

# **Designated Caregivers Guide when visiting Long-term Care during an outbreak.**

**Designated Caregiver Instructions**

**Entry to neighborhood**

## **Covid -19 Tool Kit- Designated Care Givers in Long -term care**

We know the Covid -19 Pandemic has been a particularly challenging time for you and your loved ones living in long-term care. As frail older adults in long-term care are vulnerable to the virus, restrictions we put in place are to protect residents. The separation of families can be hard on everyone. So, we welcome you to Seaview Manor in your role as your loved one's designated care giver.

Designated care givers can be family members, spouses, friends, or other support people. **Designated care givers are essential partners in care that provide specific caregiving tasks like personal hygiene, mobility, help with eating and emotional support.** As a designated caregiver you can contribute to your loved ones mental, emotional, and social wellbeing because of the meaningful trust, affection, and connection you have with them. **You are an important member of your resident's health care team.**

As a designated caregiver your presence and involvement can impact not only your loved one, but others within the facility, including staff.

We have created this guide to make sure you have the information you need to stay safe, and to protect and care for your loved one. This guideline includes information about infection, prevention and control and public health measures that must be followed while in the facility. These actions will help keep you, residents, and other designated caregivers healthy.

This guide is a key part of your education- please keep it to review prior to visits as needed.

Please ask us any questions you may have at any time. We welcome your feedback about the guide and the education you receive. Our goal is to provide you with the best care and support we can for you and your loved one.

**Covid-19 is a highly contagious respiratory infection spread by contact/droplet characterized by the following symptoms: cough, fever, shortness of breath, difficulty breathing, loss or change in sense of taste or smell, sore throat, runny nose, nasal congestion, excessive sneezing, headache, extreme fatigue**

tiredness, atypical symptoms including but not limited to nausea, vomiting and diarrhea.

### **Hand Hygiene (cleaning your hands)**

Wash or sanitize your hands often. This prevents the spread of germs through our hands. Cleaning our hands is the number one way to stop the spread of germs in health care settings, the community and at home. We all have a role to play.

There are 2 ways to clean your hands:

**1. Washing with soap and water**

This should be used when your hands look dirty, after you use the washroom and before preparing food.

**2. Alcohol -based hand rub (hand sanitizer)**

This method can be used most of the time during your visit and is readily available throughout the facility.

**We ask that you use alcohol-based hand rub often during your visit, including:**

- When you arrive at the facility
- Before entering the resident's room
- Before you help your loved one eat or handling their food tray
- When you leave the resident's room
- Anytime you feel you should/ when in doubt

### **Mask Use:**

Mandatory masking has been lifted in Long Term Care facilities. Although not mandatory it still remains highly recommended especially during heightened virus activity in the community. **You will see mandatory masking in place during outbreaks in the facility and when there is high virus activity in the community including but not limited to Covid-19, Influenza and RSV. When worn the mask must always cover your mouth and nose.**

### **Physical Distancing:**

To protect yourself and others from Covid-19 and other respiratory illnesses, you need to keep 2 meters(6ft) away from other people **as much as possible**. If you and another person stretch your arms out and there is a gap between your fingers and theirs, there is approximately 6 ft between you.

Unless you are providing care to the resident, we ask that you try to physical distance. Evidence shows that spending more time in close contact with others increases the risk of spreading viruses, such as Covid-19.

There are limits on how many visitors can be in a resident's room to allow for physical distancing. This will vary by facility and room size.

At Seaview manor we allow 2 visitors per resident per visit at this time due to space constrictions (double rooms) subject to review upon request for special circumstances.

### **Personal protective Equipment**

Another piece of PPE you may need during your visit is gloves. You should wear gloves if you are going to come in contact with anything that is going to make your hands dirty (such as providing help in the washroom). You should clean your hands prior to putting them on and after taking them off. Throw used gloves in the trash.

If other pieces of PPE should be required for your visit such as mask, gown, face shield, visor you will be shown how to put these on and take off safely. Such precautions will take place from time to time with outbreaks of Influenza, RSV, Covid-19, other respiratory illnesses, and diarrhea.

**We will review donning and doffing during the course.**



- Once the initial screening is completed go directly to resident neighborhood and room of the resident to whom you are providing support.
- During outbreak only one designated caregiver will be permitted to visit at a given time.
- Please clean your hands with alcohol-based hand rub prior to entering the resident's neighborhood and once again upon entering the resident's room.
- If your loved one is on isolation, you will be required to put on the proper personal protective equipment and staff can assist you with same (please take note when a resident is on isolation you will see appropriate signage and isolation carts outside of the room)
- Removal of PPE is also very important as this is the time, we may most likely contaminate ourselves.

### **Resident Room**

- Please clean your hands with alcohol -based handrub prior to entering and exiting resident's room.
- If providing direct care (help with feeding, mobility, personal care) additional PPE may be required and will be provided.

### **Following your visit**

- Clean your hands with alcohol -based hand rub exiting the resident's neighborhood.
- Go directly to the lobby screening station to sign out.
- Clean your hand with alcohol-based hand rub and exit the building.
- **Continue to monitor yourself for signs and symptoms of illness every day.**

**The next pages of the package contain posters on putting on and taking off PPE, hand washing (sanitizer, soap and water), how to wear a procedure mask, cough and sneeze etiquette.**

We are happy and grateful to have you as an active part of resident care. If at any time you have questions about the information that has been provided to you in your education and training, please ask a member of the resident care team.

*Prepared by: Infection Prevention and Control*

*Reference; NSHA Covid-19 toolkit-Designated Caregivers in Long-term Care*



# Your 4 Moments for Hand Hygiene



<b>1</b> BEFORE initial patient / patient environment contact	<b>WHEN?</b> Clean your hands when entering: <ul style="list-style-type: none"> <li>• before touching patient or</li> <li>• before touching any object or furniture in the patient's environment</li> </ul> <b>WHY?</b> To protect the patient/patient environment from harmful germs carried on your hands
<b>2</b> BEFORE aseptic procedure	<b>WHEN?</b> Clean your hands immediately before any aseptic procedure <b>WHY?</b> To protect the patient against harmful germs, including the patient's own germs, entering his or her body
<b>3</b> AFTER body fluid exposure risk	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal) <b>WHY?</b> To protect yourself and the health care environment from harmful patient germs
<b>4</b> AFTER patient / patient environment contact	<b>WHEN?</b> Clean your hands when leaving: <ul style="list-style-type: none"> <li>• after touching patient or</li> <li>• after touching any object or furniture in the patient's environment</li> </ul> <b>WHY?</b> To protect yourself and the health care environment from harmful patient germs

Adapted from WHO poster "Four 5 moments for Hand Hygiene", 2006

For more information, please contact [handhygiene@oahpp.ca](mailto:handhygiene@oahpp.ca) or visit [publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)

Good Hygiene Stops the Spread of Germs

# How to Clean Your Hands with Sanitizer



**1** Apply 1 to 2 pumps of alcohol-based hand sanitizer to palm of dry hands.



**2** Rub palms of hands together.



**3** Rub fingertips of each hand in opposite palm.



**4** Rub in between and around fingers.



**5** Rub the back of each hand with the palm of the other hand.



**6** Rub each thumb with the other hand.



**7** Rub hands until they are dry.



**Do not use towel or paper towel.**



**If your hands look dirty, please use soap and water to wash them for at least 20 seconds.**



Updated September 29, 2020



For information visit [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)





# Good Hygiene Stops the Spread of Germs

## Good respiratory hygiene



Cough or sneeze into a tissue (or your elbow) to cover your nose and mouth.

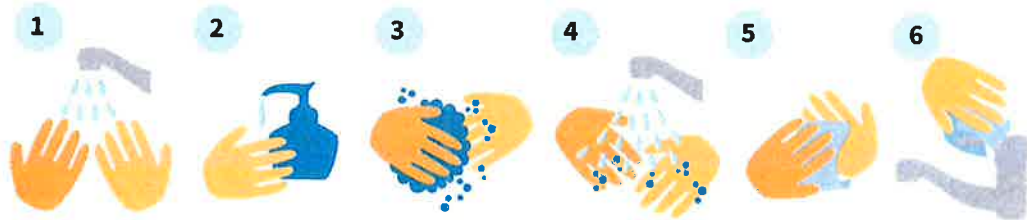


Throw away the used tissue in the garbage.



Clean your hands with soap and water or alcohol-based hand sanitizer.

## How to wash your hands



1. Wet your hands with warm running water.
2. Add soap and scrub for 15-20 seconds.
3. Remember to get every part of both hands.

4. Rinse the soap off under running warm water.
5. Dry your hands with a clean towel.
6. Use the towel to turn off the tap.



**When soap and water are not available, please use alcohol-based hand sanitizer and rub all parts of your hands for at least 15 seconds.**

*Updated August 20, 2020*



For information visit: [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

# How to Wear a Face Mask

**1** Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.

**2** Check the new mask to make sure it's not damaged.

**3** Ensure colour side of the mask faces outwards.

**4** Locate the metallic strip. Place it over and mold it to the nose bridge.

**5** Place an ear loop around each ear or tie the top and bottom straps.

**6** Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.

**7** Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.

**8** Do not touch the mask while using it. If you do, perform hand hygiene.

**9** Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

**Removing the Mask**

**1** Perform hand hygiene

**2** Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties

**3** Store the mask safely or discard appropriately.

**4** Perform hand hygiene



Adapted from British Columbia Centre for Disease Control "How to Wear a Mask": [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19\\_SurgicalMaskPoster.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_SurgicalMaskPoster.pdf)  
 Updated December 29, 2021 by Infection Prevention and Control

# Cough and Sneeze Etiquette



----- **Cover coughs and sneezes with a tissue.**



----- **Throw the used tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.**



----- **If you don't have a tissue, cough and sneeze into your elbow, not your hand. Wash your hands or use an alcohol-based hand rub immediately.**



----- **Avoid touching your eyes, nose and mouth.**



----- **If you need to touch your face, wash your hands first.**



# GUIDE TO PUTTING ON PERSONAL PROTECTIVE EQUIPMENT

## For Family, Support Person(s) & Essential Care Partners

1

### Medical Mask



- All visitors & essential care partners will be given a medical mask on arrival.
- Medical masks are required at all times while in a Nova Scotia health facility.
  - ✓ Secure ties or ear loops around head or ears.
  - ✓ Fit moldable band around the bridge of your nose.
  - ✓ Fit snugly to face over mouth and nose and below chin.
  - ✓ If no other PPE is needed, the essential care partner may proceed to the patient's room.
  - ✓ If additional PPE is required, **proceed to Step 3**

2

### Hand Hygiene



Perform hand hygiene.

- Alcohol-based hand rub is preferred.
- Use soap and water if hand are visibly soiled.

3

### Long-sleeved gown



- Make sure the gown covers from neck to knees to wrist.
- Tie at back of neck and waist.

4

### Face/Eye Protection



- Several types of face/eye protection are available (e.g. mask with built-in visor, goggles, full face shield)
- Place over the eyes or face & adjust to fit

**NOTE:** Eyeglasses are not considered protective eyewear.

5

### Gloves



- Put on gloves.
- Pull the cuffs of gloves over the cuffs of the gown.

# GUIDE TO REMOVING PERSONAL PROTECTIVE EQUIPMENT

For Family, Support Person(s) & Essential Care Partners

1

## Gloves



- Outside of glove is contaminated.
- Use glove to glove, skin-to-skin technique.
- Discard in garbage

2

## Hand Hygiene



**Perform hand hygiene.**

Alcohol-based hand rub is preferred. Use soap and water if hands are visibly soiled.

3

## Long-sleeved gown



- Carefully unfasten ties.
- Grasp the outside of the gown at the back by the shoulders and pull down over the arms.
- Turn the gown inside out during removal.
- Carefully fold into bundle. Do not rip off
- Place disposable gown in garbage or place non-disposable gown in laundry hamper.

4

## Hand Hygiene



**Perform hand hygiene.**

Alcohol-based hand rub is preferred. Use soap and water if hands are visibly soiled.

5

## Face/Eye Protection



- Handle only by headband or earpieces.
- Carefully pull away from the face.
- Place non-disposable face/eye protection in designated area for disinfection & disposable items in garbage.

6

## Medical Mask



- LEAVE MASK ON unless mask:
  - 1) is visibly soiled,
  - 2) makes direct contact with a resident, or
  - 3) integrity is affected by moisture/humidity.
- If the mask must be removed, untie straps or remove ear loops without touching front of mask, allow to fall away from face & discard. Put on a new mask.

7

## Perform Hand Hygiene

