

Mount Nemo Christian Nursing Home

Essential Caregivers Training Package

October 2022

Partners in Care Pledge:

We recognize that our families are care partners and we all have equal responsibility to maintain a safe and healthy environment for all.

We, the Mount Nemo Care team, pledge to do our part to keep you and your loved one safe by:

- Implementing existing best practices, government and public health guidelines in an effort to keep our community safe and healthy
- Communicating with you about our protocols and providing education about things like hand hygiene and wearing PPE
- Facilitating safe opportunities for you to see your loved one

I, the visitor, pledge to do my part to keep my loved one, the other residents and the care team safe by:

- Following existing public health guidelines and Home protocols to protect myself and reduce the risk of contracting or spreading illness
- Screening myself before coming to the Home and answering screening questions honestly and accurately
- Following all protocols of the Home and asking questions when I don't understand or need clarification

I'm Vaccinated!

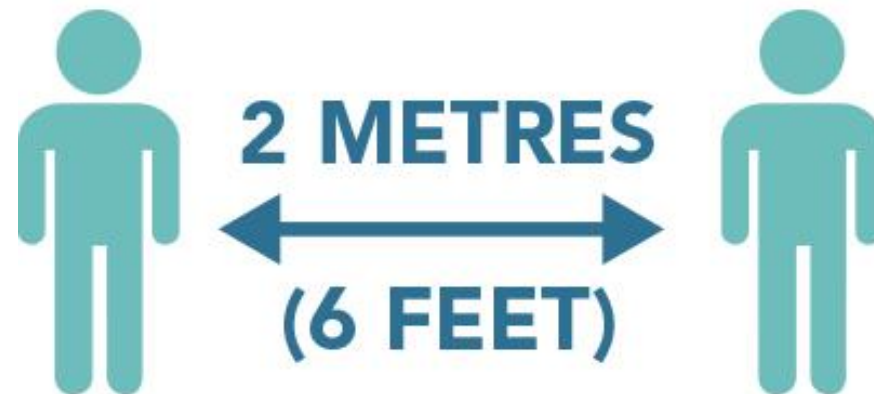
- It is mandatory for all ECGs to have received at least two doses of a COVID-19 vaccine and to have their annual flu shot. So congratulations and thank you!
- If we should go into outbreak or your loved one be in isolation, only Essential Caregivers may be able to visit. In these instances, you will need to show proof of your dose administration at each visit. As our Wi-Fi is not always reliable, we recommend carrying a paper copy or having this saved on your phone as a file or picture.
 - COVID Vaccine: <https://covid-19.ontario.ca/get-proof/>
- You must have a rapid COVID test completed according to the frequency set out in our policy, regardless of your vaccination status
- You may move about the Home with your loved one, and may attend recreational programs as space will allow. ECGs and other visitors are not able to attend meals in the dining room, as we do not have the space for this.

Infection Prevention and Control

- How can you keep yourself and your loved one safe during your visit?
 - Stay home when you are feeling unwell
 - Maintain physical distance, even when not required
 - Practice good hand hygiene
 - Complete proper respiratory etiquette (see upcoming slide)
 - Wear provided PPE properly, when required
 - Limit your movement throughout the Home
- What will we, as a Home, do to keep you and your loved one safe?
 - Ensure you are screened for health status and exposure risk to illness before each visit to ensure you are not posing a risk to residents or staff
 - Provide hand sanitizer at multiple locations
 - Provide any necessary PPE, as well as education about how to wear it properly
 - Clean and disinfect the common touch points throughout the Home
 - Strive for a high vaccination rate amongst those entering our community

Physical Distancing

- Physical distancing means staying 6 feet (2 metres) away from others, including other residents, visitors and team members
- As an Essential Caregiver, it is understood that you will be providing personal care to your loved one. To do this, physical distancing is not possible. It is imperative that you wear PPE when required and ensure your hands are clean. This is especially true before and after any care provided to your loved one.



Respiratory Etiquette

Respiratory Etiquette:

- Sneeze or cough into your sleeve or elbow, or into a tissue (not your hand)
- After using a tissue, dispose of it right away – it should not be re-used
- Ensure you always clean your hands after sneezing or coughing

Hand Hygiene

Hand Hygiene:

- You are expected to use hand sanitizer at the following times:
 - Upon arriving at the front door of the Home
 - Before putting on any PPE
 - After taking off PPE
 - Before entering your loved one's room
 - Before and after providing any type of care, including at meal times
 - After blowing your nose, touching your eyes or mouth, coughing or sneezing
 - When leaving your loved one's room
 - When leaving the Home
- To use hand sanitizer:
 - Squirt hand sanitizer on your hands
 - Rub all over hands until product fully dries
 - Pay attention to fingertips, between fingers, back of hands and base of thumbs
- Soap & Water vs. Hand Sanitizer:
 - If your hands are visibly soiled or dirty, you must wash your hands using soap and water. Hand sanitizer is not effective in those instances.

Facts About Hand Hygiene

- Soap and water *removes* organisms
- Hand sanitizer *kills* organisms
- Gloves should not be worn all the time (universally), or they become a major risk for transmission of organisms. They give a false sense of security to the wearer, and they forget to do the single most effective way to prevent infection which is **CLEANING YOUR HANDS**.
- Besides the way you clean your hands, the status of your hands is also important for proper hand hygiene:
 - The skin on your hands must remain intact to reduce the spread of organisms. Using a moisturizer or cream to avoid dry skin is important.
 - Keep nails short and clean
 - Remove any chipped nail polish
 - Remove rings and bracelets as it may trap organisms underneath when cleaning hands

Mask Requirement

- At this time, essential caregivers must wear a procedural/surgical mask when in common areas of the Home (ie. hallways, lounges), but you are able to remove your mask if you are visiting with your loved one inside their room when it is otherwise empty. This means that if your loved one has a roommate and they enter the room, or a staff member should enter the room, you need to put on your mask immediately.
- Masks are not required to be worn outside.
- Always clean your hands before putting on your mask
- To put your mask on:
 - Hold the mask at the nose piece and position it over your nose
 - Loop the ear pieces around each ear
 - Hold the nose piece in place with one hand, stretch the mask down to fit snugly under the chin
 - Once the mask is positioned, pinch the nose piece around the bridge of the nose
- Now that it's on properly, resist the urge to touch it
- Remember that your mask is only effective if both your mouth and nose are covered
- Always clean your hands before taking your mask off to avoid spreading germs to yourself AND clean them again once the mask is removed as your hands may become contaminated upon touching the mask

Isolation Precautions

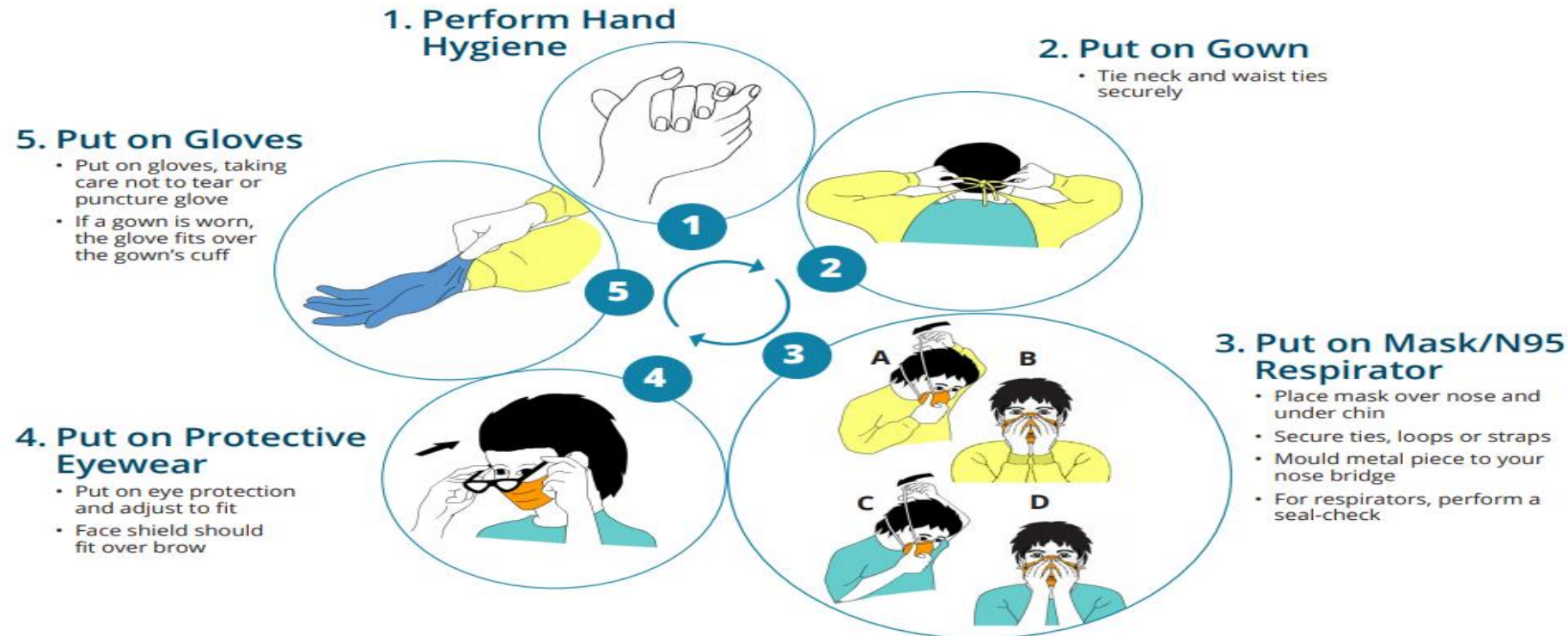
- If your loved one is on isolation precautions, the resident's POA will be notified
- If additional PPE is required, it will be found outside your loved one's room, including instructions for how to put it on
- Whenever leaving the room, the PPE must be removed within the room:
 - Instructions for how to take PPE off are posted inside your loved one's room
 - Disposable items (gloves, gown & mask) must be discarded in the containers provided inside the room
 - Face shield, if required, is re-useable. It is to be wiped down with the disinfectant wipes provided and a new mask applied
- If entering an isolation room, PPE must be worn even if not providing care

Putting on PPE: Public Health Ontario

Recommended Steps: Putting On Personal Protective Equipment (PPE)

Public
Health
Ontario

Santé
publique
Ontario

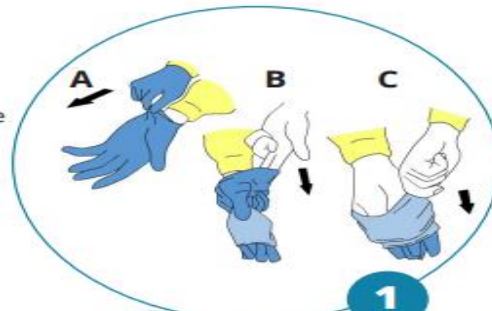


Taking off PPE: Public Health Ontario

Recommended Steps: Taking Off Personal Protective Equipment (PPE)

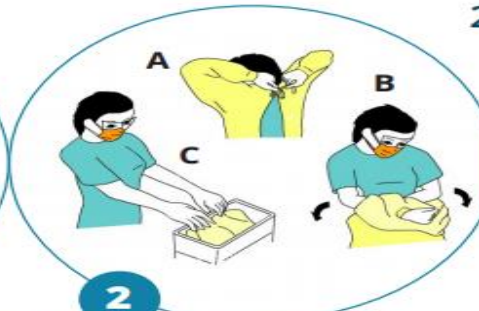
1. Remove Gloves

- Remove gloves using a glove-to-glove / skin-to-skin technique
- Grasp outside edge near the wrist and peel away, rolling the glove inside-out
- Reach under the second glove and peel away
- Discard immediately into waste receptacle



2. Remove Gown

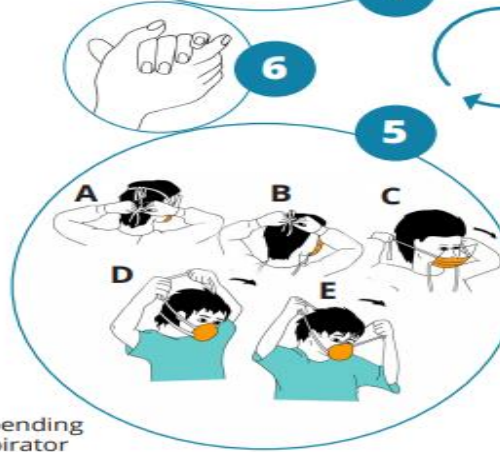
- Remove gown in a manner that prevents contamination of clothing or skin
- Starting with waist ties, then neck ties, pull the gown forward from the neck ties and roll it so that the contaminated outside of the gown is to the inside. Roll off the arms into a bundle, then discarded immediately in a manner that minimizes air disturbance.



6. Perform Hand Hygiene

5. Remove Mask/ N95 Respirator

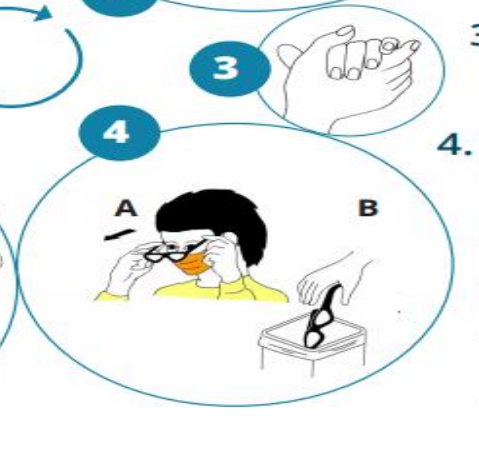
- Ties/ear loops/straps are considered 'clean' and may be touched with hands
- The front of the mask/respirator is considered to be contaminated
- Untie bottom tie then top tie, or grasp straps or ear loops
- Pull forward off the head, bending forward to allow mask/respirator to fall away from the face
- Discard immediately into waste receptacle



3. Perform Hand Hygiene

4. Remove Eye Protection

- Arms of goggles and headband of face shields are considered to be 'clean' and may be touched with the hands
- The front of goggles/face shield is considered to be contaminated
- Remove eye protection by handling ear loops, sides or back only
- Discard into waste receptacle or into appropriate container to be sent for reprocessing
- Personally-owned eyewear may be cleaned by the individual after each use



Thank you for becoming an Essential Caregiver!

Any questions or concerns?

Please direct them to the Registered Staff on duty.