



YEE HONG

Innovating care is our tradition

Infection Prevention and Control (IPAC) Training for Volunteers

義工訓練：感染預防與控制



Agenda

1. Active and Passive Surveillance 主動和被動篩查
2. Chain of Transmission 傳染鏈
3. Routine Practice 日常練習
4. Hand Hygiene 手部衛生
5. Putting on and Taking off PPE 穿戴以及脫下個人防護裝備
6. Additional Precautions 額外的預防措施
7. Immunization 免疫接種
8. Outbreak Management 疫情管理
9. Cleaning and Disinfection 清潔和消毒
10. IPAC while Supporting Residents at Mealtime
協助長者用餐時的感染預防與控制要點
11. IPAC while Travelling to and from an LTC Home
往返護理院路途中的感染預防與控制要點

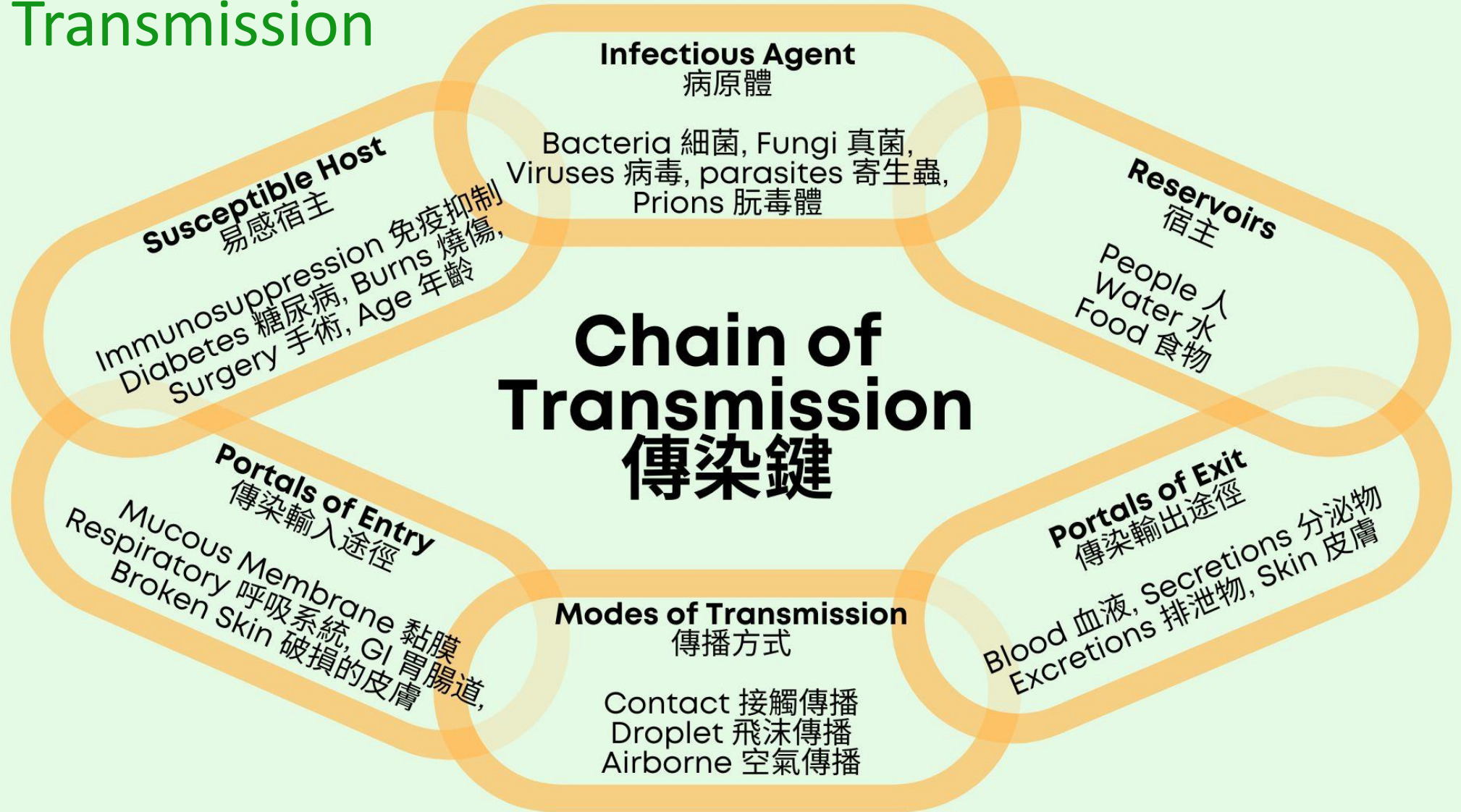
Active and Passive Surveillance

主動和被動篩查

1. Self-screen for symptoms of infection before entering the LTC home
進入長期護理中心之前自我篩查感染症狀
2. Report to supervisor if you have signs and symptoms of infection and stay home
如果您有感染跡象和症狀，請報告主管並留在家裡

Chain of Transmission

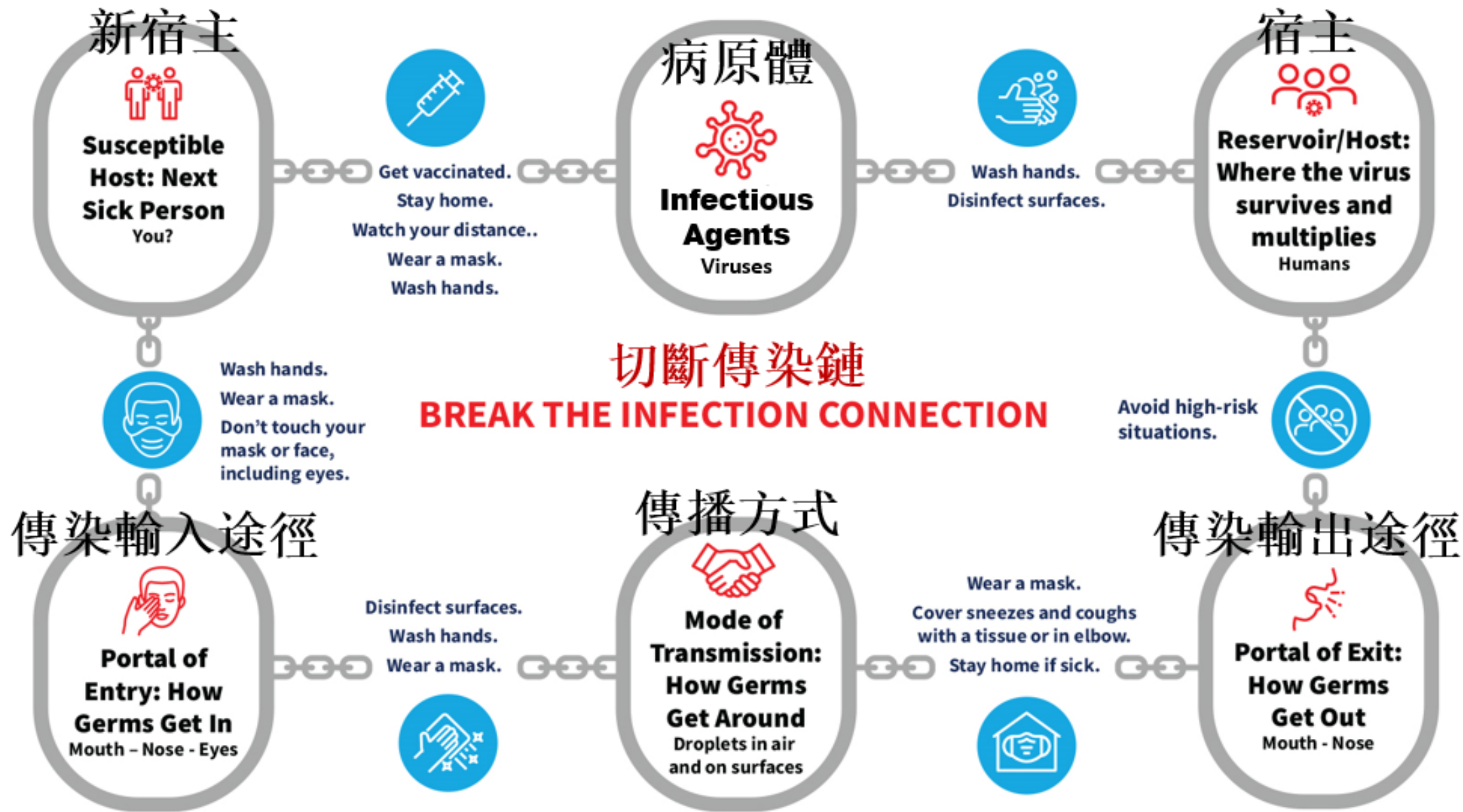
傳染鏈



Break the chain of Infection transmission

切斷傳染鏈

English video: <https://youtu.be/CmaA00M4kNI>



Mode of Transmission

傳播方式

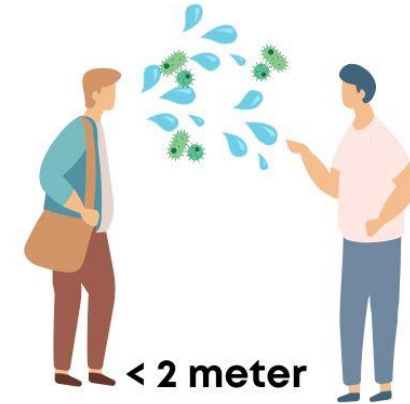
HOW MICROBES ARE ACQUIRED 微生物是如何傳播的



Direct 直接接觸

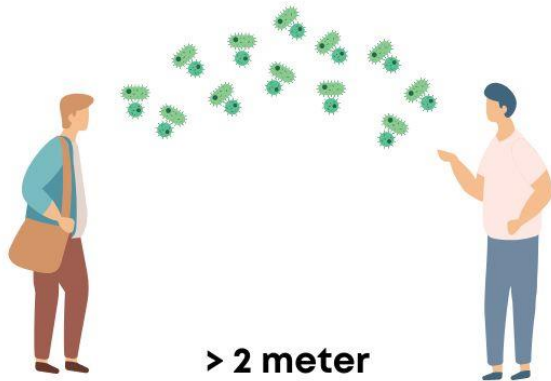


Indirect 間接接觸



Droplet 飛沫接觸

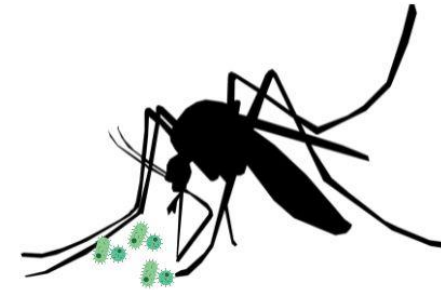
CONTACT 接觸傳播



AIRBORNE 空氣傳播



VEHICLE 載體傳播



VECTORBORNE 媒介傳播

Routine Practice

常規做法

- Are used for all residents
用在所有院友
- Includes risk assessment,
risk reduction, and
education 包括風險評估、
風險降低和教育

Elements of Routine Practice

常規操作的要素

- Risk Assessment 風險評估
- Hand Hygiene 手部衛生
- Barrier Equipment 保護設備
- Environmental Controls 環境控制
- Administrative Controls 行政控制

Risk Assessment

風險評估

- A risk assessment must be done before each interaction with a resident/client
每次與院友/服務使用者互動之前必須進行風險評估
- Risk assessment – what are you going to do
風險評估 -- 你將會做什麼
- Risk reduction strategies - how to protect yourself
降低風險策略 -- 如何保護自己
- Education – improving your knowledge to protect yourself and your clients
教育 -- 提高你的知識以保護你自己和院友/服務使用者

Hand Hygiene 手部衛生

Hand washing, done correctly, is an important personal hygiene practice to prevent the spread of communicable diseases. Many diseases can be spread easily by soiled hands or respiratory droplets. To stop the spread, just clean your Hands.

用正確的方法洗手是保持個人衛生的良好習慣，能有效地防止傳染病傳播。如果雙手沾了髒污或呼吸道分泌物而沒有洗淨，便會很容易傳播疾病。要阻止傳播，記得清潔雙手。



When should we clean our hands?

我們應該在甚麼時候洗手？

- Before preparing, handling, serving or eating food 在準備、處理、供應或食用食物之前
- After using the washroom, blowing your nose, etc. 去洗手間後、擤鼻涕後等
- Before putting on and after taking off gloves 戴手套前和脫手套後
- Whenever you are in doubt about the necessity for doing so
當你對是否需要洗手有疑問時
- In addition to the above indications for hand hygiene, there are some essential moments in health care settings where the risk of transmission is greatest and hand hygiene must be performed: **Your 4 Moments of Hand Hygiene.**

除了上述需要清潔雙手的時刻外，在醫療保健環境中還有一些重要時刻，傳播風險最大，必須進行手部清潔：**清潔雙手四時刻**

4 Moments of Hand Hygiene (English video): <https://www.youtube.com/watch?v=mcSi1a9pldk>

When should we clean our hands?

我們應該在甚麼時候洗手？

2. 無菌操作前

2 BEFORE ASEPTIC PROCEDURES

1 BEFORE INITIAL RESIDENT/RESIDENT ENVIRONMENT CONTACT

1. 在接觸長者或長者附近環境前



4. 在接觸長者或長者附近的環境後

4 AFTER RESIDENT/RESIDENT ENVIRONMENT CONTACT

3 AFTER BODY FLUID EXPOSURE RISK

3. 有接觸到體液的風險後

When should we clean our hands?

我們應該在甚麼時候洗手？

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

When should we clean our hands?

我們應該在甚麼時候洗手？

1. 在接觸長者或長者附近的環境前	什麼時候？ 為什麼？	進入時請清潔雙手： <ul style="list-style-type: none">• 在接觸院友之前或• 在接觸院友環境中的任何物體或家具之前 保護院友/院友環境免受手上攜帶的有害細菌的侵害
2. 無菌操作前	什麼時候？ 為什麼？	在進行任何無菌操作（例如口腔牙科護理、滴眼液、導管插入和更換敷料） 保護院友免受有害細菌的侵害，包括院友自身的細菌，進入他或她的身體
3. 有接觸到體液的風險後	什麼時候？ 為什麼？	有接觸到體液的風險後立即洗手（以及脫下手套後） 保護您自己和醫療保健環境免受有害細菌的侵害
4. 在接觸長者或長者附近的環境後	什麼時候？ 為什麼？	離開時清潔雙手： <ul style="list-style-type: none">• 在接觸院友或• 在接觸院友環境中的任何物體或家具後 保護您自己和醫療保健環境免受有害細菌的侵害

Hand Hygiene and Glove Use

清潔雙手與使用手套

- The use of gloves does not replace the need to clean hands.
使用手套並不能代替清潔雙手。
- Discard gloves after each procedure and clean your hands.
每次相關程序結束後應丟棄手套並清潔雙手。
- Wear gloves only when indicated, otherwise they become a major risk for transmission of organisms. 僅在按指示有需要時才戴手套，否則它們會成為生物傳播的主要風險。
 - **Gloves are not needed in the following situations, unless staff instruct otherwise**
除非職員在特定情況下另有指引，以下情境不需要戴手套：
 - **Assisting a resident/client with meals** 幫助長者進餐時
 - **During social contact** 社交接觸時
 - **Pushing a wheelchair** 推著輪椅時

Two Ways to Clean Hands

兩種清潔雙手的方式

Liquid Soap and Running Water

用洗手液及流水洗手

用洗手液徹底洗手最少十五秒，能有效防止感染及傳播傳染病。

Washing hands thoroughly with liquid soap for at least 15 seconds can effectively prevent contracting and spreading communicable diseases.

Hand Sanitizer

消毒洗手液

如雙手沒有明顯污垢時，可用含至少70%酒精的消毒洗手液清潔雙手。

If your hands are not visibly soiled, you can use an alcohol-based hand sanitizer that contains at least 70% alcohol. You can tell if the sanitizer contains at least 70% alcohol by looking at the product label.

How to Clean Your Hands

清潔雙手方法

Clean your hands with soap or alcohol hand rub to cover all aspects of hands

仔細清潔雙手每部份

最不常被忽略的

Least frequently missed

Most frequently missed

最常被忽略的



Palm 手心



Back 手背

For 15 to 30 seconds—steps **1** through **5**



1. Wet hands with warm water



2. Apply enough soap to cover entire surface of hands



3. Vigorously rub soap palm to palm



4. Wash back of each hand with palm of other hand



5. Clean your wrists

Don't Forget—steps **6** through **8**



6. Space between fingers



7. Thumbs



8. Fingertips



9. Rinse all aspects of hands under running water



10. Pat hands dry with disposable paper towel, then use towel to turn off faucet



11. Dispose of paper towel in waste basket

How to Hand Wash

如何用洗手液及流水洗手

English video: <https://youtu.be/o9hjmques72l>

Video with subtitles in English & Chinese 中英文字幕影片:
<https://www.youtube.com/watch?v=gT-EfuVNOls>

Use a paper towel to turn off the tap
雙手洗乾淨後，不要再直接觸摸水龍頭



Use a paper towel to grab the door handle
雙手洗乾淨後，不要再直接開門



How to Hand Rub

如何用酒精搓手液清潔雙手

- The right way to use Hand Sanitizer

酒精搓手液的正確使用方法:

- Apply the product to the palm of one hand (read the label to learn the correct amount). 將酒精搓手液塗抹在一隻手的手掌上（閱讀標籤了解正確的用量）。
- Rub your hands together. 雙手互相揉搓
- Rub the product over all the surfaces of your hands and fingers until your hands are dry. This should take at least 15 seconds. 將酒精搓手液揉搓在手和手指的所有表面上至變乾。這應該需要至少十五秒。
- English Video:
[https://www.youtube.com/watch?v=sDUJ4CAY](https://www.youtube.com/watch?v=sDUJ4CAYhpA)

[hpA](https://www.youtube.com/watch?v=sDUJ4CAYhpA)

TITLE



Don't Forget the Residents!

別忘了院友們的手部衛生

Assist/remind them to wash hands:

- after toileting
- before meals and activities
- after visiting someone who is sick
- after blowing their nose, coughing or sneezing
- after touching a pet

協助/提醒他們洗手:

- 上廁所後
- 飯前和活動前
- 拜訪生病的人後
- 擤鼻涕、咳嗽或打噴嚏後
- 觸摸寵物後

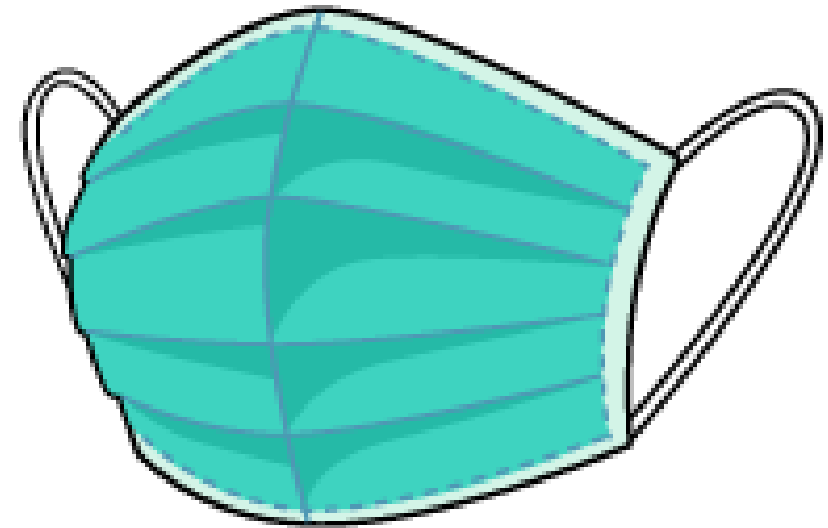
Putting on and taking off PPE 穿戴以及脫下個人防護裝備

Personal Protective Equipment – Donning PPE
個人防護裝備——如何佩戴

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-on>

Personal Protective Equipment – Doffing PPE
個人防護裝備——如何脫除

<https://www.publichealthontario.ca/en/videos/ipac-fullppe-off>



How to wear a medical & N95 mask

如何佩戴醫用口罩/N95口罩

- English Videos 英文影片:
- Putting on Mask and Eye Protection: <https://youtu.be/1YiLjpLXvg4>
- Taking off Mask and Eye Protection: <https://www.youtube.com/watch?v=pFJaU9nxmTA>
- Putting on Flatfold N95 Respirator: <https://youtu.be/9Wki4GGU62U>
- Take off Flatfold N95 Respirator: <https://youtu.be/lqKCeyjjg9o>
- Video in Cantonese with Chinese & English subtitles
中英字幕影片: <https://www.youtube.com/watch?v=IBo8iOjnJJk>



Steps of Putting on P.P.E.

穿戴個人防護裝備的步驟

Before entering the door, put on PPE in the following order

進門前，按以下順序穿戴個人防護裝備

1. *Perform hand hygiene!* 清潔雙手!
2. Gown 保護袍
3. Mask 口罩
4. Goggles/face shield 眼罩/面罩
5. Gloves 手套



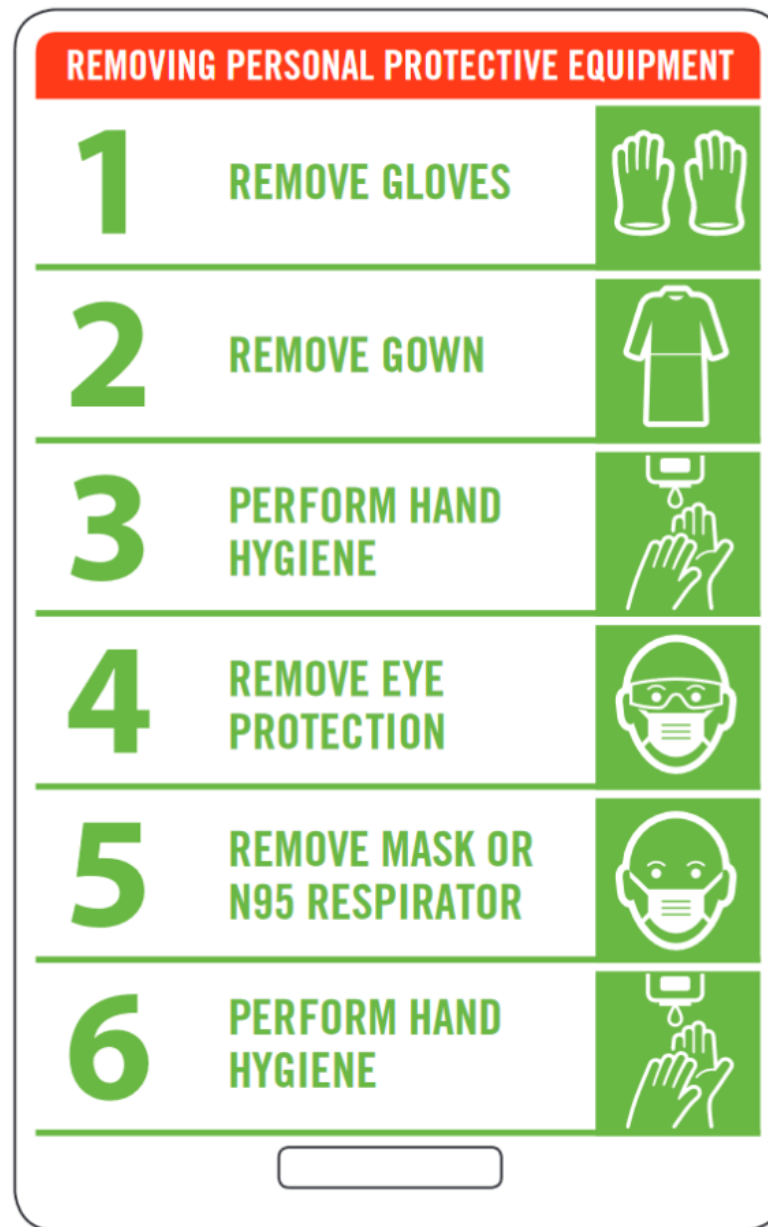
Steps of Taking off P.P.E.

脫除個人防護裝備的步驟

Before leaving the room, take off PPE in the following order

離開房間前，按以下順序脫除個人防護裝備

1. Gloves 手套
2. Gown 保護袍
3. *Perform hand hygiene! 清潔雙手!*
4. Goggles/face shield 眼罩/面罩
5. Mask 口罩
6. *Perform hand hygiene! 清潔雙手!*



Remove Gloves

脫除手套

Remember: gloves to gloves, skin to skin
請記住：手套對手套，皮膚對皮膚



Videos 影片:

Taking off gloves 脫除手套: <https://youtu.be/WDI0Zj573Js>

Additional Precautions

額外的預防措施

Are used **in addition to Routine Practices** to protect staff and residents from transmission of known or suspected infectious agents

在常規做法的同時，用於保護工作人員和院友免受已知或可疑傳染源的傳播

- Contact precaution 接觸預防
- Droplet precaution 飛沫預防
- Droplet/Contact precaution 飛沫/接觸預防
- Airborne precaution 空氣預防

Contact precaution

接觸預防

- Gown and gloves for contact with resident (direct) or environment of care (indirect)

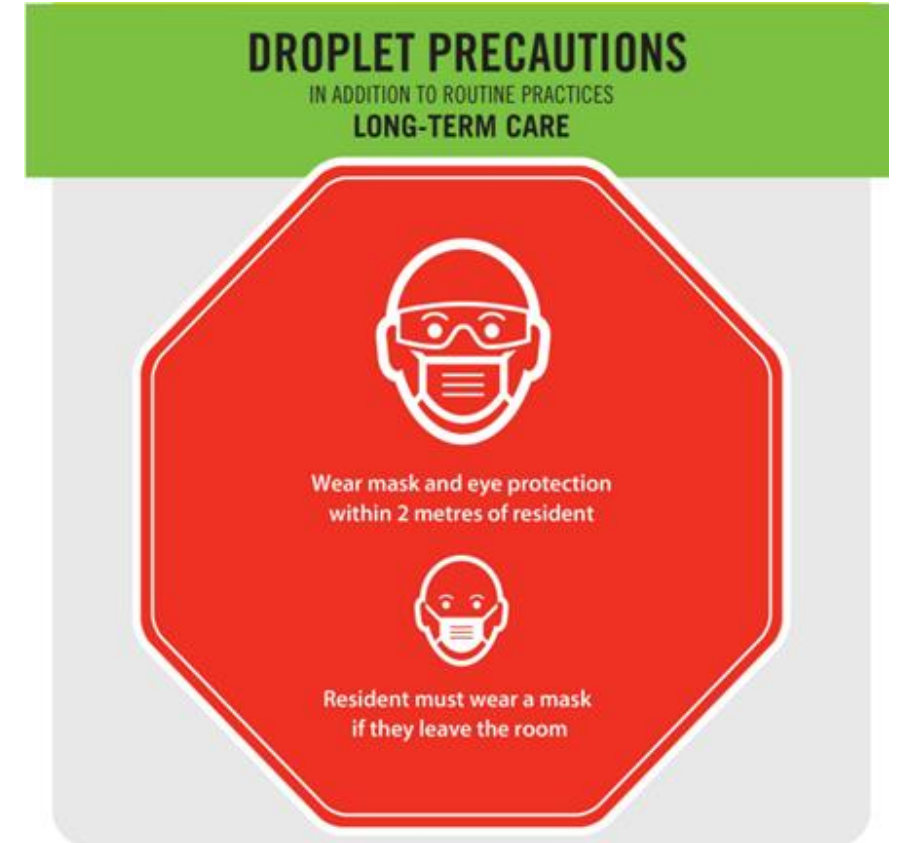
接觸院友(直接) 或護理環境(間接) 用長袍和手套



Droplet precaution

飛沫預防

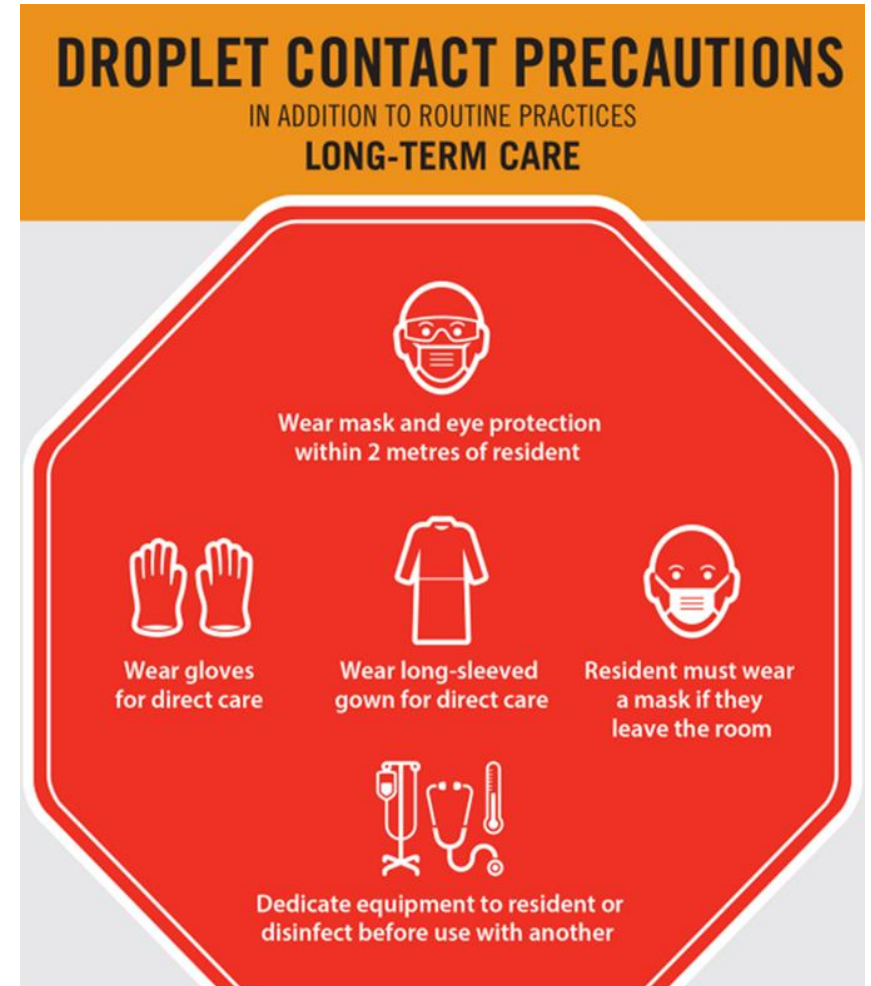
- Surgical masks and eye protection i.e. goggles/face shield/ visors attached to masks within 2 meter of a coughing resident 外科口罩和護目鏡。例如，在咳嗽院友 2 米範圍內佩戴護目鏡/面罩/帶面罩的口罩



Droplet/Contact precaution

飛沫/接觸預防

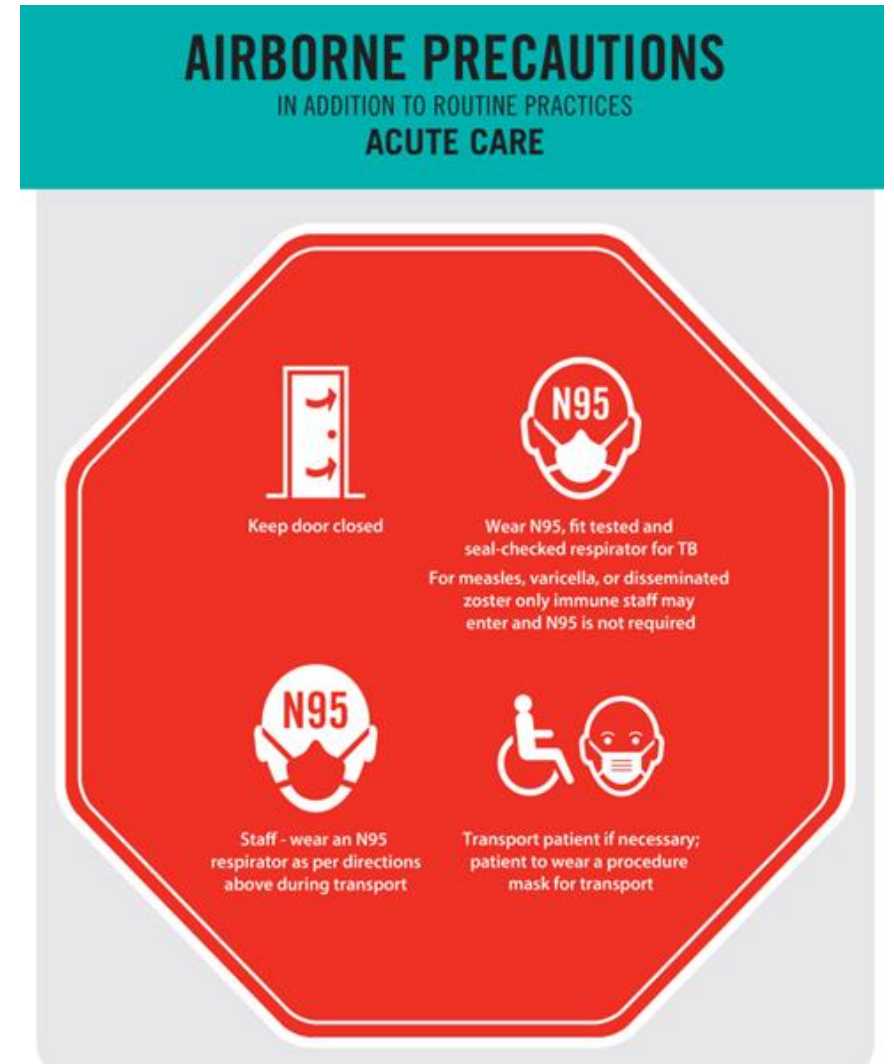
- **Surgical masks and eye protection** within 2 meter of a coughing resident or procedures with a potential for splashes or sprays of body fluids to the eyes, **gown and gloves**
- 距離咳嗽院友 2 米範圍內或進行可能導致體液飛濺或噴灑到眼睛的操作、帶外科口罩和護目鏡，防護服和手套



Airborne precaution

空氣預防

- Particulate respirator (N95 mask)
顆粒物呼吸器 (N95口罩)
- Negative pressure room 負壓室



Elements of Additional Precaution

額外的預防措施的要素

1. Specialized Accommodation and Signage 專門的措施和標牌
2. Barrier Equipment 屏障設備
3. Dedicated Equipment 專用設備
4. Additional Cleaning Measures 額外的清潔措施
5. Communication 溝通

Immunization

免疫接種

Stay up to date with your vaccines 及時接種疫苗：

1. Influenza Immunization 流感疫苗接種
2. COVID-19 Immunization 新冠肺炎疫苗接種



Outbreak Management Team (OMT)

疫情管理團隊

- Executive Director 執行董事
- Director of Resident Care 護理主任
- IPAC Manager and IPAC Lead 感染預防和控制經理/負責人
- Assistant Director of Resident Care 助理護理主任
- Charge Nurse of the outbreak unit/floor 病房/樓層主管護士
- PSW(s) of the outbreak unit/floor 護理員
- Food Services Manager/Supervisor 餐飲服務經理/主管
- Facility Manager 設施經理
- Activation Manager 活動部經理
- Medical Director 醫療主任
- Local Public Health Liaison 當地公共衛生聯絡員
- Other internal member/external parties as needed 其他內部成員/外部各方（根據需要）

Volunteer Outbreak Control Measures

義工疫情控制措施

- Volunteers should NOT go to outbreak units/floors
義工不應前往疫情爆發的單位/樓層
- Self-monitor for signs of illness and do not enter the home if unwell
自我監測是否有疾病跡象，如有不適請勿進入院內
- Scheduled training and activities may be postponed
原定的培訓和活動可能會推遲
- Hand Hygiene 手部衛生
- Resident group activities may be stopped
院友團體活動可能會停止
- Staff cohorted 調整員工工作單位
- Daily OMT meetings 疫情管理團隊每日例會



Reminder ! 請注意 !

Follow these simple steps to protect yourself:

請遵循以下簡單步驟來保護自己：

- Wash your hands 洗手
- Cover your cough and sneeze 咳嗽和打噴嚏時遮住口鼻
- Avoid touching your eyes, nose or mouth 避免觸摸眼睛、鼻子或嘴巴
- Avoid close contact with persons who are sick 避免與病人密切接觸
- Stay home when you are sick 生病時留在家中
- Stay well rested 保持良好的休息
- Be physically active 保持身體活躍
- Drink plenty of fluids 多喝水
- Eat nutritious food 吃有營養的食物

Cleaning and Disinfection Program

清潔和消毒計劃

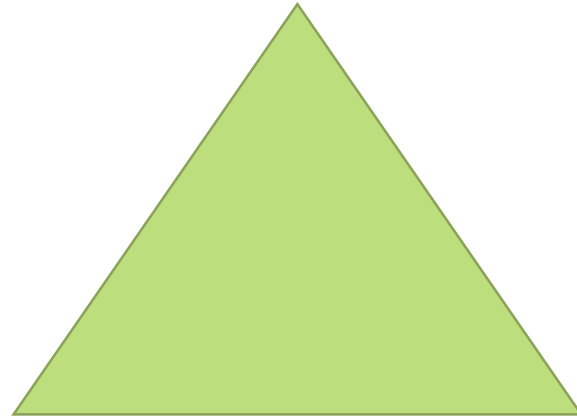
- To prevent the transmission of infection to residents and/or health care workers by providing assurance of proper equipment/environmental surfaces cleaning, disinfection and sterilization
通過確保適當的設備/環境表面清潔、消毒和滅菌，防止感染傳播給院友和/或醫護人員
- Use facility approved products
使用院內批准的產品
- Cleaning and disinfecting is a two-step process
清潔和消毒是兩步過程



Key Components of Cleaning and Disinfection

清潔消毒的關鍵部分

Chemical Dilution
化學品稀釋



Contact Time
接觸時間

Action/Friction
動作/摩擦

Cleaning

清潔

- Physical removal of soil, dust or foreign material using chemical, thermal or mechanical aids

使用化學、熱或機械輔助物理去除土壤、灰塵或異物

- Clean all reusable equipment 清潔所有可重複使用的設備

Disinfection

消毒

Disinfection falls into two major categories 消毒主要分為兩大類:

- Low level disinfection: used for non-critical equipment / devices (that come into contact of intact skin)

低等級消毒: 用於非關鍵設備/裝置 (接觸完整皮膚的)

- High level disinfection: used for semi-critical equipment/devices (contact with mucus membrane or non-intact skin)

高等級消毒: 處理半關鍵設備/裝置 (與粘膜或非完整皮膚接觸的)

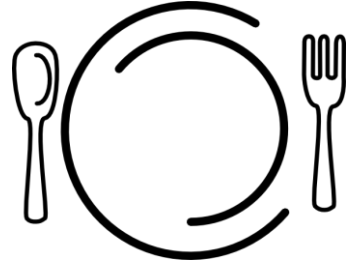
Facility Approved Product 院內批准的產品

- General Cleaner 清潔劑
- Food Safe Sanitizer 食品安全消毒劑: Final Step
- Accelerated Hydrogen Peroxide 加速過氧化氫: Accel INTERVention



IPAC while supporting residents at mealtime

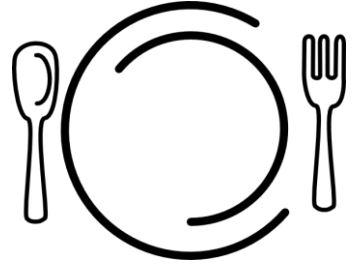
協助長者用餐時的感染預防與控制要點



- Perform hand hygiene before you come into the environment of the resident (table, room, etc.) 在您進入長者的環境（餐桌、房間等）之前，先對雙手進行清潔
- The resident should also perform hand hygiene before having a meal
長者用餐前亦應清潔雙手
- Perform hand hygiene after you finish assisting a resident
在完成對這位長者的服務之後要洗手
- If your mask is visibly soiled, change to a new one
若您的口罩在此過程中變髒了，請更換新的

How about your mealtime in our centre?

如果義工在中心內用餐



- Check with staff where you can have lunch (tea room/staff lounge/office, etc.)

與職員確認您可以在哪裡午餐（茶室/員工休息室/辦公室等）

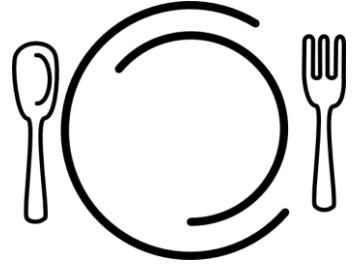
- Physical distance or Plexiglass 物理距離或有機玻璃
- In tea room or staff lounge, disinfectant (wipes/liquid) and paper towel are provided. Please disinfect your table before and after meal.

在茶室或員工休息室，會有消毒(巾/液體)和紙巾。請在餐前餐後對餐桌進行消毒。

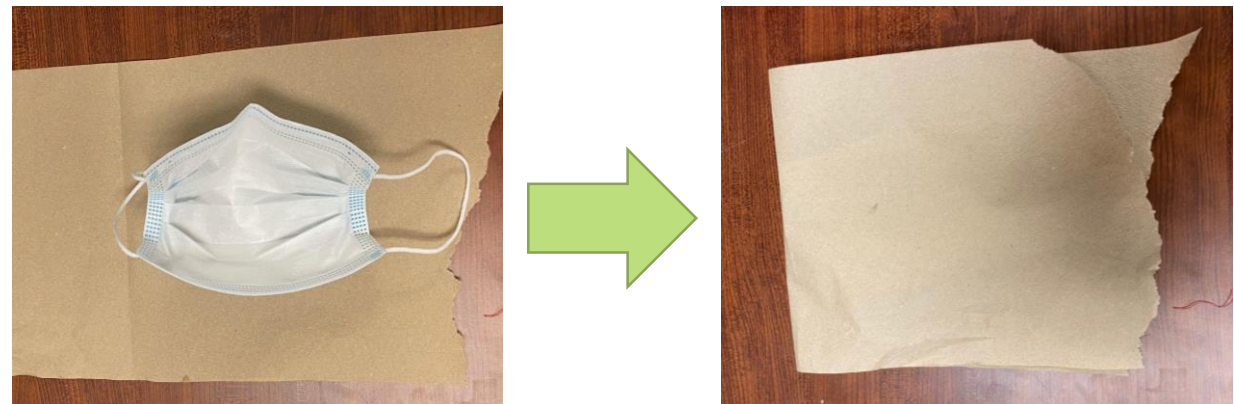
- Perform hand hygiene before having a meal 餐前請清潔雙手
- How to place your mask during your meal? 用餐時如何放置口罩？

How to place your mask during your meal?

用餐時如何放置口罩？



- After sanitizing the table and performing hand hygiene, place a paper towel on the table
在消毒餐桌及雙手後，將紙巾放在餐桌上
- Carefully remove your mask by handling the mask from the ear loops only, place it on the paper towel, with the outside surface facing down, inside surface facing up
僅拿住繞耳的橡筋，小心地取下口罩並放在紙巾上，口罩的外表面朝下，內表面朝上
- Cover the mask with another paper towel 用另一張紙巾蓋住口罩



IPAC while travelling to and from an LTC home

往返護理院路途中的感染預防與控制要點



Travelling by public transit or by car pooling 乘坐公共交通工具或汽車共乘/拼車

* If you have symptoms such as fever or worsen cough, stay home, and do not take public transit or car pool
如有發燒或咳嗽加重等症狀，請留在家中，請勿乘坐公共交通工具或汽車共乘/拼車

1. Recommend wearing a mask properly throughout the ride 建議在整個旅程中佩戴好口罩
2. After touching surfaces that you think may be contaminated, please wash/sanitize your hands immediately if possible 在接觸過可能被污染的表面後，請盡量立即清潔雙手
3. Always wash/sanitize your hands before you touch your mask , eyes, nose or mouth
在接觸口罩、眼睛、鼻子或嘴巴之前，請記得先清潔雙手
4. If possible, keep some distance between you and other people 盡量與其他人保持一定的距離

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6. If possible, you could increase ventilation by opening a window
如有可能，您可以通過打開窗戶來增加通風
7. Avoid eating and drinking when you are taking public transit or car pooling
乘坐公共交通工具或汽車共乘/拼車期間應避免飲食
8. Wash/sanitize your hands thoroughly when you enter our locations or enter your home.
在進入我們的中心時，或回到自己家中時，都應清潔雙手。
9. Regularly clean/sanitize the items that you need to touch often: phone, keys, presto card, etc.
定期清潔/消毒您需要經常接觸的物品，如電話、鑰匙、交通卡等。

Thank you for attending this training!
感謝您參加本次義工訓練!



頤康義工, 謝謝你!
THANK YOU!