

APPENDIX A — Staff Education Tool

Gym Routine Infection Prevention Program



Staff and patients
working hand in hand
to promote safety



G.R.I.P.'s purpose is to establish a monitoring program for hand hygiene and equipment disinfection in West Park Health Care Centre (WPHC) gyms. Our goal is preventing hospital acquired infections and providing education and guidance for staff.

Hand Hygiene and Equipment Disinfection Best Practice

- Cleaning hands before and after patient contact.
- Disinfecting equipment before and after a patient has used it.
- Staff performing hand hygiene before entering and exiting the gym.
- Encouraging patients to perform hand hygiene:
 - before entering and exiting the gym as well as
 - before and after activities in the gym.



When using alcohol based hand rub, put one to two pumps into your palm, cover all areas of your hands and fingers, and rub firmly for at least 15 seconds. Friction matters!

Importance of Hand Hygiene

- Kac et al. (2005) found that study subjects with pathogens on their hands were pathogen free after alcohol based hand rub was used.
- Vigorous friction for at least 15 seconds is needed to destroy germs on your skin.
- Alcohol based hand rub is recommended when cleaning hands that are not visibly soiled.
- Warm water and soap is recommended for hands that are visibly soiled. Hot water should be avoided as this can damage your skin.
- Gloves do not replace hand hygiene. Always clean your hands before and after contact.



Warm water and soap



Skin lotion



Safe and Healthy Hands!

West Park get
HEALTHCARE CENTRE your
life
back

Created by Eric Moir, Trent University BScN Program

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Importance of Equipment Disinfection

- A recent study found that 25 strains of bacteria, including Staphylococcus, were detected on gym equipment in community gyms (Mukherjee et al., 2014)
- Common touch points are the priority when disinfecting equipment to prevent cross contamination.
- When disinfecting equipment with wipes, let the equipment air dry to ensure maximum effectiveness.
- Patients should perform hand hygiene before and after handling small items. Items should be cleaned on a regular schedule to prevent cross-contamination.



Keep wipe containers closed when they are not being used to prevent wipes from drying out.



Always follow manufacturer's directions when using disinfecting wipes.



If a patient has touched equipment in the gym, it must be disinfected.







Background Information

- The Canadian Patient Safety Institute reports that "8,000 Canadians die from hospital-acquired infections" each year.
- And a further 200,000 patients become infected with hospital acquired infections each year.
- Hand hygiene with alcohol based hand rub is still the best practice for preventing the spread of infection-causing microorganisms.



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