yourself with these policies and to practice good hygiene and safety habits.

ROUTINE PRACTICES

The system of infection prevention and control measures is recommended to be used with all clients, at all times, during all care to prevent and control transmission of microorganisms in health care settings.

Policy: Routine practices are based on the premise that all patients are potentially infectious even when asymptomatic, and that the same safe standards of practice should be used routinely with all patients to prevent exposure to blood, body fluids, secretions, excretions, mucous membranes, non-intact skin or soiled items and to prevent the spread of microorganisms

Elements of Routine Practices

Risk Assessment of the patient and healthcare provider's interaction with the patient
Hand Hygiene: To be performed with an Alcohol-Based Hand Rub or with soap and water.

Control of the Environment: Appropriate bed spacing and patient placement; cleaning equipment in between patient uses; cleaning health care environment

Administrative Controls: Policies and procedures; staff education; healthy workplace policies

Sufficient and easily accessible and appropriate Personal Protective Equipment: To prevent health care provider contact with blood, body fluids, secretions, excretions, non-intact skin or mucous membranes

Procedure Mask and Eye Protection: Based on risk assessment to protect eyes, nose and mouth during procedures and care activities. Eye protection can be either goggle, face shield mask or face shield.

Gloves: Wear gloves when there is a risk of hand contact with blood, body fluids, secretions or excretions, non-intact skin, mucous membranes, or contaminated surfaces or objects. Gloves must be changed between dirty to clean tasks in the care of the same patient.

Gowns: Based on risk assessment, wear an appropriate gown if contamination of skin or clothing is anticipated.

Equipment: All equipment used on one or more than one patient must be cleaned and disinfected between patient uses with hospital approved disinfectant.

Linen and Waste: Refer to Handling of Laundry/Linen and Materials Soiled with Body Fluids Policy & Procedure

Sharps Injury Prevention: Use safety engineered medical devices to prevent injury from needles and other sharp devices. Dispose in sharps container immediately after use.

Hand Hygiene: Refer to Hand Hygiene Policy & Procedure

Food and Drink Consumption: Refer to Safe and Appropriate Consumption of Food and Drink Policy & Procedure.

HAND HYGIENE

Hand hygiene relates to the removal of debris and/or removal or killing of transient microorganisms from the hands. Hand hygiene may be accomplished by using soap and running water or Alcohol Based Hand Rub.

Policy Adherence to hand hygiene recommendations is the single most important practice for preventing the transmission of microorganisms at Ontario Shores and directly contributes to patient safety.

4 BEST Moments of Hand Hygiene!

1. **Before initial patient/environment contact:** To protect the patient and their environment from harmful germs on your hands
2. **Before aseptic procedure:** To protect the patient from harmful germs, including their own, from entering their body
3. **After bodily fluid exposure risk:** Wash your hands immediately after an exposure risk to bodily fluids (and after glove removal)
4. **After patient or environment contact:** Wash your hands to ensure no harmful bacteria is left behind

What to Consider!

- ◆ Nails must be worn at an appropriate length
- ◆ Nail polish must be fresh and free of chips/cracks
- ◆ Artificial nails are not to be worn by those providing patient care
- ◆ Arm jewelry should be removed or pushed above the wrist before performing hand hygiene
- ◆ The use of gloves does not replace hand hygiene
- ◆ Staff must perform hand hygiene before and after glove use
- ◆ Gloves must be removed immediately and discarded after the activity and before exiting the environment of a patient
- ◆ Gloves must not be washed or reused
- ◆ Gloves must never be worn between patients

Alcohol Based Hand Rub (ABHR)

A liquid, wipe, gel or foam formulation of alcohol (ethanol, isopropanol) which is used to reduce the number of microorganisms on hands in clinical situations when the hands are not visibly soiled. Dispensers are found all around the hospital, use them!