

# Rise to the Occasion

An idea primer to promote awareness of  
infection prevention and control



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## Public Health Ontario

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# About this document

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The activities in this planning toolkit can be used to raise awareness about IPAC practices during Infection Control Week and throughout the year. Use these activities to highlight infection control at your facility for various activities, such as safety fairs, [Canadian Patient Safety \(CPSW\) Week](#) and [STOP! Clean Your Hands Day](#), to name a few.

# Adult learning

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The activities in this planning toolkit can be used to raise awareness and provide some education to staff regarding IPAC practices. You may find it beneficial to consider some principles of adult learning when planning your activities including<sup>1</sup>:

- **Mutual trust & respect** - Be patient, receptive and approachable.
- **Shared Learning & Reciprocity** - Work as a team and relate as colleagues.
- **Safe, Supportive and Friendly Environment** - Adults need to feel they will not be embarrassed or made to feel inadequate or intimidated in any way.
- **Active Learning** - Encourage learners to participate actively in the learning process.
- **Organization & Repetition** - Repeat content over time and sequence it in a logical fashion.

## Goal setting

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Setting goals for Infection Control Week will allow your team to choose activities based on your priorities and your available resources. The following are examples of goals that may help focus your activities:

- Make staff aware of who their Infection Control Practitioner is and what role they play
- Promote hand hygiene
- Promote influenza vaccination
- Review routine practices and additional precautions
- Create enthusiasm for infection control
- Celebrate achievements in infection control from the past year

## Level of preparation required

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The activities in this planning toolkit have been categorized to indicate what level of preparation is required to ready the activity for use in your facility. The following categories may be used as a guide to assist with the planning process.

- “Low prep” requires approximately 1-2 hours
- “Medium prep” requires approximately 3-5 hours
- “Advanced prep” requires approximately 6+ hours

# 1. Get into the Spirit (medium prep)

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## Quick Description:

Bulletin board decorating contest, bulletin board display or an interactive poster presentation.

## Required Materials:

Stapler, thumb tacks, tape, fabric, paper, other objects to post on the board - be creative. If a contest is being staged you'll need a prize for winning group and/or "freebies" to leave at the display or give to all contestants. Depending on your resources, you could also try a screen with an interactive poster that the author could present.

## Preparation:

Choose a theme and timelines. If you set up a contest, advertise the contest, specify timelines for decorating and judging, and gather materials for decorating. If you're thinking of doing a display, decide where the display will go, and leave it up for an amount of time that will allow your target audience to see it (several days at least). You could also develop something more widespread - speak with your organization to see if a screen saver could be developed for your internal website. You could also suggest a prominent section or link on your external website to promote IPAC.

## Details:

**Display:** A creatively designed and planned information board displayed prominently in an area of high traffic can grab attention and generate interest in IPAC<sup>2,3</sup>. Consider attending the information board at peak traffic times. Incorporate user-friendliness into the design so it is easy to understand without assistance. Ensure the font size you use is large enough to read from a distance. Be sure to include pictures and other information people will find interesting and memorable. Choose poster imagery most likely to draw viewer attention.

Information boards accompanied by the author facilitate discussion and can make the activity more engaging. This can help to promote active learning<sup>2,3</sup>. If the author is not present, ensure the visual



theme attracts attention. When staff are familiar with the presenters, it can help to generate discussion. Additional tips on creating an effective poster can be found in the Resources section at the end of this document.<sup>10,11,12</sup>

**Contest:** It's wonderful to see people in a department working together in a creative way towards a common goal. Creating a team contest around this activity will give them the opportunity to consider their contribution to infection prevention and control in your organization and will also result in a fun, interesting information board for all to enjoy and celebrate – and maybe introduce some healthy competition.

**Screensaver:** Choose a theme with key messages you would like to convey to staff who may see a computer screen. Work with your facility's IT Department to initiate a facility-wide implementation on all computers during IPAC Week.

### Variations:

- Pick a theme for your display board: e.g., “Outbreak Season: What You Need To Know”, “IPAC and Occupational Health: Two Peas in a Pod”.
- Dress the alcohol based hand rub (ABHR) dispenser contest – use different costumes to dress up ABHR and staff can vote for their favourite.
- Make it a fun competition between units/departments: Use infection prevention and control strategies in specific departments as a theme. Each department will depict on their information board how they contribute to infection prevention and control.
- Personal Protective Equipment (PPE) pals- using familiar faces to showcase the use of PPE. Dolls or other stuffed animals/props or an IV pole dressed up as a person wearing PPE can also be used. See activity [PPE Pals](#).

## 2. Spot the IPAC Breaches (medium prep)

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### Quick Description:

Identify breaches in IPAC hand hygiene practices in anonymous photographs

### Required Materials:

Camera, paper, perhaps a draw prize, bulletin board/poster board, box/bag to hold ballots

### Preparation:

Gather photos online of hands with long nails, jewelry, chipped nail polish, artificial nails, nail extensions and embellishments, and/or people demonstrating poor hand hygiene practices (e.g., wet hands after washing), or ask colleagues to pose. Prepare ballots. Post the pictures on a poster board in a central location and have ballots that people can fill in with their identification of breaches. Consider posting on your internal website with the ballots as emails if this is easier.

Develop key messages you want to convey, such as hands are a breeding ground for viruses and bacteria. Also have contrasting pictures of hands modeling desired practice of short nails, plain wedding band and no nail adornments.

### Details:

Post numbered pictures of various hands on a poster board, online, or on an activity sheet. Try to get at least 10 photos. Consider including one that does not have any breaches (as a trick).

Invite staff to look at the photos and identify the breaches/errors on a ballot that is numbered correspondingly with the pictures. A draw for a prize could be held for all correct entries.

### Variations:

The difficulty level of this activity could be increased by making the breach more subtle. There may be fewer correct ballots submitted. The person who submitted the most correct ballot could win a bigger prize for this more difficult contest.

Instead of using a large poster board with pictures, you could create an activity sheet or online display with the same photographs for individual distribution using the same principles outlined above.

Look for photos online, ensuring copyright and privacy is respected. Refer staff to PHO's video, [Is the Glam Worth the Grime?](#) for hints and to reinforce the message.

## 3. Teach People to Cough (medium prep)

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### Quick Description:

Demonstration of respiratory etiquette.

### Required Materials:

Pamphlets and posters about respiratory etiquette, tissue, alcohol based hand rub, waste basket.

### Preparation:

Collaborate with your local public health unit to let them know about your interest in reaching your local community agencies. Contact local schools, community centres, retirement and long-term care homes, and community agencies to set up a date and time for a presentation. Prepare an age-appropriate presentation for the group.

### Details:

Presenting IPAC information like hand hygiene and respiratory etiquette to groups in your community is a great way to increase their knowledge and impact their IPAC behaviours.

Teach people about respiratory etiquette and the basics of infection prevention and control. Demonstrate how to cough into a sleeve. Demonstrate coughing into a tissue followed by discarding the tissue into a waste basket and using alcohol based hand rub. Describe the application and use of alcohol based hand rub. It will be especially valuable for those who don't have a background in infection prevention and control.

### Variation:

If you are short of time, look for free videos online to do the bulk of the work for you, such as "[Why Don't We Do It In Our Sleeves?](#)"

## 4. Flu Crew (medium prep)

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### Quick Description:

Contest and/or incentive program to increase staff participation in influenza immunization clinics/program. Evidence shows that offering incentives for receiving the influenza vaccine and sharing immunization rates with staff are associated with improved healthcare worker immunization rates.<sup>4</sup>

### Required Materials:

Posters, influenza immunization clinic information, prizes or certificates for winners.

### Preparation:

Create a small flyer or a poster with dates and times of upcoming immunization clinics (such as clinics in your organization or those planned by public health). Clinics can also be advertised on your organization's intranet. Explain how the contest will work and how prizes or recognition will be awarded. Ensure that results and rates are posted and communicated across your organization after the campaign.

### Details:

Since IPAC Week coincides with the beginning of "flu season", it is a great opportunity to both advertise flu immunization clinics and increase staff participation. When advertising clinics, be sure to include immunization clinics offered by your local public health units as well as neighbouring public health units for those who may live in a different public health region than where they work. Depending on your budget or program goals, decide on the incentive and/or contest that you will be advertising. Some suggestions include:

- Competition between teams or units: team with the highest immunization rate wins a prize, e.g. coffee and muffins for next team meeting and/or recognition (e.g. certificate or award)
- Target rate for organization e.g. 80%: post status on a regular basis
- Offer coffee, treats or snacks at onsite immunization clinics

- Have draws for small prizes (e.g. coffee card) for staff that get immunized or submit proof of immunization (e.g. from public health)

Note: Make sure you are aware of privacy regulations as immunization status is considered personal health information and requires consent to be disclosed.

## 5. Living Commitment to Hand Hygiene (Advanced prep)

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### Quick Description:

A display of hands pledging commitment to hand hygiene.

### Required Materials:

Multi-coloured paper, markers, pencils, pens, scissors, table for tracing and signing, and masking tape or double-sided tape.

### Preparation:

Gather required materials, set up table to trace and sign hands.

### Details:

Signed tracings of hands symbolize people's commitment to hand hygiene and make unique, colourful wall art for all to enjoy. When people make a public, visual commitment to do something (like cleaning their hands), they are more likely to follow through<sup>5,6</sup>.

Invite staff members to trace an outline of one or both of their hands. Ask them to sign their handiwork to show the commitment they have made to IPAC by performing hand hygiene. Stick the finished product on the wall for all to enjoy along with a phrase such as "We are committed to clean hands!"

### Variations:

- Instead of sticking the hands on the wall at random, create a tree trunk with multiple branches using brown poster paper. Stick the hands on the tree branches like leaves. This display will be eye-catching and is seasonally appropriate since Infection Control Week takes place in the fall.
- Pre-cut hands to save time for people to sign hands.
- Consider giving each person a reward or thank-you gift for taking their time and showing their commitment to hand hygiene. The reward could be something simple, like a bookmark, a personal sized bottle of alcohol based hand rub, or hand lotion.

## 6. Music, Dance, and Art (low prep)

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### Quick Description:

Studies show that people become more engaged and remember more when their senses are stimulated and both sides of the brain are involved.<sup>7,8</sup> This activity involves creating artistic pictures, videos, music, or dance that depicts an aspect of IPAC.

### Required Materials:

Look for attention-grabbing online materials.

Examples include:

- [Music and dance: Ô les mains](#)
- [10 Hand hygiene posters to hang in your facility](#)
- [Wash your hands - poster in different languages](#)

### Preparation:

Choose a date. Book a room or wall space to display or present. Announce to staff and provide some examples to get their creative juices flowing. Consider providing some supportive materials such as poster board, markers, etc.

### Details:

Plan show at lunch time or another time or place where large numbers of staff congregate.

### Variations:

Ask staff to share examples that they create themselves or find online. Vet them to make sure they meet best practices before posting or sharing with your facility.

Search for infection prevention and control songs online.

Encourage artistic staff to produce their own materials or videos. Discover your talents!



## 7. Haute Couture (medium prep)

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### Quick Description:

Fashion show wearing personal protective equipment with interactive element – audience selects best dressed model for each scenario.

### Required Materials:

- Personal protective equipment in various combinations for the models to wear and demonstrate
- music with a strong beat
- equipment to play music
- outgoing people for PPE models
- runway
- cue cards for models and commentator

### Preparation:

Plan the fashion show. Advertise the date and time, select models, scenarios (see [Appendix A](#) for some ideas), and write witty commentary to share with the audience.

### Details:

This is a fabulous opportunity to show off IPAC fashions and educate the audience at the same time. Choosing music with a strong beat will help create an authentic fashion show ambience. Models will show off PPE, how to wear it and how NOT to wear it, and audience will pick the best PPE for each situation/scenario.

After recruiting models, set a location as your runway and gather an audience. Assign each model a combination of PPE to wear. Ensure they are aware of what they need to do. If including putting on or taking off PPE, review proper donning/doffing technique with the models. Number the cue cards so your models will come out in order and ensure the commentator has the same set of cue cards so the

model's actions correspond with the commentary. Include scenarios where routine practices would be required.

Provide funny PPE – e.g., dollar store oven mitts, security vest, head covering to keep bugs from face, etc. Celebrate IPAC in high style!

### Variations:

Collaborate with members of the local community, such as paramedics or fire fighters to be your models. Have some models not wearing their PPE correctly – e.g., mask around neck – and ask audience if they notice something amiss.

Please see [Appendix A](#) for scenarios for sample scripts.

## 8. Shining a light on hand washing/Spotlight on Hand Hygiene (medium prep)

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### Quick Description:

Hand washing demonstration.

### Required Materials:

An area close to sinks, ultraviolet (UV) light product indicator e.g., powder, lotion, liquid or oil (Glo Germ® or Glitter Bug®), volunteers, prize for winner, stop watch.

### Preparation:

Obtain UV light kit and product, advertise the opportunity to compete against colleagues and win a great prize.

### Details:

Staff members gather in small groups and apply Glo Germ® or Glitter Bug® to hand as they would normally apply alcohol based hand rub (ABHR).

Facilitator will use the UV light to point out any areas where the product has not fully covered the skin. This will show areas they have missed “killing the germs” on their hands. It will also show cracks and crevices in their hands and demonstrates the importance of hand care.

Participants are then asked to wash their hands with soap and water in their usual way.

Facilitator will use the UV light to identify areas where the product is still visible. Each staff member is encouraged to note areas on their hands that are particularly hard to clean – e.g., rough skin, cuticles, around rings. They can be encouraged to focus on these in the future.

Then the [PHO Hand Hygiene videos](#) can be played to show the best practice for using ABHR and soap and water.

Participants’ names can go into a draw for a gift – perhaps a product to enhance hand care.

## Variations:

Other UV light activities:

- Place people in a line. The activity lead places product on his/her hands and then shakes hands with the next person, who shakes hands with the next person and so on. Then, the lead tells participants that they had just sneezed into their hand prior to shaking hands. Shine the UV light on the hands of all those who participated and see how far the “germ” travelled. You will be amazed.
- Place UV product on a pen which people use to sign in for an in-service. Shine your UV light and follow where hands have touched.

## 9. Kudos to You (medium prep)

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### Quick Description:

Photograph staff practicing IPAC activities.

### Required Materials:

Camera/phone, intranet site, poster board, creativity.

### Preparation:

For this activity, your camera or cellphone will become your most important resource. Keep it with you while working for a few days so you can capture the moments candidly, as they happen.

### Details:

This activity will leave you with a great collection of images showing infection prevention and control taking place in your organization.

Take your camera around with you for several days prior to your event. Capture images of people performing IPAC practices that show their effort to prevent and control the spread of infections. Make sure to get permission to take the photo. Create a poster collage of these images or post on organization's intranet site. Pictures taken this year could be re-used again next year with new ones added, or they could be used to create interest when presenting in-services.

### Variations:

- Challenge staff to take their camera to their units and create their own collage. (Surely you have some excellent photographers amongst your staff)
- Create a collage or photo contest; challenge units to compete. Consider giving a prize for the best photo.

Note: For privacy reasons, make sure to get permission to take the photo and ensure that patients are not in the photo.

## 10. Stick 'Em Up (Advanced prep)

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### Quick Description:

Poster contest

### Required Materials:

Bulletin board, an example of a poster, contest information, prize for winner.

### Preparation:

Prepare a poster which may inspire participants. Advertise this activity to departments and individuals in your organization. Set parameters for posters: size, timeline, where the posters will hang once finished. Consider how the posters will be judged, who will judge them and what the prize will be. Ask your organization's management team for appropriate prizes/sponsorship.

### Details:

This poster creating contest will decorate designated and approved walls of your organization and will help to create awareness of the ways various departments in your organization help to prevent and control infections.

Challenge staff members to design a poster relevant to their clinical area. Posters should promote IPAC concepts and principles like hand hygiene, cleaning and disinfecting surfaces or multi-use equipment, or routine practices. Posters can hang on a 'wall of fame' or near the corresponding clinical area.

### Variations:

- Another version of a poster contest is activity 27 - Inspiring Words
- Invite departments or individual units to collaborate on an IPAC themed poster.
- Ask staff to design a poster based on a particular area of IPAC practice
- Use the IPAC Canada's Infection Control Week theme. (See [www.ipac-canada.org](http://www.ipac-canada.org)).

See [Webber Training poster](#) examples for ideas and free posters.



## 11. Colour Me Happy (low prep)

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### Quick Description:

A colouring contest fit for the young, and young at heart! Raise awareness of IPAC practices while they're young.

### Required Materials:

Colouring template, photocopier

### Preparation:

Advertise the contest, choose the picture to be coloured, and distribute the picture to those who may have or know children who would participate in this challenge.

### Details:

This challenge extends beyond the walls of your organization, encouraging the families of staff members to get involved and increasing their awareness of infection prevention and control practices. This is a great way to share your IPAC celebration beyond your organization. "[Bug Out!](#)" is an excellent resource for children which has been developed by the Canadian Red Cross. Other examples of colouring book activities can be found in the Resources section at the end of this document<sup>13</sup>.

### Variations:

Acute care facilities could use this activity in their pediatric department. A child care centre attached to a health care facility could participate in this activity, too.



## 12. IPAC Fast Facts (medium prep)

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### Quick Description:

A short message about IPAC which reaches all staff at the same time.

### Required Materials:

A method of communication such as an all-staff email or a poster in a common area.

### Preparation:

Prior to the celebration, prepare five quick, clear and direct messages about Infection Prevention and Control practice. Topics you could address include cleaning up body fluid spills, safe injection practices, use of PPE, risk assessment and routine practices.

### Details:

In the fast-paced workplace of today, sometimes the most effective way to communicate key messages is quickly. Each morning of Infection Control Week, send one out to everyone in your organization via the communication method that works best for your organization. Ensure contact information for the IPAC department is included with each message in case people have questions or concerns to discuss with the IPAC experts.

### Variations:

- This concept can also be used to share information with staff about an emerging infectious disease or a current IPAC issue in your facility.
- Use a consistent colour of paper or ink so people will recognize the IPAC “brand”.
- Create a “Bug of the Day” or “Bug of the Week” or “Bug of the Month” series.
- If you have an organizational newsletter, insert an IPAC-related message or article.
- Send out an IPAC message on a regular basis organization-wide. For example, the first Wednesday of the month could be the IPAC designated day for communications.
- Similar to “Safety Talks”, have a IPAC-related message or short discussion at the beginning of a team meeting, clinical round or professional practice meeting.



## 13. IPAC BINGO (medium prep)

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### Quick Description:

Bingo using IPAC questions.

### Required Materials:

Photocopier, paper, writing implements for staff members, consider a prize for winner. This activity could also be done online.

### Preparation:

Advertise the event—or it could be a surprise in the cafeteria one day. Prepare the BINGO cards, make copies and set up the projector (if using). See the example in the [Appendix C](#), or create your own using online resources.

### Details:

Staff members will be challenged to answer all the IPAC questions on their bingo card. First full card wins!

### Variations:

- Instead of using numbers, replace the squares with IPAC words that will be said by a presenter or shown via projector
- Have a contest. Distribute cards and questions at a specific time and mark at a specific time
- Another challenge would be to record the time a person receives the card and record the time they hand it in. The person who takes the least time to complete the questions can be declared the winner.

## 14. Come One, Come All (advanced prep)

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### Quick Description:

An infection control workshop/presentation/Lunch and Learn.

### Required Materials:

Planning committee, a great location, local speakers, agenda.

### Preparation:

Organization is key; advance planning is a necessity for this activity. Speakers must be recruited, a location procured, and an interesting agenda planned. Refreshments are always a benefit and will keep attendees happy. E-mail, flyers, or other communications advertising the event should be sent out well in advance and a registration procedure should be set up as well.

### Details:

An infection control workshop is a great way to network with others and share expertise and information about infection prevention and control.

Any opportunity that can be offered at low or no cost is a great one. Planning this type of activity can be challenging for many reasons, but with good planning and use of available resources (think PHO!) it's not an impossible feat.

### Variations:

- Have a special in-service with a popular speaker.
- Ask different departments to present.
- Team up with another professional from a different organization. (It will make this activity less work and more effective).
- Brown bag lunch and learn - "Bring your lunch and join us!"

## 15. Caught Red (or Blue/White/Brown) Handed (advanced prep)

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### Quick Description:

Demonstration of proper glove removal.

### Required Materials:

One pair of gloves per participant, non-toxic, water-based paint, watch or clock with a second hand.

### Preparation:

Gather a group of people (attendees of an in-service or orientation session).

### Details:

This is a low-tech, fun approach to challenge your colleagues' hand hygiene skills.

1. Distribute a pair of gloves to everyone in your group.
2. Have group members put the gloves on and then place a "loonie- sized" amount of paint onto one of their gloved hands.
3. Have the group members close their eyes and rub their gloved hands with the paint, as if they were washing their hands or using alcohol based hand rub.
4. Time the group for 15 seconds and ask them to stop once 15 seconds have passed.
5. Ask the group to open their eyes and have them inspect their hands. Have they missed any spots?
6. Next, have them remove their gloves according to proper technique and see if anyone contaminates themselves. Perhaps someone will have paint on their hands as a result of 'pin holing'.
7. This is a great "teachable moment" to show that gloves don't provide 100% protection against germs, especially when you can't see them. It also helps to show how difficult it can be to remove soiled gloves without contaminating yourself. This is the reason why hand hygiene performance after removal of gloves is so important.

## Variations:

- Shaving cream or chocolate pudding work well, too.
- For those people who insist on “double-gloving”, have them apply cream or paint between the glove pairs and show them how they will contaminate their hands during removal of the top pair, etc.

## 16. Masked Germ Busters (advanced prep)

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### Quick Description:

Guessing game: “Who is wearing that mask?”

### Required Materials:

Camera, poster or bulletin board, or photocopier, ballots, surgical or procedure masks.  
Prize for winner of draw.

### Preparation:

Before your celebration starts, capture photos of your colleagues faces disguised by surgical or N95 masks, with their permission. Post and number the photos on a poster or bulletin board where people can see them and create ballots on which guesses can be submitted, or create an activity sheet that can be distributed to individuals.

### Details:

Challenge your colleagues to identify each other while disguised by a mask!

Ask a number of staff members to apply a surgical or procedure mask and have their picture taken. Once you have a number of pictures, post them up on a board or poster, numbering them clearly. Distribute ballots with numbers that correspond to pictures and have a box or envelop to collect completed ballots. Enter correct ballots into a draw for a prize or pick the correct entry (if there aren't many that are right).

### Variations:

To increase the level of difficulty of this challenge, zoom in around the person's face so you don't see much, if any of their hair. Combining a mask and eye protection may create a real challenge for people.

The challenge could be changed by asking people to look at how well a mask fits the person in the picture. In this case, ballots would need to be modified to reflect the changed goal of the activity—from identifying the person in the picture, to assessing mask fit.

Try different masks and perhaps photos of some that are not being worn correctly – with option to add comments on the ballot.

Consider adding scenarios with each image, and asking if the staff's face is adequately protected.

## 17. It's the most wonderful time of the year (advanced prep)

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### Quick Description:

Month-long focus on IPAC.

### Required Materials:

Human resources, materials to implement various activities (activity specific).

### Preparation:

Plan a variety of activities and initiatives that will span over the entire month of October. Get lots of people involved in the activities.

### Details:

October is a wonderful time to celebrate Infection Prevention and Control. Why not devote the whole month to IPAC activities and initiatives?

Plan an activity each week in October leading up to Infection Control Week. Encourage everyone to participate. Launch an infection control awareness campaign or a hand hygiene initiative. Focus your efforts on educating people about routine practices. Reach out to your Regional Support team for support and resources. Use the Infection Control Week proclamation from [IPAC Canada](#).

### Variations:

- “Celebrate” IPAC all year round! Choose a different IPAC theme each month. For example: December could be focused on protecting hands and hand care. January might focus on respiratory infections, February could focus on viruses.
- Choose a season-based theme.

**“The keys to success [in Infection Prevention and Control] are knowledgeable health care workers, an informed public, and an awareness that infection control is everyone’s business.”**

**(IPAC Canada Infection Control Week proclamation, 1989)**



## 18. Tour de PPE (advanced prep)

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### Quick Description:

Compete in a relay race or obstacle course, where competitors apply PPE.

### Required Materials:

- Multiple sets of PPE; gowns, gloves, mask, eye protection.
- Other objects as needed to set up obstacle course, prize for participants, winners.

### Preparation:

- Advertise the date and time of this event.
- Recruit interested people.
- Design a simple obstacle course involving application of PPE, then removal of PPE.

### Details:

This is a physical obstacle course/relay challenge, with a mental component since it involves the application and removal of PPE.

Group participants into teams who will compete against each other to apply PPE in the right order, complete some sort of task, and remove the PPE properly. Teams should have roughly an equal number of members and members who are waiting to start the relay should not begin until the member who is completing the relay has crossed the finish line and tagged them. The first team to have each member through the relay, with all PPE applied and removed correctly, wins a great prize!

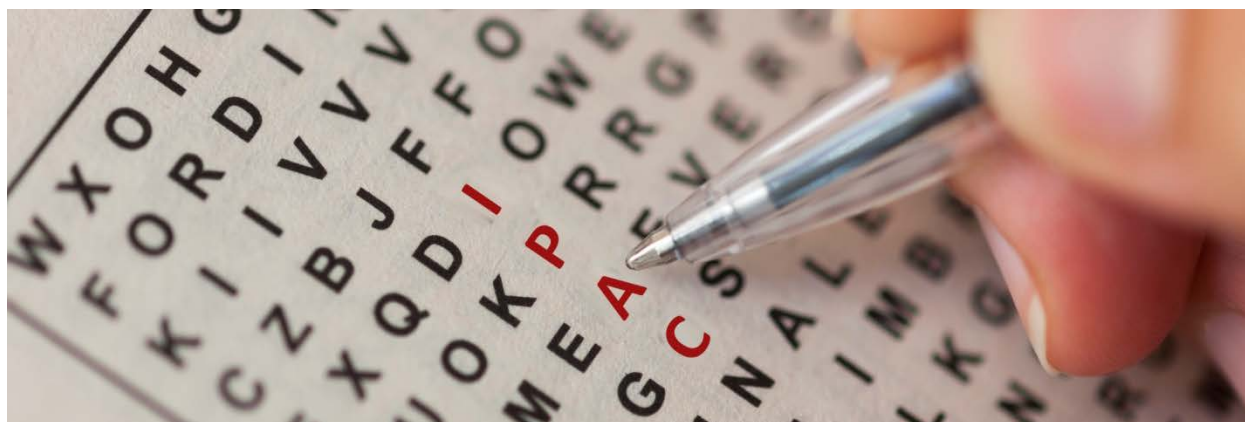
### Variations:

- Relay race involving donning PPE, carrying a full bedpan, emptying, cleaning and disinfecting and removing PPE.
- Relay race cleaning and disinfecting a series of multi-use equipment.



## 19. Relaxation Activation (advanced prep)

---



### Quick Description:

IPAC puzzles and brain teasers.

### Required Materials:

Photocopier, paper.

### Preparation:

Copy ready made puzzles or make your own (search “make your own puzzles” on the internet) and make them available in areas where staff members relax.

### Details:

Staff will enjoy word puzzles and brain teasers that can be placed on tables in the cafeteria or break room. Word puzzles and brain teasers are a unique approach to learning. Some people will enjoy this experience as much, if not more, than any in-service. Be sure to have the answers easily available!

### Variations:

Ask staff members to submit their completed puzzles. Check them for accuracy and enter the staff member’s name into a draw for a prize.

Gear content to a specific topic or a particular area in your organization. For example: Influenza, Cleaning/Disinfection/Sterilization, Environmental Cleaning, Dietary Staff quiz, etc.

See [Appendix B](#) for examples you may use.

## 20. Spot the Problem (advanced prep)

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### Quick Description:

A mock room fraught with numerous IPAC risks.

### Required Materials:

Furnished unoccupied patient room or other area that can be cordoned off to serve as the patient care area mock-up. Non-functional patient care equipment, mannequin or dummy, other objects and materials to create realistic mock-up. Prize for winner.

### Preparation:

Advance planning and administrative support of this activity is required. Make sure you can use an empty patient room temporarily. Obtain patient care equipment on a temporary basis – for this activity, see if you're able to use non-functional units. It works best if you can place a mannequin or dummy in the bed, but if one is not available, you can still run this event successfully.

### Details:

A realistic mock up of a patient's room with a number of infection control issues is a fun way to challenge staff members to apply principles of infection prevention and control.<sup>9</sup>

- In an empty patient room, place a mannequin in a bed, if available, or recruit a staff member to assist.
- Using a variety of patient care equipment and other props, set it up improperly and intentionally to create infection prevention and control risks/problems.
- Staff members will enter the room and should be instructed not to touch anything. In a certain time period (for example, one minute), they will be required to list the various problems they identify in the room.
- The person with the most correct IPAC infractions in the specified time period wins.

## Variations:

- If no empty patient rooms/spaces are available, this activity could be modified to a two dimensional format. A drawing of a patient room with numerous IPAC problems could be used instead.
- Have a staff member dress up as a patient or resident.
- Ask a staff member to be a patient on a stretcher. Ask another staff member to place a UV fluorescent indicator on their hands and touch the patient as per the normal morning routine of performing a bath. Darken the room and shine the UV light. Show staff where there hands have touched. This will reinforce the importance of hand hygiene when touching the patient/resident environment.
- Cover your hands with UV indicator and pretend you are a patient in a washroom; be sure to touch “high touch surfaces”. Take housekeeping staff with you into the darkened washroom and show them where hands have touched. They’ll be sure to pay special attention to those surfaces.

## 21. Extra! Extra! Read All About It! (low prep)

---



### Quick Description:

Independent learning packages for staff on other shifts and weekends.

### Required Materials:

Stapler, photocopier, paper.

### Preparation:

Gather learning materials, such as power point presentations that have been presented on day shifts, word puzzles and brain teasers and create packages for staff who aren't able to enjoy the IPAC activities happening in the day time. Consider offering an edible treat to people working the night shift (remember that food belongs in the break room).

### Details:

Independent learning packages will enable staff working night shifts to celebrate infection prevention and control too. It is important to extend Infection Prevention and Control celebrations to all staff members. There is no exception for those who work odd shifts, when day time activities don't happen.

### Variations:

- Arrange to play a DVD or CD for shifts; download onto the unit computer. See [Film Festival](#) activity.

## 22. Dress Up (advanced prep)

---



### Quick Description:

Dress up as a microorganism.

### Required Materials:

Dependent on what microorganism you are going to be. Materials may include fabric, felt, foam etc.

### Preparation:

Gather materials needed for costume. Allow sufficient time to create your costume as it may take longer than you anticipate.

### Details:

Celebrate infection prevention and control by showing your creativity to the world through dressing up as your favorite infectious bug. The best part of this activity is that the costume you wear can double as your Hallowe'en costume. Teaching people about a microorganism is great, but actually transforming into a microorganism is even better. Be as creative as possible and have fun with it!

### Variations:

- Have a microorganism “charade game”. Ask staff to demonstrate the shape of particular microorganisms.
- Make additional costumes. Ask an administrator to dress up, too.
- Make up t-shirts with short IPAC messages. (Also see “Walking IPAC Bulletin Board”)
- Don’t limit the activity to just yourself — think of a ‘Zombie Walk’! Organize a walk where staff and residents alike dress up as ‘bugs’. You are sure to raise eyes as well as awareness!

## 23. IPAC Scavenger Hunt (advanced prep)

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### Quick Description:

Scavenger Hunt for IPAC equipment, staff, etc.

### Required Materials:

IPAC Scavenger Hunt list (modified for your organization), prize for winning team/individuals.

### Preparation:

Copy the IPAC scavenger hunt list you have adapted to your setting.

### Details:

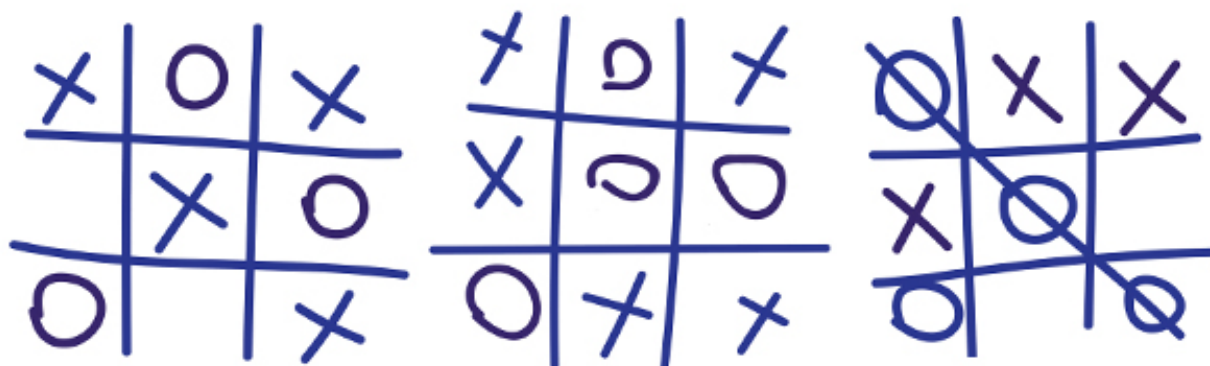
Staff members will be challenged to be resourceful and get to know members of the IPAC team at your organization. Sub-divide the group into smaller groups or if you are working with a small group, give a list to each individual. The group will have to answer the IPAC questions on their list in the work environment as quickly as they can. Ground rules should be established; no running, no raised voices. The first group or individual to correctly complete the scavenger hunt questions and submit them to the activity coordinator wins.

### Variations:

- Create a scavenger hunt for a particular department or unit
- 8. Create a scavenger hunt to find products that would be used to clean specific equipment between clients
- 9. Create a scavenger hunt to find specific resources/ policies and procedures (hard copy or online) to address specific IPAC issues
- 10. Create a numbers scavenger hunt and have staff count the number of ABHR wall units, number of ICPs, number of precaution signs posted, number of clean your hands posters etc.
- 11. Create a mock up room with IPAC lapses and have staff walk through and identify 10 things that are not in line with IPAC practices. See activity "Spot the problem".

## 24. IPAC Gameshow (advanced prep)

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### Quick Description:

Gameshow quiz.

### Required Materials:

Dependant on the type of game you decide to play.

### Preparation:

Download a template of a popular game show.

### Details:

Use as a fun addition to an in-service to reinforce content presented. Do an internet search for instruction to create games similar to your favorite game shows e.g. “How to create a Jeopardy© game”. Download the template template and follow the instructions for creating the game. Create IPAC themed questions and answers to ask your contestants.

### Variations:

- Create a “tic-tac-toe” type game or other type of popular game show such as Wheel of Fortune© or Family Feud©

Routine Practices	Infectious Processes	IPAC Acronyms	Protect Yourself	AROs
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500



## 25. Walking IPAC Billboard (medium prep)

---



### Quick Description:

T-shirts imprinted with IPAC messages.

### Required Materials:

T-shirts, fabric markers, paint, enthusiastic people.

### Preparation:

Obtain T-shirts, fabric markers or paint. Gather a group of people who are interested in creating funky IPAC message T-shirts.

### Details:

Sometimes wearing an IPAC message is more effective than merely saying an IPAC message.

Get a group of people involved with subliminal IPAC messaging by designing and creating IPAC T-shirts. 'Wash Your Hands', 'Cover Your Cough', 'Break the CHAIN of infection' and 'Only YOU! can stop the spread of infection!' are a few examples of effective messages. Encourage those involved to be creative and have fun with it.

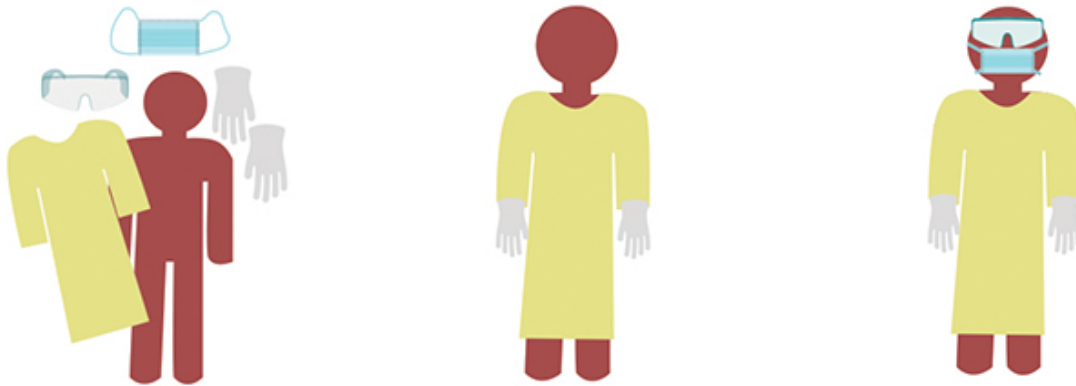
### Variations:

- Hats with IPAC messages
- Pencils or pens with IPAC messages
- Note pads with IPAC messages



## 26. PPE Pals (medium prep)

---



### Quick Description:

Dress up “cut-outs” to show proper PPE use.

### Required Materials:

Pieces of cardboard, approximately half of an 8.5”x11” piece of paper folded equally along the middle of the length in size, felt to cover the cardboard. Multi-coloured felt for felt bodies and bright yellow for isolation gowns, white for gloves, light blue for masks, and white for goggles, and eyes, if desired for felt figures.

### Preparation:

Using a [template](#), trace felt figures and create a gown, mask, gloves, and eye protection for each figure. Each figure will need a felt covered piece of cardboard as a backing.

### Details:

Felt cut out figures are a low tech, user-friendly approach to teaching routine practices. This learning tool will enable a group to apply the principles of risk assessment and PPE application in hypothetical situations. Participants work in 2 groups. During each round, the trainer/facilitator presents a task. Use pictures or text on computer or text on flip chart or cards. Participants discuss and decide how to dress their PPE pal accordingly (either dress up the doll or no PPE) for the task. Their choice of PPE is based on their risk assessment. To make it a competition, the first group who completes the most tasks correctly is the winner.

Show the group pictures of various situations in which they are required to perform an assessment of their risk of exposure to potentially infectious material and based on the risks identified in the picture and through discussion, members will dress their PPE pal accordingly.

### Variations:

- Paper doll cut outs
- Dress up a staff member
- Use dolls

## 27. Inspiring Words (advanced prep)



Used with permission of [IPAC Canada](http://www.ipac.ca)©

### Variations:

- Design a slogan for a particular department
- Choose a particular theme
- Refer to activity Stick 'Em Up for another poster contest

### Quick Description:

A contest for those who enjoy word play. Staff members submit their best ideas for an Infection Control Week slogan for your organization.

### Required Materials:

Signs to advertise the contest. Prize for winner.

### Preparation:

Advertise this contest and select a date by which submissions must be made for consideration.

### Details:

Staff will submit slogan ideas over a period of time. The best slogan will be selected by a panel and could be adopted for the year, used on newsletters, emails, and various organization-wide publications.

## 28. Film Festival (medium prep)

---



### Quick Description:

Show IPAC films/videos to staff.

### Required Materials:

Videos, DVDs, TV, VCR or DVD player, computer with internet access and popcorn.

### Preparation:

Create a list of movies/videos that are related to infection prevention and control. Examples include: Contagion, Outbreak, Plague City: SARS in Toronto, And the Band Played On, 24: Season 3 (This season ...Terror is Contagious).

### Details:

This may not be the red carpet experience of the Toronto International Film Festival, but it can be a fun and educational activity.

Create a list of videos (top 3, 5, or 10) that are related to infection prevention and control. For the date and time of the showing, you may require a TV and VCR or DVD player. Advertise this event as an opportunity for staff members to learn while enjoying time off their feet and a treat.

### Variations:

- Create a very short skit about IPAC with less than 4 people. Move from unit to unit and present the skit. You could do all the units in your facility in one day.
- Create an Infection Control themed video featuring you and your colleagues performing a song, dance or flash mob. Examples: Wash your Hands – it just makes sense created by University Health Network in Toronto, Harlem Shake video created by IPAC Simcoe Muskoka for 2014 3M Chapter Achievement Award, Hand Hygiene Flash Mob created by St. Joseph's Hospital in BC.
- Create your own on-line film festival by posting the IPAC videos on your website for staff to view and/or vote for their favorite. See APIC 2017 Film Festival featured videos.

## 29. IPAC Cash Cart (advanced prep)

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### Quick Description:

Informal, unscheduled and mobile education sessions.

### Required Materials:

Scenario based questions, paper, isolation cart or similar cart, prizes, materials to decorate the cart e.g., coloured paper cutouts of hands.

### Preparation:

Choose a topic/theme for education (e.g., routine practices and additional precautions). Decide on a start date. Prepare 20-30 scenario based questions, print and cut into strips of individual questions. Collect various prizes, advertise the IPAC Cash Cart with posters, ask Managers for preferred times for visits. Load your cart with prizes and questions.

### Details:

Show up on the unit with the cart at the suggested day/time (don't pick a time when participants might be busy with morning care, while preparing medicine or doing rounds etc.). Be available in the hallways and nursing stations, explain the activity to staff and ask if they are willing to participate. You pick the question(s) and read aloud. Give them the opportunity to answer. If time is an issue, they can answer one question and win a small prize. The more questions they answer the more prizes they can win. Staff can take part individually or as a group.

### Variations:

- Colour code the questions for different staff categories.
- Cart can be equipped with an audio device which beeps when they give a wrong answer; be creative.

## 30. Hit the Deck (advanced prep)

---



### Quick Description:

Use a deck of cards to show you are ready to answer an IPAC question and to score your answer.

### Required Materials:

Large piece of paper per group, deck of cards per group of 4-6 people, one table per group, prize for winners.

### Preparation:

Develop questions based on an IPAC presentation.

### Details:

This high energy activity is a great follow-up to a presentation.

Divide the large group into groups of 4-6 members and have all group members stand around a table. Place a deck of cards in the middle of the table and give each group a piece of paper that will be the score sheet. Each group will pick one person to be the 'designated hitter'. Explain the rules of this activity as follows:

Teams will compete to correctly answer questions about the content of the presentation.

The question will be read aloud and groups should discuss what they think the answer is as quickly as possible.

When a group has an answer, the 'hitter' should reach into the middle of the table and 'hit' the deck of cards; this group will have the opportunity to answer aloud.

If the answer is right, the hitter turns the card on the top of the deck over and the value of the card is written on the score sheet.



If a group gives an incorrect or incomplete answer, the 2nd quickest group to 'hit the deck' gets an opportunity to answer the question. If they answer correctly, they turn over the top card and that value is their score.

Scores are tallied after 10-12 rounds of questions and answers are given. The group with the highest score wins!

### Variations:

- Instead of using a deck of cards: have each group sit down. When the group has the answer, they all stand up together. Each correct answer is worth 5 points
- Use dice

## 31. Q & A (advanced prep)

---



### Quick Description:

Matching game.

### Required Materials:

Paper, markers, scissors, envelopes, prize for winner.

### Preparation:

Fold regular pieces of paper into quarters. On the top left quarter, write a question based on the presentation. In the top right corner, write the answer to the question. Do the same in the bottom quarters, and continue this until you have 10 or more sets of questions and answers per group of participants. Cut the questions and answers apart and place each set of 10 or more into envelopes, one for each group.

### Details:

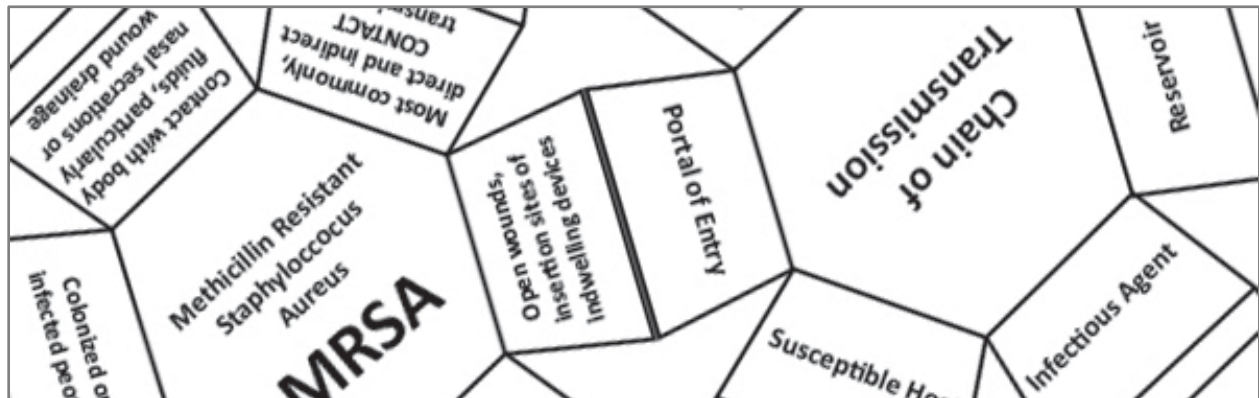
Used following a presentation, this activity will review content and concepts with participants. If you are working with a larger group, sub-divide members into groups of 4 to 6 members. Give each group one of the envelopes and tell them that they will have 2 minutes once you've finished speaking, to open their envelopes and work together to match each question to an answer. They are to place the pair together off to the side. After 2 minutes, ask the groups to stop. Moving from group to group, ask participants to read out the question and reveal the answer they matched it up with. Each correct pairing of question and answer is worth 1 point. The group with the highest number of points at the end wins!

### Variations:

- Remember the paper folding game where you counted out words and then folded the paper out to get the answer? Create one with IPAC questions and then visit units or stop people in the hall with your IPAC quick message.
- Search online for "How to make paper fortune tellers"

## 32. Shape Up! (medium prep)

---



### Quick Description:

Use three-dimensional paper forms to stimulate IPAC-related discussion with colleagues.

### Required Materials:

Computer, printer, paper, glue or tape.

### Preparation:

Use the templates included in [Appendix B](#) to customize the text on the shape. Print out the template, cut along the outer edges and fold, gluing tabs together where necessary.

### Details:

The hexagon can be used as a speaking tool. Place the main theme on the top, then the key points around the outer edges. You can address another IPAC topic on the other side of the hexagon as well. In the example, the main theme was the 'Chain of Transmission' and the opposite side laid out specifics of MRSA.



## 33. Tell the World! (advanced prep)

---



### Quick Description:

Use social media to tell the world about your infection prevention and control activities and celebrations.

### Required Materials:

A computer with internet access, a Facebook and/or Twitter account (see links below for set-up help).

### Preparation:

Establish your social networking account and develop some key messaging that you'll use to promote your event.

Develop a campaign with messages and imagery that will help promote your infection prevention and control activities. Choose the audience you wish to target with your messaging e.g. staff or the community. Create a schedule for when you would share your messaging.

### Details:

Facebook and Twitter are two popular social networking websites that will make it easy for you to advertise and promote your infection prevention and control activities to everyone. Visit the links below for information on how to get started.

#### Facebook:

[facebook.com/business/build](https://facebook.com/business/build)

[wikihow.com/Create-a-New-Facebook-Group](https://www.wikihow.com/Create-a-New-Facebook-Group)

**Twitter:**

[michaelhyatt.com/the-beginners-guide-to-twitter.html](http://michaelhyatt.com/the-beginners-guide-to-twitter.html)

**For Social Media Best Practices and Toolkits, visit:**

[cdc.gov/SocialMedia/Tools/guidelines/](http://cdc.gov/SocialMedia/Tools/guidelines/)

**For Twitter Best Practices, visit:**

[cdc.gov/socialmedia/tools/guidelines/pdf/twitterguidelines.pdf](http://cdc.gov/socialmedia/tools/guidelines/pdf/twitterguidelines.pdf)

[Image ideas: gettyimages.ca/license/638997538](http://Image ideas: gettyimages.ca/license/638997538)

# Appendix A: Scenarios for “Haute Couture”

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## General Fashion Show with didactic announcer

Song Suggestion – “U Can’t Touch This” by MC Hammer.

### **Intro script suggestion**

At [location] we have [number] infection control practitioners. Our infection control practitioners provide infection prevention and control expertise to our own staff and to external stakeholders such as [enter info].

One part of that expertise is promoting proper infection and control practices for certain infectious diseases and during outbreaks. Have you ever wondered why health care workers wear those awesome yellow gowns and funky eyewear? Certain diseases require certain types of personal protective equipment in health care settings based on how that microorganism travels or spreads to make sure the health care worker doesn’t carry those germs from [client/patient/resident A] to [client/patient/resident B]. (Contact precautions)

### **Contact precautions script**

Our first model is [name] from [place] who is wearing contact precautions, the best protection for cases with pesky gastroenteritis symptoms of nausea, vomiting and diarrhea.

Optional script: This outbreak season we have had [number] gastroenteritis outbreaks in [location] due to Norovirus.

[Name]’s gown protects [his/her] clothes and [his/her] awesome vinyl/other gloves protect his/her hands from picking up and transferring any infectious and hardy Noro germs.

The most important part of all is for [name] to clean his/her hands after removing his/her PPE.

While [he’s/she’s] rocking the PPE today, [name] learned the hard way that it’s important to wear PPE and clean your hands often, or you may be hugging the toilet bowl all night from a case of Norovirus.

That’s one tough lesson, [name]!

### **Droplet precautions script**

During respiratory outbreaks like influenza, symptomatic cases are placed on droplet precautions. Why? Because respiratory viruses or bacteria are spread through droplets that are sneezed, coughed or spit out.

One of our Infection Control Practitioners, [name] is showcasing the latest in Droplet Precautions. Look at [name] being stylish and safe with eye protection and a mask. An influenza case might be able to

project their cough up to 2 metres, but [name]’s vulnerable mucous membranes stay nice and dry behind eye protection and a mask, untouched by infectious spray from their [client/patient/resident].

Sometimes we need to add contact precautions to make sure we don’t pick up those respiratory viruses from surfaces. You go [name]! You’re fully protected!

### **Airborne precautions**

There are only a handful of illnesses that require airborne precautions and tuberculosis is one of them. It might look minimal, but [name] from [location] is efficiently protecting [himself/herself] with a respirator – designed to fit tightly and filter out those tiny particles that float in the air. N95 respirators are the latest thing when dealing with a known or suspected disease transmitted by the airborne route. Turn on that ventilation, close that door, and look sharp in your fit-tested, sealchecked N95! Three other airborne illnesses are measles, chicken pox and disseminated herpes zoster (shingles over several areas of the body).

Our model [name] does not need an N95 respirator because he/she is immune to both measles and chicken pox. [He/she] is a responsible health care provider—aware of [his/her] immune status and keeping immunizations up-to-date to protect [him/herself] as well as those cared for!

### **Wrap-up**

And there you have it! Our spring line up of protective equipment! Keeping those germs away is sure to put a spring in our step! And remember... if you have infection prevention and control questions, call [names of IPAC team members].

PPE Fashion Show Script for Infection Prevention and Control Spring Event (Courtesy of Peel Public Health 2013)

## **Interactive Fashion Show, based on CHICA Designate’s Day 2011: What Not To Wear in Healthcare - Additional Precautions & PPE Choices**

This half hour session introduces Additional Precautions, revisits the concept of personal risk assessment of exposure to contaminated materials, and the impact of these two concepts on choices and use of protective attire.

Moderator: .....

PPE Models:

- A: gloves (one nitrile and the other vinyl, two distinct colours)
- B: mask/eyeshield
- C: gown/gloves
- D: gown/gloves, mask/shield

**Session begins with a few slides with the moderator introducing the directions for PPE that come along with Additional Precautions (signage) and then reviewing some of the questions that one asks oneself when assessing how best to protect yourself against exposure.**

**Moderator:** Now let's have a look at some of our choices in Personal Protective Equipment and consider when we might choose to use them.

**(fashion show music begins)**

**Moderator:** First up is **A** (begins runway show), modelling choices in hand wear designed to protect today's active healthcare professional. This season's range of options protect against a range of risks during a variety of activities, from short procedures performed under dry conditions (vinyl glove) to those which may take longer and may require protection from wet conditions (nitrile glove).

Next, here is **B**, sporting spring facial protection as a one-piece! This innovation makes it easy for busy professionals to ensure that when they reach out for attire to protect their mucous membranes, they protect their eyes as well as their nose and mouth with one action. Also available in 2-piece and reusable options (**B** holds up mask and goggles in hand) these pieces reflect our awareness that splashes and sprays can pose a risk to our eyes, whenever they may be open!

Now joining us is **C**, completely protecting her outfit and hands from any inadvertent contamination with these complimentary separates. Beauty and function is evident in **C**'s yellow gown which protects her outfit from coming into contact with substances which may pose a risk to her or the next person she provides care to. Should **C** anticipate the need to work in a very wet environment, her blue gown (**C** holds up blue gown) is an option that provides increased protection against fluid penetration

And our final model on the runway today is **D**, all decked out in full attire! From face to hands to uniform, **D** has protection going on all over!

Please welcome our . . . . (*organization or unit name*) models! (*applause*)

**Moderator:** All right then, let's consider what PPE you would choose for some example activities.

**(Moderator/delegate): Instruct audience on how to document their responses, either on paper sheets or using audience participation/voting programs on cellphones.**

*(Note: Moderator and the models will react to the audiences answers by discussing why you might or might not make a certain choice of PPE in each of the scenarios. The audience responses will be meant only to indicate what the main choices were, not that one answer is necessarily right or wrong. Assessing the risk of germ, activity, circumstance and experience is the desired outcome of the scenario activity.)*

**(Moderator will read the following scenarios, post the slide with the choices, ask the audience to enter their choice by way of the clicker, run the response collation and then post the collated responses.)**

No.	PPE Choice Scenarios	Question	Notes
1.	<ul style="list-style-type: none"> <li>You are a home visiting nurse. You arrive at the home of a client who needs an IV restarted for antibiotic administration. Your observations lead you to believe that he is somewhat anxious.</li> <li>This is your first meeting with this client.</li> <li>You have completed the independent study on performing venipuncture and have attempted 5 IV starts, of which you have successfully initiated 3 IVs</li> </ul>	<p>What protective attire would you choose to wear to start the client's IV?</p>	<ul style="list-style-type: none"> <li>A (gloves)</li> <li>B (mask &amp; eye protection)</li> <li>C (gown &amp; gloves)</li> <li>D (gown, gloves, mask, eye protection)</li> <li>A, gloves only</li> <li>B, mask &amp; eye protection</li> <li>C, gown &amp; gloves</li> <li>A &amp; B, gloves, mask, eye protection</li> <li>No PPE</li> </ul>
2.	<ul style="list-style-type: none"> <li>You work in the Emergency Department of a community hospital and are going to admit a patient who's chart notes "Shortness of Breath". At the doorway of the patient you are going to interview, you notice an isolation cart. The door is closed and Droplet and Contact Isolation signs are posted on the door. There is no notation of the patient having been placed on isolation precautions on the chart.</li> </ul>	<p>What protective attire would you choose to wear to enter and interview the patient?</p>	<ul style="list-style-type: none"> <li>A (gloves)</li> <li>B (mask &amp; eye protection)</li> <li>C (gown &amp; gloves)</li> <li>D (gown, gloves, mask, eye protection)</li> <li>A, gloves only</li> <li>B, mask &amp; eye protection</li> <li>C, gown &amp; gloves</li> <li>A &amp; B, gloves, mask, eye protection</li> <li>No PPE</li> </ul>
3.	<ul style="list-style-type: none"> <li>You are working at a walk-in clinic. You accompany a woman to the exam room who is complaining of an itchy rash. You are aware that her husband is accompanying her and he also wants to see the doctor for complaint of an itchy rash.</li> </ul>	<p>What protective attire should you wear to accompany the woman to the exam room?</p>	<ul style="list-style-type: none"> <li>A (gloves)</li> <li>B (mask &amp; eye protection)</li> <li>C (gown &amp; gloves)</li> <li>D (gown, gloves, mask, eye protection)</li> <li>A, gloves only</li> <li>B, mask &amp; eye protection</li> <li>C, gown &amp; gloves</li> <li>A &amp; B, gloves, mask, eye protection</li> <li>No PPE</li> </ul>

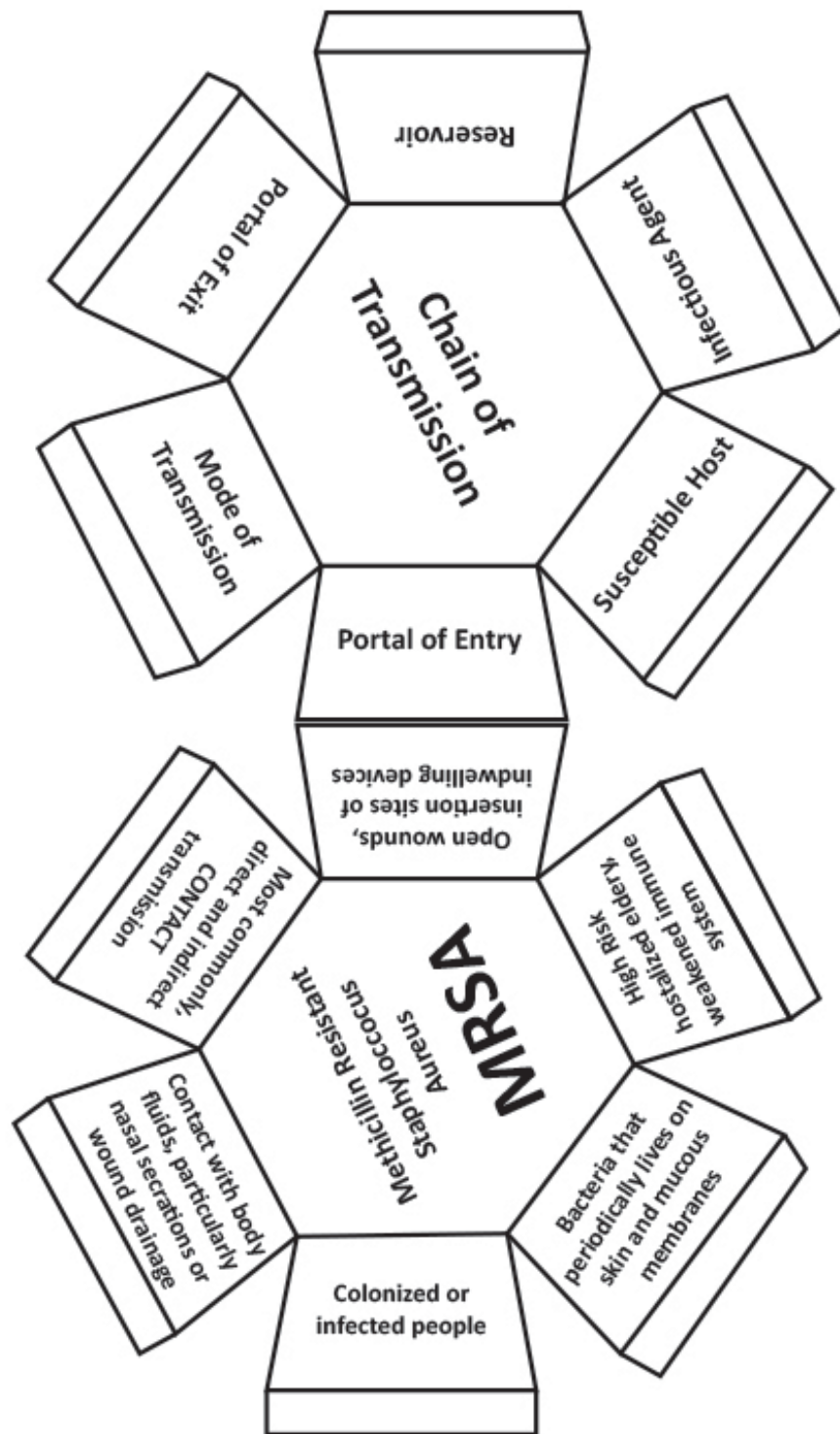
No.	PPE Choice Scenarios	Question	Notes
4.	You are still working at the walk-in clinic. The woman with the rash has been examined and has left with a prescription. You do not know what her diagnosis was, but you have to change the room over for the next patient.	What protective attire will you wear to clean the room?	<ul style="list-style-type: none"> <li>• A (gloves)</li> <li>• B (mask &amp; eye protection)</li> <li>• C (gown &amp; gloves)</li> <li>• D (gown, gloves, mask, eye protection)</li> <li>• A, gloves only</li> <li>• B, mask &amp; eye protection</li> <li>• C, gown &amp; gloves</li> <li>• A &amp; B, gloves, mask, eye protection</li> <li>• No PPE</li> </ul>

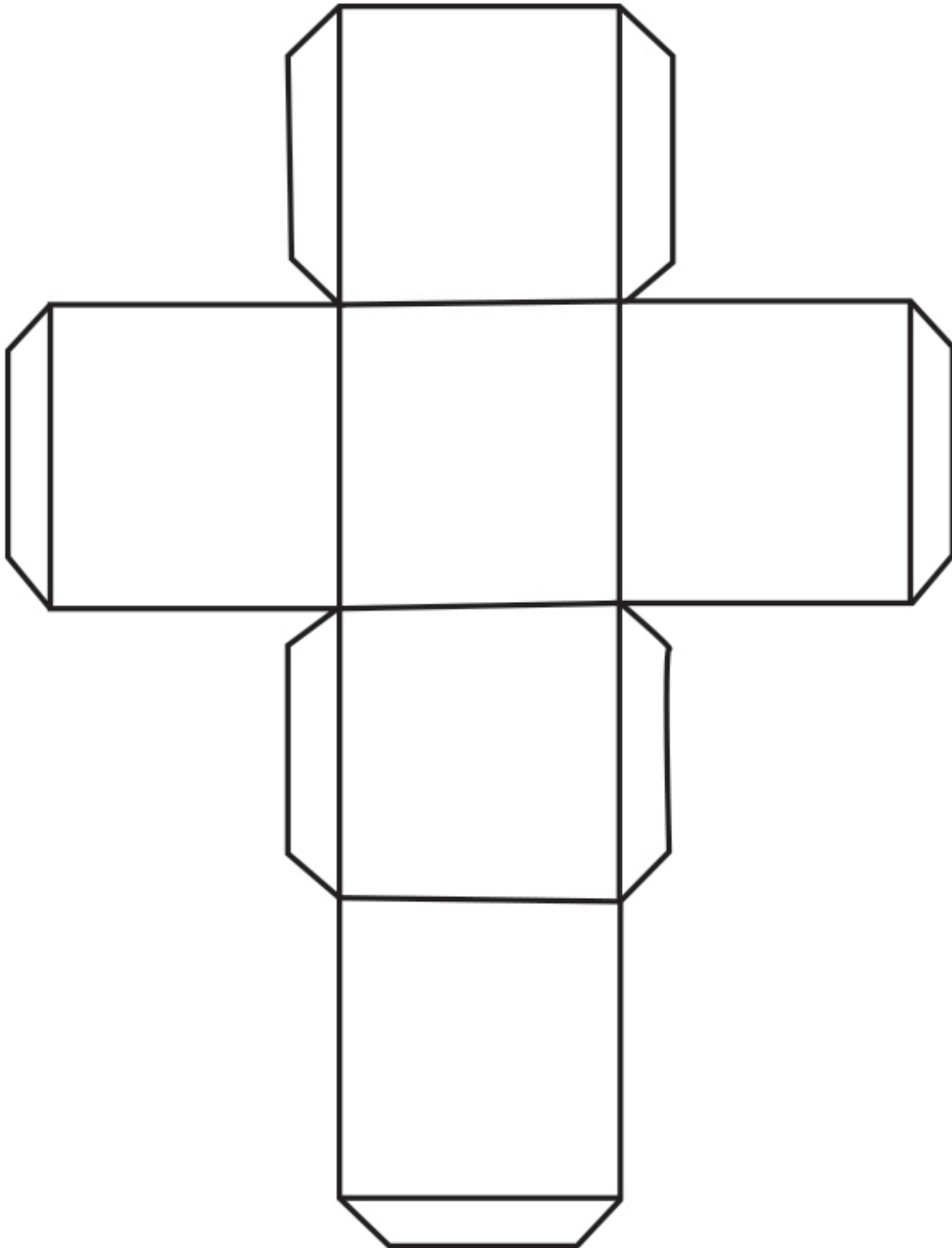
**Moderator:** Thank the models for their assistance. If there is any more time, Moderator will have the participants consider whether they have the types of PPE that they need in their setting available, what else should be added to their inventory, and any ideas they have on how to ensure that it is available to them where and when they require it.



# Appendix B: Shape up Activity

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# Appendix C: Infection Control Bingo

Complete in activity in each square to achieve Infection Control Bingo.

Chain of Infection	Hand Hygiene	Routine Practices
Name all of the links in the chain of transmission	Name three products that you can use to perform hand hygiene.	Routine practices are to be used for all patients /clients all the time.  True or False?
List three ways to break the chain of infection:	When should you use alcohol based hand rubs?  1. Only when hands are visibly soiled  2. Any time  3. When hands are not visibly soiled	What does PPE stand for?
Influenza can be spread by droplet and contact transmission.  True or False?	Demonstrate proper hand hygiene to a colleague.  Have them sign here:	Put the following steps to remove PPE in the correct order:  __ Remove eye protection __ Remove mask __ Remove gown __ Clean hands __ Remove gloves __ Clean hands again

### Infection Control Bingo (Answer Key)

Complete in activity in each square to achieve Infection Control Bingo

Chain of Infection	Hand Hygiene	Routine Practices
<p>Name all of the links in the chain of transmission</p> <ol style="list-style-type: none"> <li>1. Infectious agent</li> <li>2. Reservoir</li> <li>3. Portal of exit</li> <li>4. Transmission</li> <li>5. Route of entry</li> <li>6. Susceptible host</li> </ol>	<p>Name three products that you can use to perform hand hygiene.</p> <ol style="list-style-type: none"> <li>1. Regular soap and water</li> <li>2. Alcohol based hand rubs</li> <li>3. Antibacterial soap and water</li> </ol>	<p>Routine practices are to be used for all patients /clients all the time.</p> <p>True or False?</p>
<p>List three ways to break the chain of infection:</p> <ol style="list-style-type: none"> <li>1. Immunization</li> <li>2. Hand hygiene</li> <li>3. Use of personal protective equipment (there are many more possible answers)</li> </ol>	<p>When should you use alcohol based hand rubs?</p> <ol style="list-style-type: none"> <li>1. Only when hands are visibly soiled</li> <li>2. Any time</li> <li>3. When hands are not visibly soiled</li> </ol>	<p>What does PPE stand for?</p> <p>Personal protective equipment</p>
<p>Influenza can be spread by droplet and contact transmission.</p> <p>True or False?</p>	<p>Demonstrate proper hand hygiene to a colleague.</p> <p>Have them sign here:</p>	<p>Put the following steps to remove PPE in the correct order:</p> <p>_4_ Remove eye protection</p> <p>_5_ Remove mask</p> <p>_2_ Remove gown</p> <p>_3_ Clean hands</p> <p>_1_ Remove gloves</p> <p>_6_ Clean hands again</p>

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## Resources:

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**Public Health Ontario**

480 University Avenue, Suite 300  
Toronto, Ontario  
M5G 1V2

647.260.7100

[communications@oahpp.ca](mailto:communications@oahpp.ca)

[www.publichealthontario.ca](http://www.publichealthontario.ca)



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