

Antibiotic Resistance

Certain bacterial infections can no longer be treated with common antibiotics due to the emergence of antibiotic-resistant organisms. These resistant organisms can cause serious infections however, it is also possible for a client to carry a resistant organism and not have an infection. Performing hand hygiene and ensuring equipment is cleaned and disinfected properly, are two measures that can greatly assist in reducing the transmission of antibiotic resistant organisms.

Stay home when sick

Visitors (including family members) who are sick with new symptoms such as fever, cough, sore throat, runny nose, rash, diarrhea, vomiting, should refrain from visiting Carewest facilities until fully recovered from their illness.

Housekeeping

Family members can greatly assist Carewest clients in ensuring that surfaces, counter tops and floors in client rooms are kept clear and free of clutter to allow housekeeping to thoroughly clean and disinfect surfaces and floors. Staff are available to provide advice regarding cleaning and disinfection of personal belongings including wheelchairs and positioning aids.

Innovative Health Care

Carewest is a leading-edge health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages. As Calgary's largest care provider of its kind, Carewest operates 13 locations and several community services aimed at helping people live more independent lives.

The Calgary Health Trust

The Calgary Health Trust fundraises for excellence in health care and helps ensure the quality of life for those served by Carewest. To donate, please call 403-943-0615 or visit www.calgaryhealthtrust.org

Calgary Health Trust Charitable Reg. (B.N.)
89383 4697 RR0001

Philosophy of Care

In support of our Carewest Frame of Reference, our Philosophy of Care is:

To provide our residents and clients with quality care in safe, comfortable and supportive environments.



www.carewest.ca

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Infection Prevention and Control

How you can help prevent the spread of infection



Hand Hygiene

Hand hygiene is one of the most important ways to stop the spread of infection in Carewest facilities and can be performed either by using liquid soap and water, or by using an alcohol-based hand sanitizer such as Microsan or Purell.

Clients should clean their hands frequently throughout the day; some clients may need assistance performing hand hygiene.

Alcohol-based hand sanitizers are extremely effective in removing germs from hands and cause less irritation to skin than soap and water.

Visitors should perform hand hygiene:

- On entering the facility;
- Just prior to going in to a client's room;
- Before assisting with care;
- Following assistance with care;
- On leaving the client's room; and
- On leaving the facility.

When using alcohol-based hand sanitizers, hands need to be rubbed thoroughly for a minimum of 15 seconds.

Soap and water should be used to clean hands when hands are visibly soiled, after using the washroom, prior to eating and during an outbreak of gastrointestinal illness.

Influenza

Carewest clients, family members and visitors are strongly encouraged to get their annual flu shot.

Respiratory Etiquette

Clients who have a runny nose or cough should be encouraged to perform good respiratory etiquette which includes:

- Covering nose and mouth with a clean disposable tissue when coughing or sneezing;
- Sneeze or cough into elbow facing away from others, if tissues not immediately available;
- Discard used tissues in a garbage container immediately following use; and,
- Perform hand hygiene immediately following contact with respiratory secretions, used tissues or other contaminated objects.

Visitors who have new respiratory symptoms such as a runny nose, sore throat, cough, should not visit; this includes children and infants.

Please do not visit Carewest if you have fever, cough, sore throat, runny nose, rash, diarrhea, vomiting, or illness that could spread to others

Isolation Precautions

Carewest is required to initiate isolation precautions to prevent the risk of transmission of disease to others for certain infectious diseases.

Isolation precautions will be indicated on a poster on the door of the client's room, indicating which type of personal protective equipment is to be worn.

Visitors should check with the nursing staff prior to entering the room with an isolation sign on the door. Staff will advise whether visiting is advised and how to correctly put on and take off personal protective equipment.

Outbreaks

During an outbreak of infection at a Carewest facility (e.g. influenza), a number of additional restrictions will be put in place to minimize the risk of transmission. These restrictions will include additional isolation precautions for affected clients, enhanced cleaning, restrictions on visiting, postponement of social and recreational activities for clients, and restriction of clients and visitors moving between floors of the facility.

