

Mount Nemo Christian Nursing Home

Essential Caregivers Training Package

June 2023

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

About Vaccination

- While not a requirement, Essential Caregivers are **strongly encouraged** to receive all available vaccinations, including the annual flu shot and to be “up-to-date” with all COVID-19 vaccinations.
- 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 may need to show proof of your vaccination status. This direction will come from Public Health.
- In the event of an outbreak, you may be required to have a rapid COVID test completed according to the frequency required by Public Health.
- You may move about the Home with your loved one, and may attend recreational programs as space will allow. One ECG/resident may assist their loved one in the dining room.

Infection Prevention and Control

- How can you keep yourself and your loved one safe during your visit?
 - Screen yourself before coming to the Home for any signs of illness. You must stay home when you are feeling unwell.
 - If you have recently been unwell, you must stay away from the Home for 10 days following the start of your symptoms.
 - As an ECG, you may be able to return sooner than 10 days if your presence is important in the life of your loved one. In this case, you will be required to wear a mask for the 10 day duration at all times.
 - Practice good hand hygiene
 - Complete proper respiratory etiquette (see upcoming slide)
 - Wear provided PPE properly, when required
- What will we, as a Home, do to keep you and your loved one safe?
 - Require you to sign-off in the sign-in book that you are well and 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

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 mealtimes
 - 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-Friendly Home

- Mount Nemo is a “Mask-Friendly” community. This means:
 - You are encouraged to wear a mask, but it is not required
 - Masks are always available and you are welcome to wear a mask at any time
 - We respect people’s choice to remain masked if they so choose, just as we respect those who choose to remove their mask (at appropriate times)
 - Residents have the right to request staff to wear a mask when providing personal care. Employees must respect this and put on a mask if requested.
- Staff are required to complete a Point of Care Risk Assessment (PCRA) before every resident interaction to determine if additional actions or PPE are required. This means staff will still be seen wearing masks in certain settings and at certain times.
- It is Mount Nemo policy that masks are worn by those assisting residents in the dining room. This applies to staff, ECGs, general visitors and volunteers. The reason for this is that the helper is in close contact with the resident for a prolonged period of time, and the risk of coughing is high.
 - If, as an ECG, you’ll be helping your loved one with their meal in another area of the Home, such as a lounge or their room, you are not required to wear a mask.

Mask Etiquette

- 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

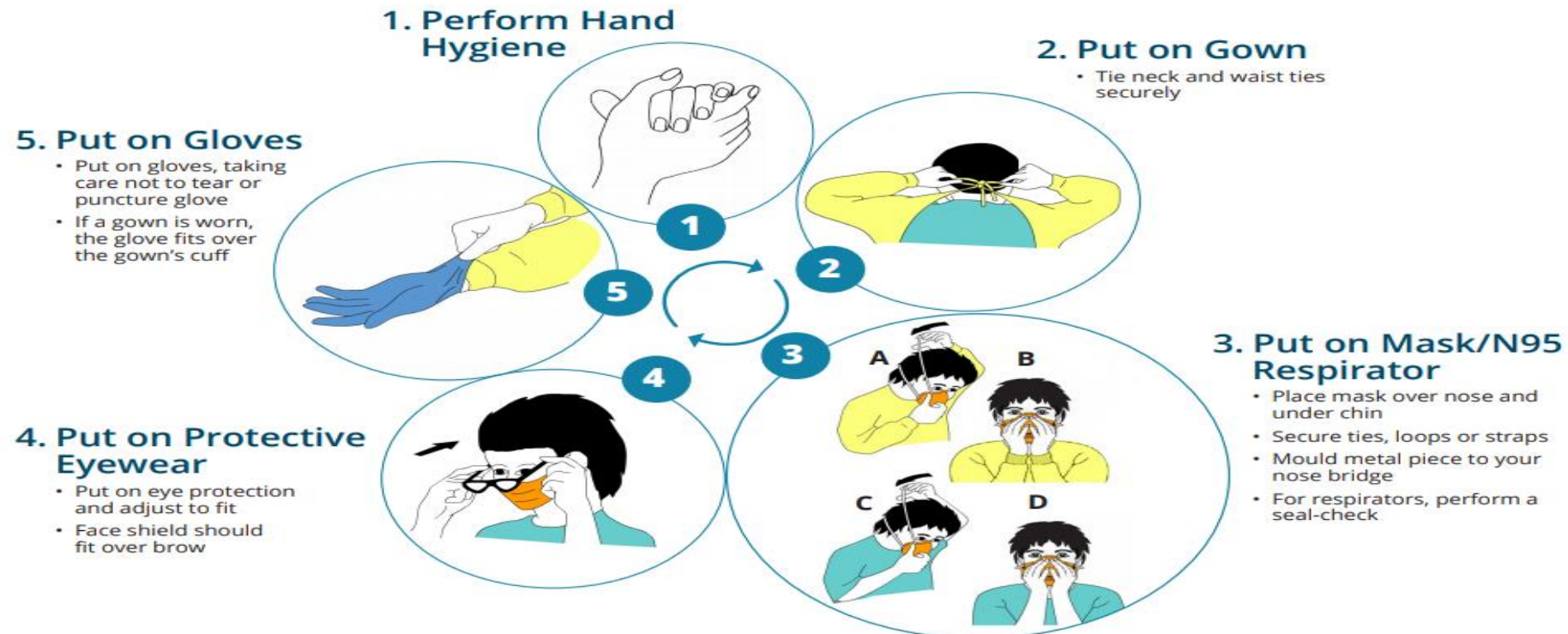
- If your loved one is on isolation precautions, the resident's POA will be notified
- If additional PPE is required, it will be found outside your loved one's room, including instructions for how to put it on
- Whenever leaving the room, the PPE must be removed within the room:
 - Instructions for how 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

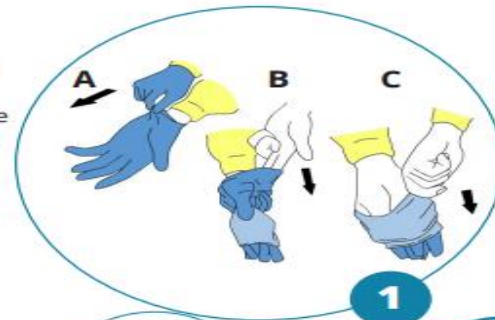


Taking off PPE: Public Health Ontario

Recommended Steps: Taking Off Personal Protective Equipment (PPE)

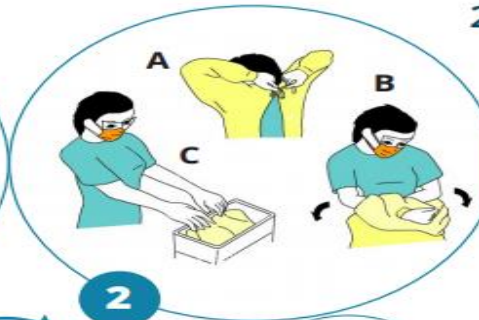
1. Remove Gloves

- 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

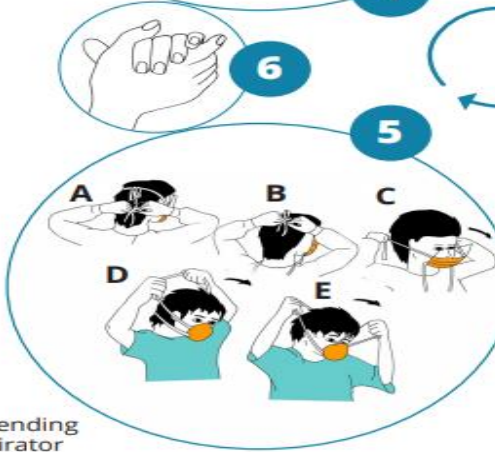
- Remove gown in a manner that prevents contamination of clothing or skin
- Starting with waist ties, then neck ties, pull the gown forward from the neck ties and roll it so that the contaminated outside of the gown is to the inside. Roll off the arms into a bundle, then discarded immediately in a manner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



6. Perform Hand Hygiene

5. Remove Mask/ N95 Respirator

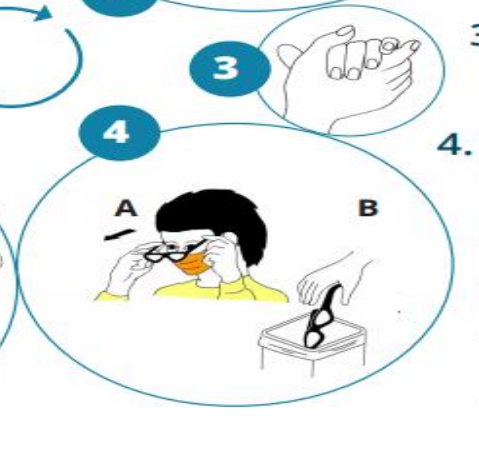
- Ties/ear loops/straps are considered 'clean' and may be touched with hands
- The front of the mask/respirator is considered to be contaminated
- Untie bottom tie then top tie, or grasp straps or ear loops
- Pull forward off the head, bending forward to allow mask/respirator to fall away from the face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