



Infection Prevention and Control

CONTACT PRECAUTIONS

In addition to [Routine Practices](#),

Additional Precautions are sometimes necessary to protect everyone from the spread of infection.

[Point of Care Risk Assessment](#) is used to determine necessary Additional Precautions.

Use [Syndromic Surveillance Screening Toolkit](#) for information regarding management of a suspected condition and the type of Additional Precautions that need to be implemented.

To maintain quality of care, remember to engage with patients on Additional Precautions and use strategies to prevent social isolation.



Mode of Transmission

- Use for microorganisms or disease conditions spread via direct and indirect contact (i.e., MRSA, uncontained diarrhea with no suspected or confirmed diagnosis of *Clostridioides difficile*).



Patient Placement and Accommodation

- Single room with dedicated toilet, patient sink, and hand washing sink preferred. If single room is not available, cohort patients infected or colonized with the same microorganism and are suitable roommates. Contact IPAC for appropriateness of cohorting.
- If sharing a room:
 - Maintain spatial separation of at least 2 metres between patients
 - Roommates should be based on their ability to comply with precautions
 - Must have their own dedicated commode or toilet
- [Contact Precautions](#) sign visible on entry to room and bed space if in multibed room.
- Room door may remain open

Temporary Accommodation of Patients on Contact Precautions (i.e., Emergency Room, not including inpatient hallways) until single or cohort room becomes available ([Recommendations for Cohorting Patients](#)):

- Create a barrier to define the precautions space (i.e., privacy curtains or portable, wipe-able screen).
- Ensure alcohol-based hand rub (ABHR) or hand washing sink is readily available at point of care.
- The precaution space shall be treated as though it is a separate room.
- Assign dedicated toilet or commode, and place waste container and soiled linen bag in proximity for doffing PPE.

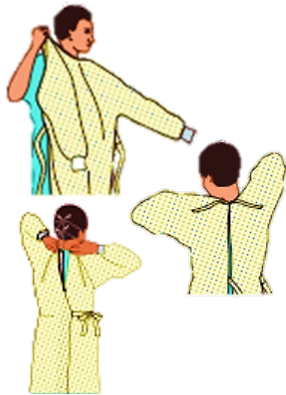


Hand Hygiene

- Perform hand hygiene using alcohol-based hand rub (ABHR) or plain soap and water as described in [Routine Practices](#) or on the [BCCDC website](#).
- Refer to IH [Hand Hygiene Policy \(AH0700\)](#).
- Use plain soap and water when hands are visibly soiled.
- Perform hand hygiene as per the [4 Moments for Hand Hygiene](#) and:
 - before accessing and donning personal protective equipment
 - after doffing each piece of personal protective equipment
- Educate patients and visitors about how and when to use hand hygiene products.

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Personal Protective Equipment: Gowns

Refer to [How to Don](#) and [How to Doff](#) PPE posters for details on careful removal and disposal of gowns.

- PPE to be available directly outside patient room, cubicle, or designated space.
- Perform hand hygiene before accessing PPE.
- Do not wear a gown outside a patient room or bed space. The same gown should not be worn between patients or between patient environments.
- If gown becomes soiled during care, remove as soon as possible, perform hand hygiene, and don a new gown.
- Perform hand hygiene using ABHR or soap and water after removing each piece of PPE.



Personal protective Equipment: Facial (medical mask and eye) Protection

- Additional PPE may be required based on [Point of Care Risk Assessment](#).
- [Droplet and Contact Precautions](#) should be initiated if patient has:
 - respiratory symptoms (e.g., productive cough and fever)
 - Sputum culture positive for MRSA
 - Symptoms of diarrhea and vomiting; suspected or confirmed Norovirus

Refer to [How to Don](#) and [How to Doff](#) PPE posters for details on careful removal and disposal of facial protection (if required).



Personal Protective Equipment: Gloves

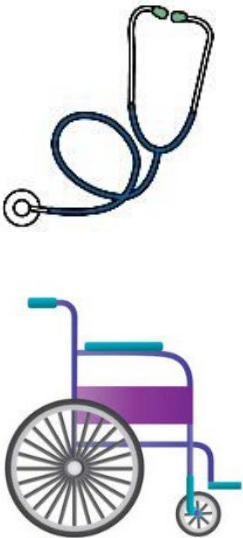
Refer to [How to Don](#) and [How to Doff](#) PPE information sheets for details on careful removal and disposal of gloves.

- Perform hand hygiene before accessing PPE.
- Wear non-sterile gloves to enter patient room or bed space.
- Gloves are single use. Use only once, then dispose of them immediately after use.
- Never wash gloves or use ABHR while wearing gloves.
- Change gloves between care activities for the same patient (i.e., when moving from a contaminated body site to a clean body site).
- Sterile gloves are for sterile procedures.
- Do not wear gloves outside a patient room or bed space unless transporting contaminated items.
- The same gloves should not be worn between patients or between patient environments.
- If gloves tear, remove as soon as possible, perform hand hygiene and don new pair.
- Perform hand hygiene using ABHR or soap and water after removing each piece of PPE.
- For more information on glove use: [Non-Sterile Exam Glove Selection Guide](#)



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Handling Patient Care Items and Equipment

- Use disposable patient equipment when possible.
 - Dedicate re-useable equipment for single patient use only, until discharge (e.g., thermometers, blood pressure equipment).
 - If reusable equipment cannot be dedicated for single patient use, [clean and disinfect](#) between patients.
 - Refer to manufacturer's instructions for cleaning and disinfection information.
 - Contact Precaution rooms should contain a dedicated soiled linen bag inside room, double bag only if leaking.
- Do not share toys, electronic games, and books that cannot be cleaned and disinfected.
- Clean and disinfect shared tubs and showers immediately after use as per [IH procedure](#).
 - Used meal trays and dishes do not require special handling. Place on the dietary cart or in an area designated for used dishes. Disposable dishes and utensils are not required.
 - Do not take extra supplies, patient chart, or medication carts into patient rooms.
 - After patient is discharged, transferred, or Contact Precautions are discontinued, clean and disinfect reusable equipment, discard all single-use supplies that remain and launder unused linens.



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Patient Ambulation Outside Room, Bed Space

- Patients should leave the room or bed space for essential purposes only; exceptions require IPAC consultation.

Before transport consider and follow the **5 C's**, educate, and assist the patient if necessary:

1. **Communicate:** notify receiving department if patient is on Additional Precautions.
2. **Co-operative:** is the patient able to follow instructions.
3. **Clean hands:** assist patient if required to clean their hands.
4. **Clean clothes/clean sheet:** patient to wear clean gown or clothes/cover with clean sheet.
5. **Cover/contain sources:**
 - Cover wounds with clean dressings
 - Contain urine/feces or other body fluids
 - Cover cough: If coughing and/or on droplet or airborne precautions place a medical mask on patient (if tolerated)



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Patient Transport

- In addition to following the **5 C's**, transport staff to don gown and gloves upon entry to the patient room if patient handling required.
- PPE should be doffed and disposed, and hand hygiene performed, prior to transporting patient.
- Transport staff use [Point of Care Risk Assessment](#) to assess the risk of patient contact during transport and choose to carry clean PPE if indicated. If used during transport, PPE is to be doffed, and hand hygiene performed when patient handling is complete.
- At destination, don PPE on entry to room if patient handling is required and doff on exit followed by hand hygiene.
- [Clean and disinfect](#) all transport equipment e.g., wheelchair, stretcher, IV pumps and poles.



Patient Hygiene

Daily access to or assistance with:

- Hand hygiene before meal, after using the washroom and frequently throughout the day.
- Clean gown/clothes and as needed.
- Linen change (sheets, pillowcase, towels, face cloth) and as needed.
- Oral care (minimum is daily or based on patient's needs).
- Bathing (including use of cleaning wipes and/or bath basin).



Family and Visitors

Families and visitors should be educated on the following precautions:

- Before entering, visitors must perform hand hygiene. Gown and gloves to be worn if participating in direct patient care (e.g., feeding, toileting, bathing).
- Must stay in the patient's room and not visit other patients or other areas of the facility.
- Must not use patient's dedicated bathroom or commode.
- Before leaving patient's room, visitor must take off their gloves and gown and clean their hands.
- Provide applicable patient information sheets located on IPAC webpage.



Environmental Cleaning and Disinfection

- Room surfaces and equipment cleaning and disinfection is required daily or more frequently if directed by IPAC using IH approved products and procedures.
- After discharge, transfer, or Contact Precautions are discontinued, Environmental Services to complete an Additional Precaution Discharge Clean and Disinfection of the room.
- Environmental Services to remove sign after Additional Precaution Discharge Clean and Disinfection is completed.



Adapted from Alberta Health Services