

Appendix A: PCRA Training Tool Options and Sample Sessions

Tool	Approximate Time	Format	Links, supporting resources and additional materials
PowerPoint Slide Deck (PCRA Content)	30 min to 1 hour	Virtual or in-person	WDGPH PCRA Poster PHO Donning/Doffing Poster PHO PCRA Poster
Videos: <ul style="list-style-type: none"> PCRA Routine Practices Additional Precautions 	2-5 min each	Virtual or in-person	PCRA: https://www.youtube.com/watch?v=xqFcawlmn-8 Routine Practices: https://www.youtube.com/watch?v=eQQYv0pGF5o Additional Precautions: https://www.youtube.com/watch?v=KSxFLSz1Bu8
General Overview Talking Points	5-10 min	Virtual or in-person	WDGPH PCRA Poster
PCRA Walk Through Discussion Points	5-15 min	Virtual or in-person	WDGPH PCRA Poster
Scenarios (Discussion): <ul style="list-style-type: none"> Symptomatic Resident (respiratory) Symptomatic Resident (gastrointestinal) Bathing Toileting Feeding Outing 	15-20 min each depending on how much of the scenario is completed	Virtual or in person	WDGPH PCRA Poster Pen, Paper
<ul style="list-style-type: none"> Sequence of PPE 	15 min	In person	PHO Donning/Doffing Poster, PPE (masks, eye protection, gown, gloves), ABHR, garbage can
<ul style="list-style-type: none"> PPE auditing practice (pairs/small groups) 	15 min	In person	PHO Donning/Doffing Poster, PPE (masks, eye protection, gown, gloves), ABHR, garbage can
<ul style="list-style-type: none"> PPE auditing practice (large group) 	15 min	In person	PHO Donning/Doffing Poster, PPE (masks, eye protection, gown, gloves)
<ul style="list-style-type: none"> Sources of contamination in washroom (small group) 	15 min	In person	Pre-printed cards
<ul style="list-style-type: none"> Sources of contamination in washroom (slide) 	15 min	Virtual	Slide within the power point slideshow
<ul style="list-style-type: none"> Double Gloving (large group) 	10-15 min	In person	PHO Video Resource: PHO fact sheet Gloves, shaving cream, garbage can

<ul style="list-style-type: none"> • Glow germ handwashing practice (large group) 	10-15 min	In person	Glow germ Public Health Ontario hand washing videos – how to hand rub, how to hand wash
<ul style="list-style-type: none"> • Hand over hand practice for hand hygiene 	5-10 min	In person	Public Health Ontario hand washing videos – how to hand rub, how to hand wash
<ul style="list-style-type: none"> • PHO Hand washing videos 	2-5 min	Virtual	Public Health Ontario hand washing videos – how to hand rub, how to hand wash
<ul style="list-style-type: none"> • Sorting activities by level of transmission risk (small groups) 	15 min	In person	PHAC Going out? Do it safely infographic Activity cards
<ul style="list-style-type: none"> • PPE donning and doffing incorrectly 	15 min	In person	PHO Donning/Doffing Poster, PPE (masks, eye protection, gown, gloves), ABHR, garbage can
Wrap up and Discussion Talking Points	10 min	In-person or virtual	Discussion points from the facilitation plan

Sample Session Examples

15 minutes – In person huddle		
Items to Discuss	Approximate time	Additional materials
Point of Care Risk Assessment (PCRA): <ul style="list-style-type: none"> - What this is and how it applies to the staff's role (general overview and walk through) - Use the PCRA poster to discuss key areas that apply in their work 	10 minutes	WDGPH PCRA Poster
Question and Answer	5 minutes	

15 minutes – In person huddle (can repeat this option with various scenarios)		
Tool	Approximate time	Additional materials
Scenario Review: Staff entering a room of a resident on precautions (could be droplet/contact, contact, airborne etc.) <ul style="list-style-type: none"> • Review initial questions to ask • Have staff discuss what PPE needed and why • Could review alternative scenarios that could complicate this scenario to discuss staff's response 	10 minutes	Use an applicable scenario based on the setting
Activity: Facilitator practices donning/doffing PPE based on what the staff mention should be worn in the scenario. When doffing, do this incorrectly and have staff try to point out what was "wrong"	5 minutes	PHO Donning/Doffing Posters PPE (mask, eye protection, gown, gloves)

15 minutes – In person huddle (can repeat this option with various scenarios)		
Tool	Approximate time	Additional materials
<p>Scenario Review: Staff cleaning up body fluids (I.e. vomit) in a common area in the building</p> <ul style="list-style-type: none"> • Review initial questions to ask • Have staff discuss what PPE needed and why • Could review alternative scenarios that could complicate this scenario to discuss staff's response 	10 minutes	
<p>Activity: Facilitator practices donning/doffing PPE based on what the staff mention should be worn in the scenario. When doffing, do this incorrectly and have staff try to point out what was "wrong"</p>	5 minutes	PHO Donning/Doffing Posters PPE (mask, eye protection, gown, gloves)

15 minutes – In person huddle		
Tool	Approximate time	Additional materials
<p>Discuss the importance of hand hygiene</p> <ul style="list-style-type: none"> • 4 moments of hand hygiene • Timing • Placement 	10 minutes	4 moments of hand hygiene poster
<p>Activity: Practice performing hand hygiene for 15 seconds Sing "happy birthday" Facilitator to demonstrate and discuss while everyone participates.</p>	5 minutes	<p>Timer on phone and music! ABHR (several bottles so everyone can use)</p> <p>You could find other songs that will also work:</p> <p><i>Row Row Row your boat (twice)</i></p> <p>Sing three times: "We will, we will rock you (rock you)." or change it to "We will, we will wash you."</p>

		Sweet Caroline chorus: Hands, washing hands, reaching out, touching me, touching you...sweet Caroline bah bah bah, good times never seemed so good, so good so good, so good!
15 minutes – In person huddle		
Tool	Approximate time	Additional materials
Discuss the importance of glove use and hand hygiene: <ul style="list-style-type: none"> • 4 moments of hand hygiene • When to wear gloves, when not to wear gloves • Why double gloving is not best practice • How to take off gloves correctly and why 	5 minutes	4 moments of hand hygiene poster
Activity: Have staff all practice removing gloves using the correct technique <ul style="list-style-type: none"> • Have staff put on gloves, then add shaving cream to their gloves and practice taking off gloves while trying to avoid getting shaving cream on their hands. Can also do with 2 pairs of gloves to avoid shaving cream on the hands 	10 minutes	PPE (gloves)

15 minutes – In person huddle		
Tool	Approximate time	Additional materials
Review of routine practices and additional precautions	5-10 minutes	PHO additional precaution signs
General PPE question and answer <ul style="list-style-type: none"> • Staff can ask questions either in advance or during the session in real time 	5-10 minutes	

15 minutes – In person huddle		
Tool	Approximate time	Additional materials
Review of N95 masks and medical masks <ul style="list-style-type: none"> • What to wear and when • How to don, where to touch the mask (straps), how to mold the nose and not pinch (for fit) • How to leak test • When to change Problem solve <ul style="list-style-type: none"> • What to do if glasses fog up? • What if you don't remember your size for N95? • What if the medical mask is too big or small? 	5-10 minutes	Sometimes the instructions that come with the packaging for N95 masks may not be clear. Consider using an online video or in person demonstration.
Activity: Have staff practice donning and doffing PPE and perform hand hygiene (optional)	5-10 minutes	PHO Donning/Doffing Posters PPE (mask, eye protection, gown, gloves)

15 minutes – In person huddle		
Tool	Approximate time	Additional materials
Review of how germs are spread and the importance of proper cleaning and disinfection. <ul style="list-style-type: none"> • Importance of cleaning and disinfecting high touch surfaces to prevent disease transmission • Importance of following manufacturer's instructions (contact time, PPE etc.) • Importance of ensuring surface remains wet for required time (contact time) 	5-10 minutes	
Activity:	5-10 minutes	Glo germ kit

Place glo germ on hands and then touch commonly used item (pen). Using glo germ kit demonstrate how germs were transferred from hands to item.		ABHR
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15 minutes – In person huddle		
Tool	Approximate time	Additional materials
Review of how germs are spread and the importance of proper cleaning and disinfection. <ul style="list-style-type: none"> • Importance of cleaning and disinfecting high touch surfaces to prevent disease transmission • Importance of following manufacturer’s instructions (contact time, PPE etc.) • Importance of ensuring surface remains wet for required time (contact time) 	5-10 minutes	
Activity: Provide each attendee with an IPAC Hub pen and a disinfectant wipe (preferably 3 minutes). Have staff quickly wipe pen to demonstrate the importance of contact time and ensuring the surface remains wet for the required contact time.	5-10 minutes	IPAC Hub Pens Disinfectant wipes

30 minute – Training session		
Tool	Approximate time	Additional materials
Review how to don and doff PPE either by demonstrating in person, referring to the PHO posters or asking staff to verbalize the steps	5-10 minutes	PPE donning and doffing cards PPE tips sheet
Activity:	10-20 minutes	Paper and a pen to write down observations

<p>Individuals will observe the facilitator donning/doffing PPE incorrectly. Participants will jot down their observations of the incorrect steps and mistakes. As a group, ask participants to share their observations. While discussing what went wrong, offer what the correct action is as well as rationale.</p> <p>If the virtual option is chosen, staff facilitating the session can play the corresponding video and then lead a discussion.</p>		<p>PPE in various sizes ABHR Facilitation guide – see Scenario 3, activity option #3</p>
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30 minutes – Training Session		
Tool	Approximate time	Additional materials
Discuss PCRA briefly <ul style="list-style-type: none"> • What it is • PPE selection • What to wear and when 	5 minutes	
Review tips for glove use <ul style="list-style-type: none"> • Task specific • Hand hygiene • Not universally worn 	2 minutes	
Use the gastroenteritis scenario and follow up questions <ul style="list-style-type: none"> • What signage to place up and when • What PPE is required and how may change 	10 minutes	PCRA Facilitation Plan Scenario #2
Activity: Practice donning and doffing gloves using activity “double gloving”	10-15 min	PCRA Facilitation Plan ACTIVITY STATION: Double Gloving Option 1: Interactive practice with removing gloves

15 minutes – In person huddle		
Tool	Approximate time	Additional materials

General overview	5 minutes	WDGPH PCRA Poster
Scenario #1	5 minutes	Pen and paper
Activity #1	5 minutes	PHO Donning/Doffing Posters PPE (mask, eye protection, gown, gloves)

30 minutes – Virtual training		
Tool	Approximate time	Additional materials
PowerPoint Slide Deck	15 minutes	WDGPH PCRA Poster
Scenario #3	5 minutes	
Activity #3 (Virtual option)	5 minutes	
Activity #5 (Virtual option)	5 minutes	PHO Hand hygiene videos

1 hour – In Person Training		
Tool	Approximate time	Additional materials
PowerPoint Slide Deck	15 minutes	
PCRA Walk through	10 minutes	WDGPH PCRA Poster
Scenario #2	5 minutes	Pen and paper
Activity #2	5 minutes	PHO Donning/Doffing Posters PPE (mask, eye protection, gown, gloves)
Scenario #4	5 minutes	Pen and paper
Activity #4	5 minutes	Gloves, shaving cream, garbage can, PHO fact sheet for doffing gloves
Scenario #6	5 minutes	Pen and paper
Activity #6	5 minutes	Pre-printed cards for activity #6
Wrap up	5 minutes	