

IC2: Routine Practices and Additional Precautions

1.0 PURPOSE

The following document describes routine practices and additional precautions (RPAP) implemented in Fraser Health to minimize or prevent healthcare-associated infections in all individuals in the health care setting, including residents, staff, visitors and contractors.

2.0 DEFINITION

Prevention encompasses activities that aim to halt the spread of pathogens and the infections they cause. The primary prevention practices are hand hygiene, routine practices and additional precautions.

3.1 GUIDELINES

3.2 Hand Hygiene

- Hand hygiene is the most important practice for reducing transmission of pathogens that cause infections in the long-term care communities. Washing hands thoroughly reduces the risk of infection. See Hand Hygiene Decision Support Tool and [Fraser Health Corporate Policy on hand hygiene](#).

3.3 Routine Practices

- Routine practices are based on the following assumptions:
 - All residents are potentially infectious, even when asymptomatic
 - The same safe standards of practice should be used routinely with all residents
 - The purpose is to prevent exposure to blood and body fluids, secretions, excretions, mucous membranes, non-intact skin and soiled items

Routine practices apply when interacting with all residents in any healthcare setting. Use routine practices for every resident, every time, regardless of their location, diagnosis, infection or colonization status.

3.4 Additional Precautions

- Additional precautions are used in addition to routine practices for residents known or suspected to be colonized or infected with particular organisms. Additional precautions interrupt transmission through the known mode of transmission for that specific organism. Additional precautions use environmental controls and barriers when interacting with the resident (e.g., signage, bed allocation, single occupancy rooms, Personal protective equipment (PPE))

Types of additional precautions

- Contact Precautions
- Contact Precautions Plus
- Droplet Precautions
- Enhanced Barrier Precautions
- Airborne Precautions

See IC6, Additional Precautions, for individual standards.