


Just Clean Your Hands Program

## Adapting Ontario's *Just Clean Your Hands* Program for Long-Term Care Homes

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### Objectives

- To discuss the process for adapting the acute care *Just Clean Your Hands* (JCYH) program for long-term care homes
- To present the adaptation of the *Just Clean Your Hands* program for long-term care homes.

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### Just Clean Your Hands (for hospitals)

Multifaceted approach to improving hand hygiene compliance



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## Evolution of JCYH

Acute care → Long-Term care

- During the development and rollout of the JCYH program for acute care settings there were many requests from long-term care about implementing the program in their homes.
- The Ministry began looking at how the *Just Clean Your Hands* Program could be adapted for long term-care settings in the Fall of 2008

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## Gathering feedback

- Focus groups were organized with stakeholder representatives from long term care homes, Associations, Regional Infection Control Networks, and Ministry
- Participants reviewed the acute care program and provided feedback on which elements could be used and what needed to be adapted/created to support a program for LTC homes.
- An reference group was established to provide expertise for development of program components

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## Key issues identified include:

- Lack of resources/time to implement a program
- Concerns about the differences in environment between acute/LTC were raised. This is the resident's home
- The expectation was that they would have to clean before physical contact with resident, all the time and felt that was unrealistic.
- Several questions came up about Hand Hygiene and feeding.
- Include volunteers and families in education as they provide care
- Include the family and resident councils so they understand the program

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## Implementation Guide

- Simplified Implementation guide for long-term care which outlines
  - when to perform hand hygiene
  - program components and associated tools
  - the "auditing" components of the JCYH Program
  - a checklist with the steps needed to implement the program in LTC homes



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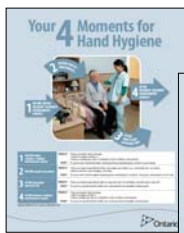
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## Your 4 Moments Graphics



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## What's different in LTC?

Long-term care homes are different from hospitals because they are homes – places where people live – as well as care settings. Many of the activities in long-term care homes are shared activities.

Hand hygiene for shared activities had to be addressed

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## “When to clean hands” in LTC

### 1. Residents’ rooms\*

In the residents rooms staff, volunteers and family members are to clean hands following “Your 4 Moments for Hand Hygiene.”

\*Note: In a single room this is defined as everything in the resident’s room. In a multiple room this is defined as everything in immediate proximity to the resident. (E.g. area inside his/her privacy curtain).

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## “When to clean hands” in LTC

### 2. Shared or group activities

In common areas where residents gather, the environment is shared by many people. To reduce the spread of organisms, residents, staff, volunteers and family members are to:

- clean hands before beginning and after ending the activity.
- Some residents may need help cleaning their hands before they begin and after they end an activity.

If staff, volunteers or families provide any “direct care” in areas where shared or group activities occur, the “4 Moments for Hand Hygiene” are to be followed.

- \* Providing hands-on care such as bathing, washing, turning a resident, changing clothes, continence care, changing dressings, caring for open wounds/lesions, toileting

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## “When to clean hands”

### 2. Shared or group activities cont’d

For meals/snack time assistance

It is important to clean hands before and after meals and snacks. Clean hands of staff and resident before assisting with meals or snacks.

If during assisting with meals or snacks of one or more residents, there is a body fluid exposure or mucous membrane exposure, the 4 moments for hand hygiene would need to be practiced and staff are to clean hands before continuing.

- E.g. body fluids exposure on care giver such as saliva contamination (Moment 3)
- E.g. Care giver hands touch a mucous membrane (Moment 2)

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### Environmental changes

Placement Tool for Hand Hygiene Products

- Step by step assessment for placement of Alcohol Based Hand Rub (ABHR) products
- Contains details of what to consider when doing a risk assessment
- Helps to identify the right locations to place ABHR containers in residents rooms or where shared activities take place

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### Education and reminders

1. Training video has been filmed in a long-term care home to teach the practical application of "when" to clean hands in long-term care homes.
  - There are specific vignettes for the different categories of staff and volunteers in long-term care homes.
  - These training video also shows vignettes of staff demonstrating proper hand hygiene technique
2. A mini pocket guide includes "when and how" to clean hands.
3. Your 4 moments for Hand Hygiene poster
4. Technique posters
5. ABHR point of care prompts
6. Hand Care Program
7. Certificate of completion for training

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**4 Moments for Hand Hygiene Pocket Guide for Quick Reference (when, why and how)**



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**Resident and Family engagement**

Education for families:

- There is a training video for families
- Engage the **Resident Council** in implementation
- Engage the **Family Council** in implementation
- Information sheet
- A mini pocket guide includes "when and how" to clean hands.

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**Hand Hygiene Champions**

- Champions publicly share their commitment to improving Hand Hygiene in the LTC home
  - Identify staff, residents and family members to act as champions to model good hand hygiene practices and act as a resource
- CD provides details on how to make a successful Champion Poster
- Role model description



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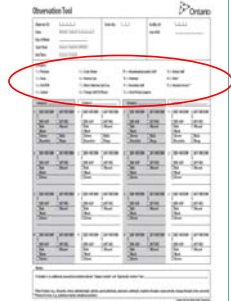
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## Ongoing monitoring and and observation

- A training video that covers:
    - Your 4 Moments
    - Observation Tool and Auditing process
  - The observation tool is used to record observations during an audit
- Identical to acute care but modified the top section to reflect differences in Healthcare provider categories



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## On-the-spot feedback

- *Optional* feedback for staff
- Instant feedback that is kept completely confidential (between Observer and Staff)
- Similar to acute care (2 sided)
  - Front: feedback on 4 moments for HH
  - Back: displays LTC 4 moments poster



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## Summary

- LTC homes are places where people live as well as a care settings. Many of the activities in LTC are "shared activities." In order to reduce transmission of organisms beyond the residents' room, the approach for teaching hand hygiene has been adapted for shared activities.
- The use of stakeholder focus groups and an expert reference panel was used to adapt the *JCYH* program for LTC
- Separate messaging for "when to clean hands" includes:
  - Resident's room
  - Shared/group activities including
    - Meal/snack time assistant

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