

# Dress for Success- PCRA Training

May 2022



# Routine Practices

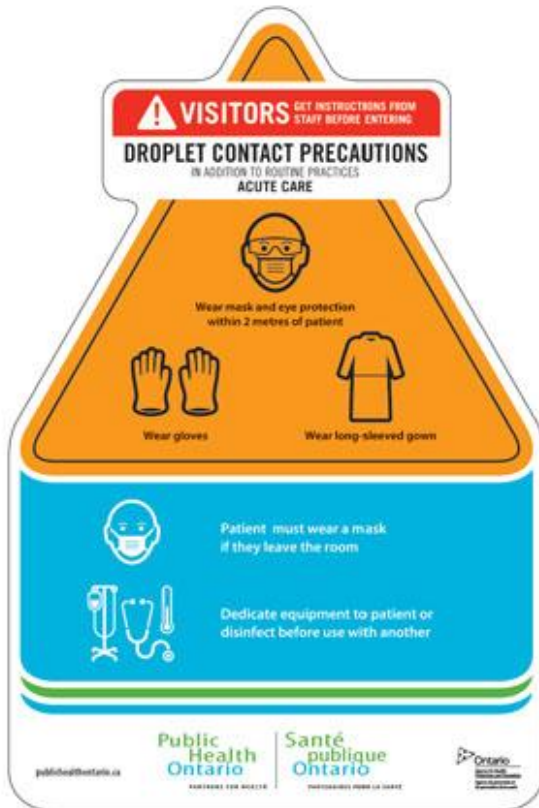
- **Minimum practices to be used with all residents to prevent illness**
- **Includes:**
  - Point of Care Risk Assessment
  - Hand Hygiene
  - Personal Protective Equipment
  - Control of the Environment
  - Administrative Controls

# 4 Moments of Hand Hygiene



Source: Public Health Ontario (2008).

# Additional Precautions



**VISITORS** GET INSTRUCTIONS FROM STAFF BEFORE ENTERING

**DROPLET CONTACT PRECAUTIONS**  
IN ADDITION TO ROUTINE PRACTICES  
ACUTE CARE

Wear mask and eye protection within 2 metres of patient

Wear gloves

Wear long-sleeved gown

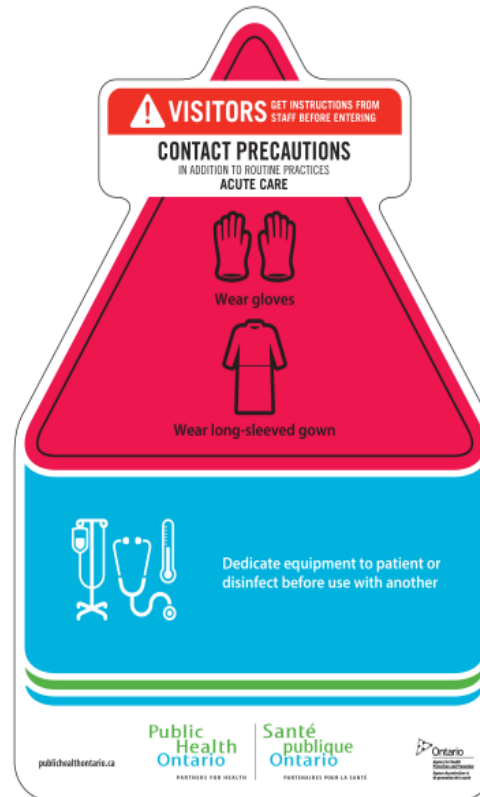
Patient must wear a mask if they leave the room

Dedicate equipment to patient or disinfect before use with another

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PROTECTOR GENERAL  
PROTECTOR GÉNÉRAL



**VISITORS** GET INSTRUCTIONS FROM STAFF BEFORE ENTERING

**CONTACT PRECAUTIONS**  
IN ADDITION TO ROUTINE PRACTICES  
ACUTE CARE

Wear gloves

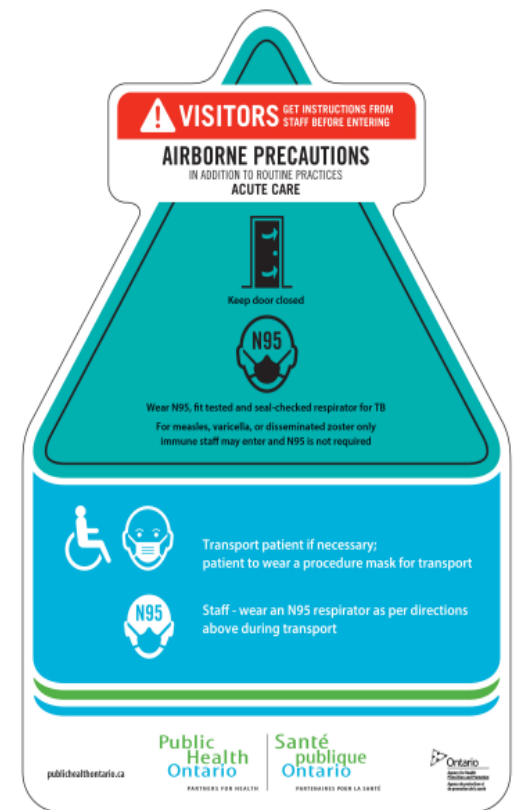
Wear long-sleeved gown

Dedicate equipment to patient or disinfect before use with another

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**VISITORS** GET INSTRUCTIONS FROM STAFF BEFORE ENTERING

**AIRBORNE PRECAUTIONS**  
IN ADDITION TO ROUTINE PRACTICES  
ACUTE CARE

Keep door closed

N95

Wear N95, fit tested and seal-checked respirator for TB  
For measles, varicella, or disseminated zoster only  
Immune staff may enter and N95 is not required

Transport patient if necessary; patient to wear a procedure mask for transport

Staff - wear an N95 respirator as per directions above during transport


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Source: Public Health Ontario (2021).

# Donning (Putting On) PPE

How to Put On Personal Protective Equipment		
<b>1</b>	PERFORM HAND HYGIENE	
<b>2</b>	PUT ON GOWN	
<b>3</b>	PUT ON MASK OR N95 RESPIRATOR	
<b>4</b>	PUT ON EYE PROTECTION	
<b>5</b>	PUT ON GLOVES	

# Doffing (Taking Off) PPE

## How to Remove Personal Protective Equipment

**1**

REMOVE GLOVES



**2**

REMOVE GOWN



**3**

PERFORM HAND HYGIENE



**4**

REMOVE EYE PROTECTION



**5**

REMOVE MASK OR N95 RESPIRATOR



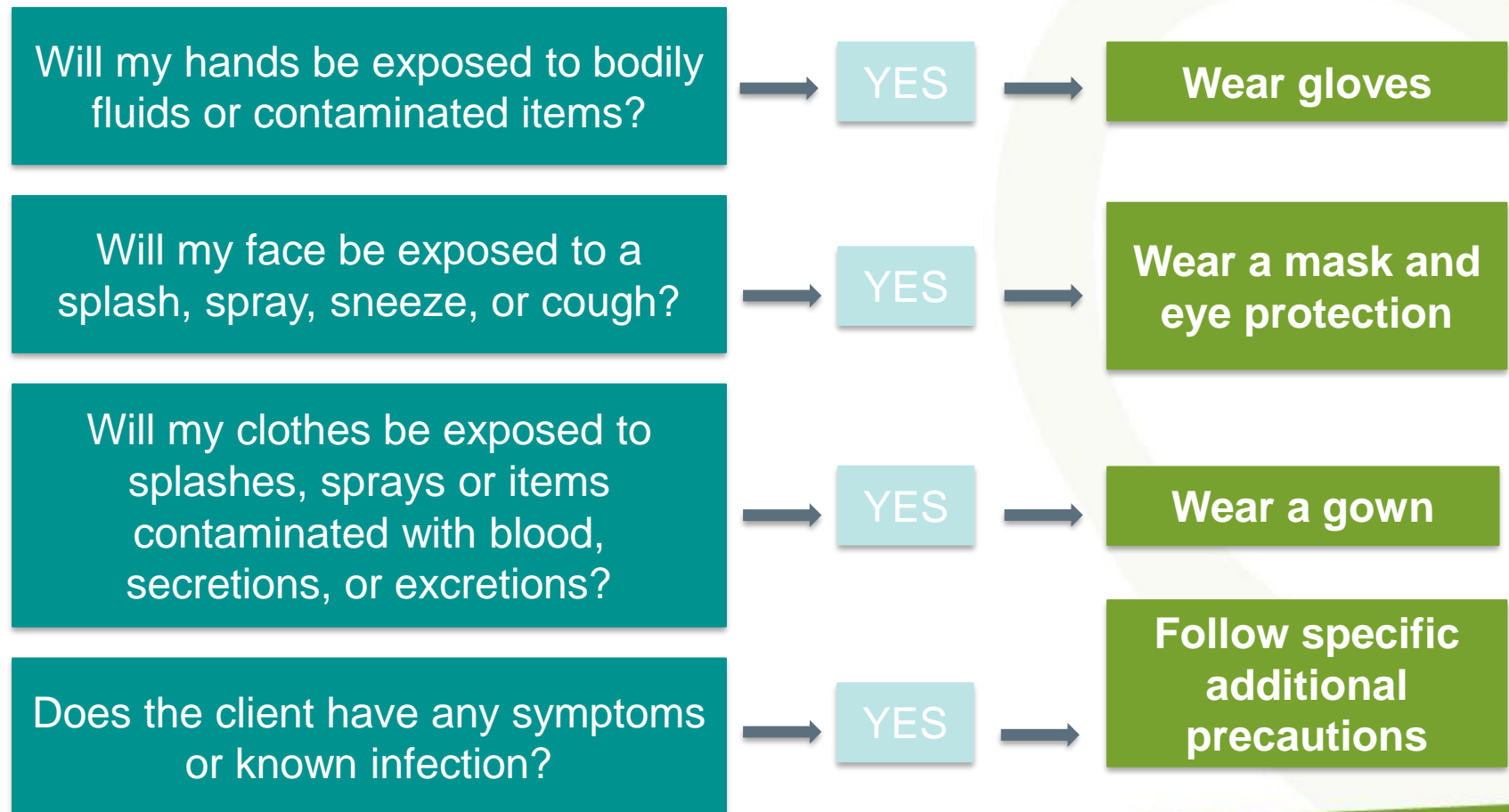
**6**

PERFORM HAND HYGIENE



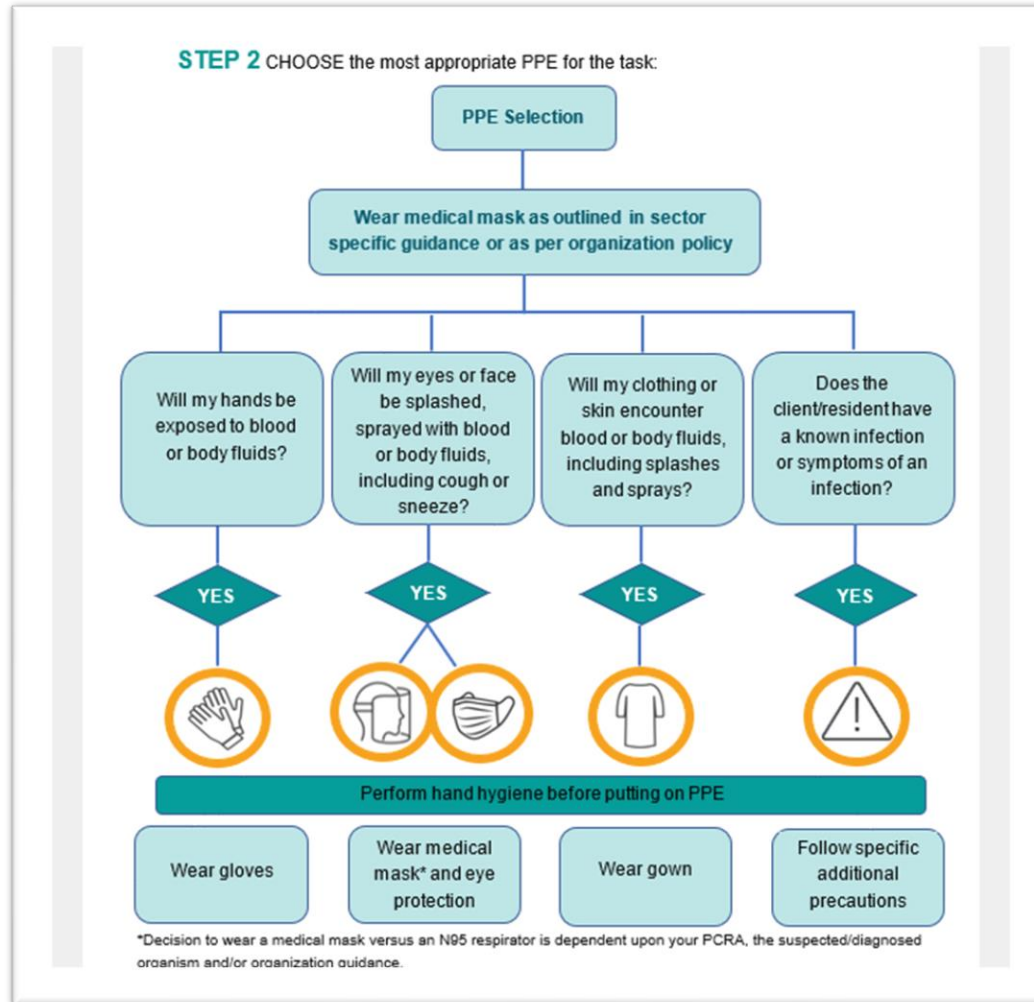
# Conducting a Point of Care Risk Assessment (PCRA)

Before every client interaction ask yourself the following:





# PCRA Algorithm



# Scenario #1: Symptomatic Resident Respiratory Symptoms

You notice that one of the residents didn't eat much at breakfast today and now has a cough. You would like to approach the resident to complete a wellness check, collect their temperature etc. to determine what else may be going on.

**How would you handle this situation?**

**What action would you take or recommend?**

## **Scenario #2: Symptomatic Resident Gastrointestinal Symptoms**

Today you start your day with all residents feeling well but when you enter the dining room you notice one of the residents has vomited while sitting at their table. You need to act immediately to determine what the cause could be.

**What are your initial investigation questions?**

**What are your next steps?**

# Scenario #1/2 Activity: Option 1

## How to Put On Personal Protective Equipment

**1** PERFORM HAND HYGIENE



**2** PUT ON GOWN



**3** PUT ON MASK OR N95 RESPIRATOR



**4** PUT ON EYE PROTECTION



**5** PUT ON GLOVES



## How to Remove Personal Protective Equipment

**1** REMOVE GLOVES



**2** REMOVE GOWN



**3** PERFORM HAND HYGIENE



**4** REMOVE EYE PROTECTION



**5** REMOVE MASK OR N95 RESPIRATOR



**6** PERFORM HAND HYGIENE



# Scenario #1/2 Activity: Option 2

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## How to Put On Personal Protective Equipment

- 1** PERFORM HAND HYGIENE 
- 2** PUT ON GOWN 
- 3** PUT ON MASK OR N95 RESPIRATOR 
- 4** PUT ON EYE PROTECTION 
- 5** PUT ON GLOVES 



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## How to Remove Personal Protective Equipment

- 1** REMOVE GLOVES 
- 2** REMOVE GOWN 
- 3** PERFORM HAND HYGIENE 
- 4** REMOVE EYE PROTECTION 
- 5** REMOVE MASK OR N95 RESPIRATOR 
- 6** PERFORM HAND HYGIENE 

(Public Health Ontario, 2018).

# Scenario #1/2 Activity: Option 3



# Scenario 1 and 2 Activity 4: Videos Donning Full PPE



(Public Health Ontario, Putting on Full Personal Protective Equipment, 2021)

# Scenario 1 and 2 Activity 4: Videos

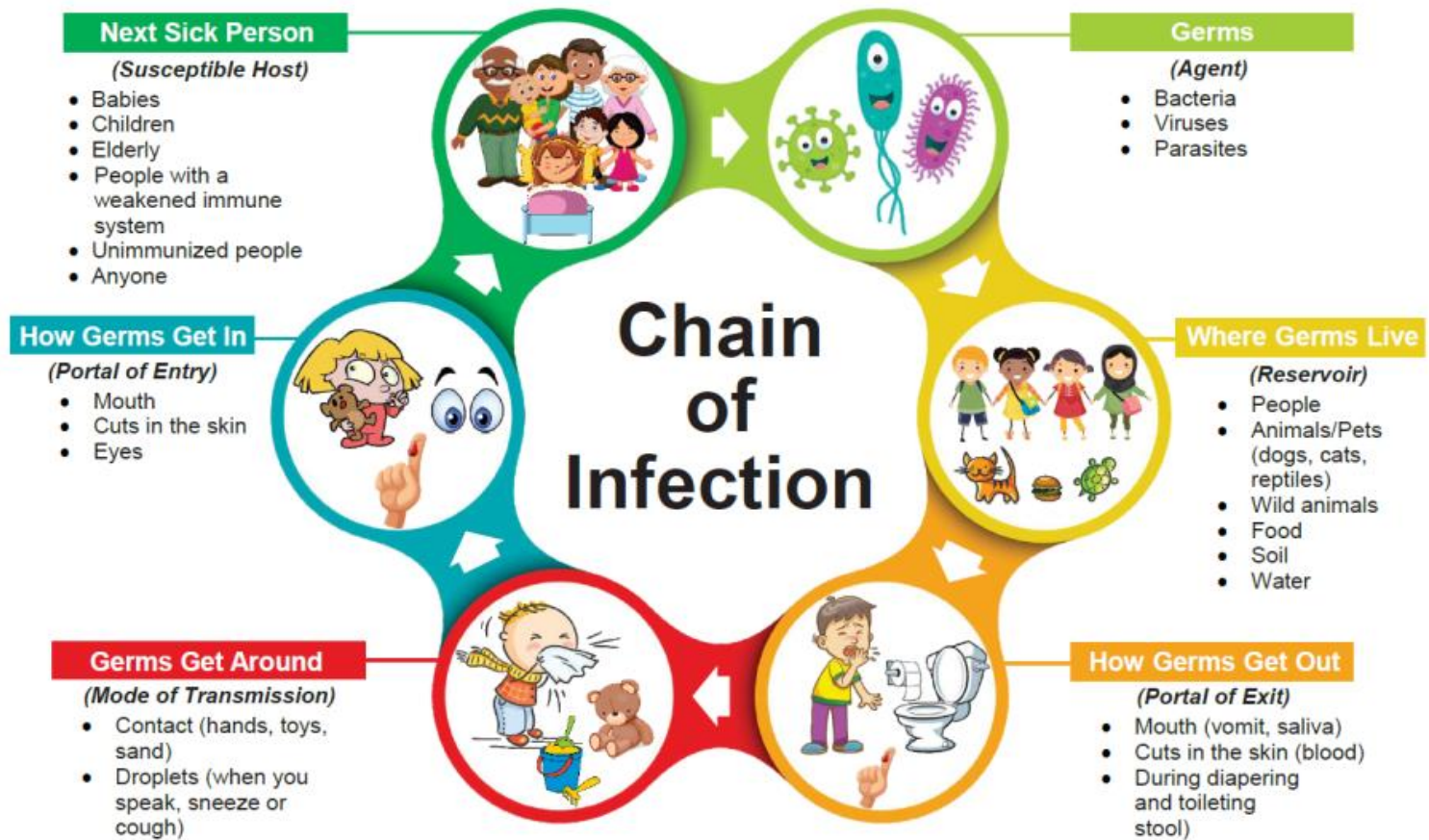
## Doffing Full PPE



(Public Health Ontario, Taking off Full PPE, 2021).



# Scenario #1/2 Activity: Option 5



Source: Ottawa Public Health (2021).

# Scenario #3: Bathing

It is bath day and you have been assigned to bathe a resident who requires assistance.

You are familiar with the resident and know that they are typically alert and cooperative.

**What questions would you ask yourself in preparation of bathing this resident?**

# Scenario #3: Bathing (detailed)

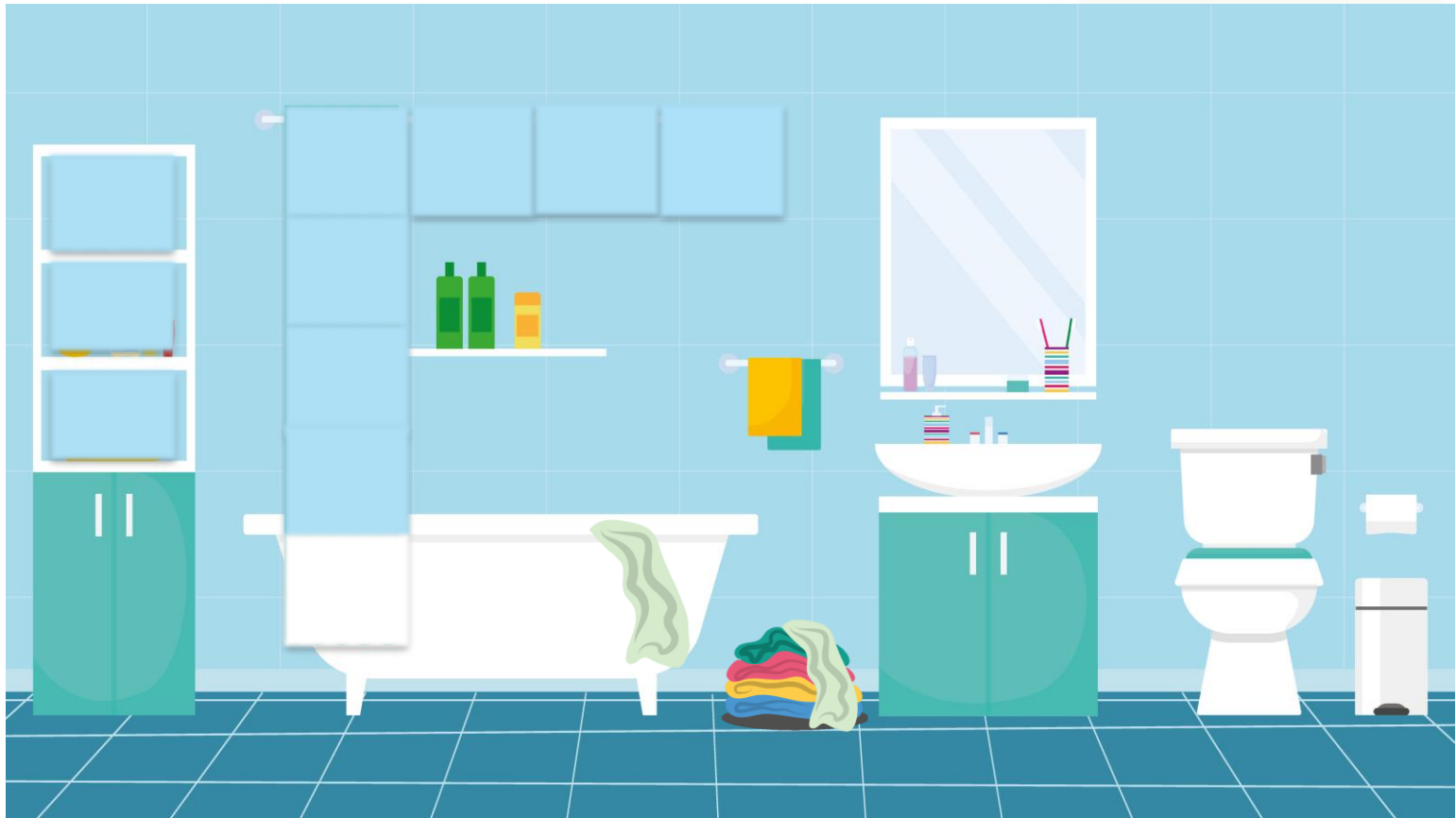
**You have received a new admission who is:**

- Wheelchair bound, non-verbal and has the following diagnosis: OCD, H. pylori (Helicobacter pylori), MRSA (Methicillin-resistant Staphylococcus aureus) and C. Difficile (Clostridioides difficile).

**Your job today is to assist with bathing this new resident**

- **Where would you go or what resources would you use to help?**
- **Think of what questions you would ask BEFORE/ DURING/ AFTER in order to assess the risk as you work through your PCRA**
  - Think about the Person, Task and the Environment
  - When thinking about the person, consider the whole person (diagnosis, mental and physical health, mobility etc.)

# Scenario #3 Activity



# Scenario #4: Toileting

You are currently providing 1:1 care for an immobile resident who is also incontinent.

The resident requires a changing of their brief.

**What questions would you ask yourself in preparation of changing the resident?**

# Scenario #4 Activity: Option 1



# Scenario 4: Video (Optional) Taking Off Gloves



(Public Health Ontario, Taking off Gloves, 2021).

# Scenario #5: Feeding

It's lunchtime and you are assisting residents in the dining room. It is the facility policy to have the residents perform hand hygiene prior to eating, where possible.

**How would you assist the residents with hand hygiene?**

**What questions would you ask yourself prior to assisting residents in the dining room?**



# Scenario #5 Activity: Option 1



# Scenario #5 Activity: Option 2



# Scenario #5 Activity: Option 3



# Scenario #5 Activity: Option 4

## How to Hand Wash



(Public Health Ontario, How to Hand Wash, 2018).

# Scenario #5 Activity: Option 4

## How to Hand Rub



Public Health Ontario, How to Hand Rub, 2021).

# Scenario #6: Outing

Four of the clients have a pre-planned outing to attend a community hockey game together. With restrictions finally lifting, the clients are looking forward to some fun and a change of scenery. Some of the staff are worried about the clients contracting COVID while at the hockey game.

**In discussions as a team, what are measures that can be put into place either before, during or after the event to ensure everyone's safety while still recognizing the mental health benefits of the activity.**

# Scenario #6 Activity: Option 1

Risk Matrix	Mitigating Factors			
	THREE	TWO	ONE	NONE
Outdoor				
Indoor (at congregate setting)				
Indoor (community)				

\*This is not inclusive of all scenarios and other factors may play a role to increase or decrease the risk

Level of Transmission Risk		
Lower	Medium	Higher

Mitigating Factors		
COVID Immunized /Recovered	Masked	>2m apart

# References

- Ottawa Public Health. Chain of Infection. [Internet]. 2021 [cited 2021 October 8]. Available from: [https://www.ottawapublichealth.ca/en/professionals-and-partners/resources/Documents/infection\\_chain\\_ccf\\_en.pdf](https://www.ottawapublichealth.ca/en/professionals-and-partners/resources/Documents/infection_chain_ccf_en.pdf)
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- South East Region IPAC Hub. IPAC Basics - What is a Point of Care Risk Assessment? Available from: <https://youtu.be/xqFcawlmn-8>