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# Enhanced Standard Precautions



# Enhanced Standard Precautions (ESP) is a Shift from Germ-Centered Care to Resident-Centered Care

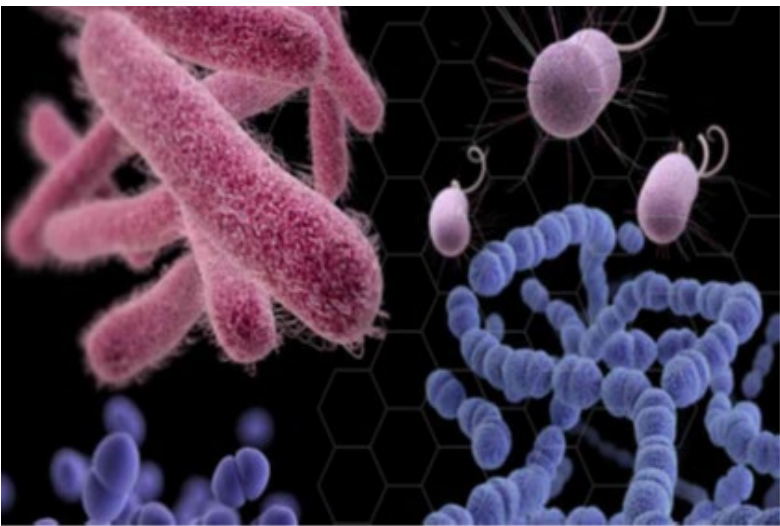
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Over the years while trying to limit the spread of germs, the focus has been on the organism and not on the people who are impacted the most. Enhanced Standard Precautions or ESP moves us from germ-centered care to *resident*-centered care. Residents are able to participate in group activities, visitors can visit without use of personal protective equipment or PPE under certain circumstances, and the use of gowns and gloves are reserved for high-contact resident care activities.

- == The objectives of this presentation are to:
  - Describe how to use Enhanced Standard Precautions (ESP)
  - Review when to use ESP
  - Assess staff understanding of ESP

# Enhanced Standard Precautions (ESP) is a Shift from Germ- Centered Care...

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...to Resident-  
Centered Care.



# Enhanced Standard Precautions (ESP)

What are Enhanced Standard Precautions?

- Enhanced Standard Precautions or ESP involve a resident-centered approach that looks at residents' *risks* to prevent the spread of germs.
- ESP guides the care giver to use gloves and gowns for specific care activities where there is a higher risk for contaminating hands and clothes.
- ESP allows residents with adequate hygiene and containment of body fluids to leave their room and participate in therapy or group activities.



# Enhanced Standard Precautions (ESP)

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- **A resident-centered, risk factor-based approach** to prevent spread of germs
- **Involves use of gloves and gowns for high-contact care activities**
- Allows residents with adequate hygiene and containment of body fluids to leave their room and participate in group activities

# ESP Improves Outcomes

Our facility implements ESP to limit the spread of germs and improve quality outcomes within our facility.

The use of ESP:

- Increases resident interaction with others
- Improves resident mental well-being by decreasing feelings of isolation
- Improves resident and family satisfaction
- Lessens the frequency of putting on and taking off PPE, which will reduce PPE fatigue
- And, with successful implementation by all of us, ESP reduces the risk of germs spreading throughout our facility.

# ESP Improves Outcomes



- Increases resident interaction with others
- Improves resident mental well-being
- Improves resident and family satisfaction
- Reduces healthcare personnel PPE fatigue
- Reduces the risk of spreading germs in the facility

## Who Needs ESP?

- Residents who have indwelling medical devices like urinary catheters or feeding tubes or have chronic unhealed wounds like pressure ulcers or diabetic foot ulcers need ESP. In general, wounds that can be covered by a bandage would *not* require ESP.
- Nursing should re-assess these risk factors periodically. These risk factors can be identified on admission to our facility, or when a resident's health condition changes.

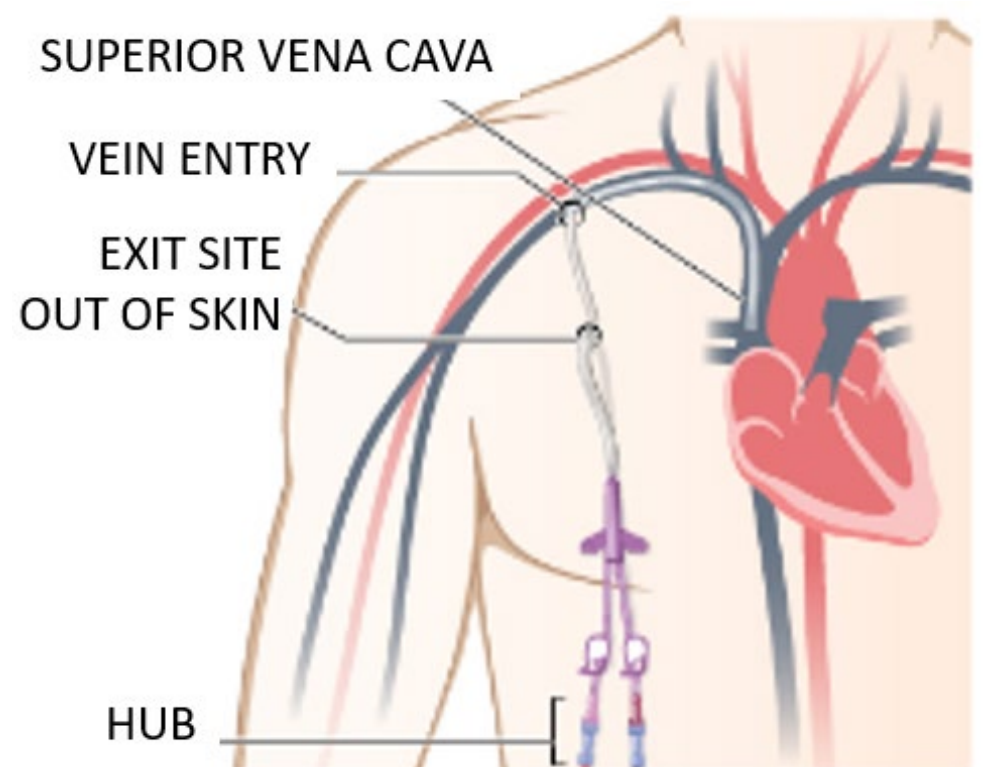
For example, a resident who is admitted to the facility without wounds and requires minimal assistance with daily routines, would not require ESP.

However, if the same resident later suffers a stroke and requires the use of a ventilator and a feeding tube, the resident will then meet the criteria for use of Enhanced Standard Precautions.



# Who Needs ESP?

- Residents who have:
  - Indwelling medical devices
  - Wounds or presence of pressure ulcers (unhealed)
- Nursing re-assesses risk factors periodically



# There are 6 Moments of ESP

- In these moments we perform hand hygiene and use gowns and gloves
- Both hand hygiene and putting on PPE should be done *within* the room before engaging in any of the 6 moments, and then
- PPE should be removed and hand hygiene performed *inside* the room again when the activity is complete before moving to the next resident.
- In addition to changing PPE when moving *between* residents, healthcare personnel may need to change gloves and perform hand hygiene when moving from a dirty to a clean task for an *individual* resident. For example, after performing wound care, you may need to remove your gloves, perform hand hygiene, and put on a clean pair of gloves before preparing the *same* resident to leave their room.

# There are 6 Moments of ESP



- Use hand hygiene, gowns, and gloves during each of the 6 moments
- Perform hand hygiene and don PPE within room *before* engaging in activity
- Remove PPE and perform hand hygiene *inside* room when activity is complete

# The 6 Moments of ESP

The 6 moments of ESP are

- Morning and evening care
- Toileting and changing incontinence briefs
- Care for devices and giving medical treatments
- Wound care
- Mobility assistance and preparing to leave the room, and
- Cleaning and disinfecting the environment

Each of these moments will involve either nursing, environmental services staff or housekeeping staff, or other frontline workers.



# The 6 Moments of ESP



# Moment 1: Morning and Evening Care

Moment 1 is morning and evening care.

- Morning and evening care activities include dressing, grooming, bathing, oral care, and changing bed linens. These moments require performing hand hygiene, and using gowns and gloves.
- Whenever possible bundle more than one care activity.

# Moment 1: Morning and Evening Care

- Use hand hygiene, gowns, and gloves during morning and evening care
  - Dressing
  - Grooming
  - Bathing
  - Oral care, brushing teeth
  - Changing bed linens



# Moment 1: Knowledge Check

Let's pause for a knowledge check.

Why do you think providing morning and evening care is considered a high-contact activity?

- A. I am coming in contact with the resident or the environment
- B. My clothing can be a source for spreading germs
- C. I can contaminate other surfaces, or
- D. All of the above

**Instructor notes:** *Pause for 10-15 seconds to allow time for response.*

**The correct answer is D. All of the above**

If your audience does not respond or responds incorrectly to the question, you can review how coming into contact with the resident or environment can create an opportunity for germs to spread. For example you might say: Germs could be on the resident's clothing, on the bed, on the bedside table, and now you're coming in to contact with the resident and their environment while trying to provide care. You might pick up the resident's germs on your hands and your clothing, and you have the potential to take those germs from resident to resident or even to your nursing station.



# Moment 1: Knowledge Check



Why do you think providing morning and evening care is considered a high-contact activity?

- A. I am coming in contact with the resident or the environment
- B. My clothing can be a source for spreading germs
- C. I can contaminate other surfaces
- D. All of the above

# Moment 1: Additional Bathing Practices

These are additional bathing practices to keep in mind.

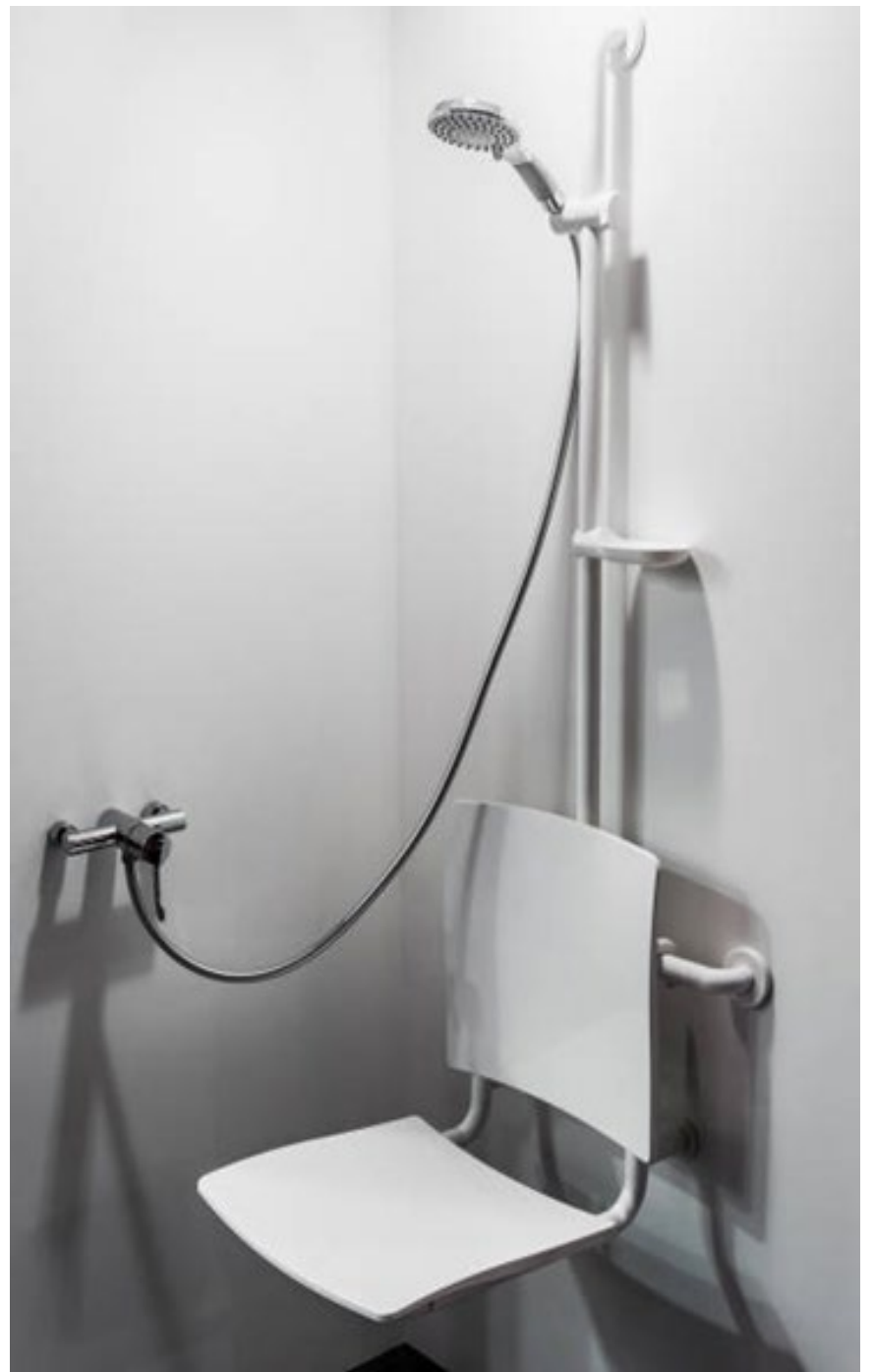
- Gather all the supplies you need including PPE *before* bathing the resident in the shower room
- Ensure all your bathing equipment is clean and disinfected between each use. For example, you need to ensure the shower chair or shower bed is clean before using it for another resident, and lastly
- Do not wear gowns and gloves in the hallway

# Moment 1:

## Additional Bathing Practices

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- Gather all supplies needed including PPE before bathing the resident in the shower room
- Ensure all bathing equipment is clean and disinfected between each use
- DO NOT wear gowns and gloves in the hallway



# Moment 2:

## Toileting and Changing Incontinence Briefs, Perineal Care

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Moment 2 requires the use of PPE after performing hand hygiene when assisting residents during toileting, changing incontinence briefs, or during perineal care.

When moving from dirty to clean areas, remove your gloves, perform hand hygiene, and don a clean pair of gloves between tasks.

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# Moment 2: Toileting and Changing Incontinence Briefs, Perineal Care



- Use hand hygiene, gowns, and gloves
- When moving from dirty to clean areas, remove gloves, perform hand hygiene, and don clean gloves between tasks

## Moment 2: Knowledge Check

Time for a knowledge check. You just changed a resident's briefs. What should you do before getting them dressed in their clean clothes?

Should you:

- A. Remove gloves
- B. Perform hand hygiene
- C. Put on a clean pair of gloves
- D. All of the above, or
- E. None of the above

**Instructor notes:** *Pause for 10-15 seconds to allow time for response.*

**The correct answer is D. All of the above**

You should do all of the following – remove gloves, perform hand hygiene, and put on a clean pair of gloves. You may not necessarily need to change into a new gown before dressing the resident unless your gown is soiled.

If your staff do not respond or respond incorrectly, remind staff that dirty gloves must be removed, and we perform hand hygiene before touching any clean supplies because we may have gotten germs on our hands, and there is potential to spread those germs to others.

# Moment 2: Knowledge Check



You just changed a resident's briefs. What should you do before getting them dressed in their clean clothes?

- A. Remove gloves
- B. Perform hand hygiene
- C. Put on a clean pair of gloves
- == D. All of the above
- E. None of the above

# Moment 3: Caring for Devices & Giving Medical Treatments

Moment 3 is caring for devices and giving medical treatment.

- Use hand hygiene, gowns, and gloves during care of indwelling devices such as urinary catheters, intravascular catheters, endotracheal or tracheostomy tubes, or feeding tubes.
- PPE is also required when providing a medical treatment that requires close contact with a high-risk resident and their environment such as a respiratory treatment or starting a tube feeding.
- Eye protection such as goggles or face shields need to be added for protection when any spray is anticipated, such as when performing tracheostomy care or emptying a Foley catheter bag. And as a reminder, personal eyeglasses are not considered PPE.



# Moment 3: Caring for Devices & Giving Medical Treatments

Use hand hygiene, gowns, and gloves during:

- Care of indwelling devices
- Medical treatments

that require close contact with a high-risk resident and their environment such as respiratory treatments or administering tube feedings



## Moment 3: Knowledge Check

Let's do another knowledge check. You just emptied the Foley bag and the resident needs your help to take medication. What is your next step? Is it:

- A. No need to do anything
- B. Remove gloves and put on a clean pair of gloves
- C. Remove gloves, perform hand hygiene, and put on a clean pair of gloves, or
- D. Ask your co-worker to help

**Instructor notes:** *Pause for 10-15 seconds to allow time for response.*

**The correct answer is C. Remove gloves, perform hand hygiene, and put on a clean pair of gloves.**

You may not necessarily need to change into a new gown before assisting the resident with medication unless your gown is soiled.

If your staff do not respond or respond incorrectly, remind staff that after you handle the Foley bag, you're moving from a dirty task to a clean task. So you must remove your gloves, perform hand hygiene, and put on a clean pair of gloves to avoid spreading germs.

# Moment 3: Knowledge Check



You just emptied the Foley bag and the resident needs your help to take medication. What is your next step?

- A. No need to do anything
- B. Remove gloves and put on a clean pair of gloves
- C. Remove gloves, perform hand hygiene, and put on a clean pair of gloves
- D. Ask your co-worker to help

## Moment 4: Wound Care

Moment 4 is wound care.

Perform hand hygiene and put on PPE when you are providing wound care or doing dressing changes. There is a high risk of spreading germs during these activities.

You might be thinking *why do I need to wear a gown since I am only doing the wound care and I already have my gloves on?* Remember, there is always a possibility for germs to be on the resident and in their environment, and now you're coming into contact with the resident and their environment while trying to provide care. You might pick up the resident's germs on your hands and your clothing, and you have the potential to take those germs from resident to resident or to your wound care cart.

# Moment 4:

## Wound Care

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- Use hand hygiene, gowns, and gloves during wound care and dressing changes





## Moment 4: Knowledge Check

**Instructor notes:** *Use as appropriate. This question may be more relevant for your nursing staff.*

Time for another knowledge check. You received a new admit with draining wounds which can not be contained. What precautions do you need to follow?

- A. Standard Precautions
- B. Enhanced Standard Precautions
- C. Contact Precautions, or
- D. No precautions

**Instructor notes:** *Pause for 10-15 seconds to allow time for response.*

**The correct answer is C. Contact Precautions**

Anytime the resident has draining wounds which can not be contained, you need to keep the resident on Contact Precautions. You can place the resident on Enhanced Standard Precautions once the wound drainage can be contained.

# Moment 4: Knowledge Check



You received a new admit with draining wounds which can not be contained. What precautions do you need to follow?

- A. Standard Precautions
- B. Enhanced Standard Precautions
- C. Contact Precautions
- D. No precautions

## Moment 5: Mobility Assistance and Preparing to Leave Room

Moment 5 covers both mobility assistance and preparation of the resident to leave the room.

- Perform hand hygiene and put on gowns and gloves before you assist a resident with mobility within the room or when preparing a resident to leave the room. Assist the resident with hand hygiene, ensure the resident is in clean clothes, and ensure you contain any draining wounds. Then, remove your PPE and perform hand hygiene prior to leaving the room. Residents do not wear PPE.
- Do not wear gowns and gloves outside of the room.

# Moment 5: Mobility Assistance and Preparing to Leave Room



- Use hand hygiene, gowns, and gloves when assisting with mobility and when preparing a resident to leave the room
- Do not wear gowns and gloves outside of the room

## Moment 5: Knowledge Check

Knowledge check time. Do you need to don PPE when you bring a resident to the activity room? Yes or no?

**Instructor notes:** *Pause for 5-10 seconds to allow time for response.*

**The correct answer is No.**

If your staff do not respond or respond incorrectly, you can say: When you are preparing the resident to go to the activity room, you have more contact with the resident. That's why we wear PPE. There is no need to wear PPE when you are *in* the activity room since you may have very limited physical contact with the resident.

Also, the resident should be in clean clothes when they leave their room to go to the activity room.



# Moment 5: Knowledge Check




Do you need to wear PPE when interacting with the resident in the activity room?

- A. Yes
- B. No

## Moment 6: Cleaning and Disinfecting the Environment

The last moment of ESP is cleaning and disinfecting the environment.



- Perform hand hygiene, and don gowns and gloves when cleaning the resident room.
  - For multi-bed rooms, treat each bedspace as a separate room. EVS should routinely change gowns and gloves between bed spaces. They may not need to change gowns and gloves when removing trash or cleaning surfaces in common areas, such as doorknobs or light switches.
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# Moment 6: Cleaning and Disinfecting the Environment



- Perform hand hygiene and don gown and gloves
- For multi-bed rooms:
  - Treat each bedspace as separate room
  - EVS staff should routinely change gown and gloves between cleaning bed spaces

## Moment 6: Knowledge Check

Last knowledge check. You are performing a terminal clean of a bedspace of a resident on ESP in a multi-bed room. Do you need to change gowns and gloves between the bed spaces? Yes or No?

**Instructor notes:** *Pause for 5-10 seconds to allow time for response.*

**The correct answer is Yes.**

We do not want to take the germs from one bed space to another. In a terminal clean, EVS staff are not only cleaning high-touch surfaces but also changing the linens which is considered a high-contact care activity.

You might think you can wear multiple pairs of gloves and take off a pair of gloves as you move from each bedspace, but this is not recommended; you cannot assume the inner gloves are clean.

# Moment 6: Knowledge Check



You are performing a terminal clean of a bedspace of a resident on ESP in a multi-bed room. Do you need to change gowns and gloves between the bed spaces?

- A. Yes
- B. No



## 6 Moments for ESP:

### Additional Discussion

**Instructor notes:** These are additional discussion questions for the 6 moments of ESP. As time allows, ask your staff these questions to engage in discussion and gauge their knowledge.

Let's have some additional discussion.

- Is the resident environment considered dirty?
- How can your clothing be the source for spreading germs?
- How can you prevent spreading germs to other residents after performing high-contact activities?, and
- How can you prevent spreading germs to the nursing station and other areas?

# 6 Moments for ESP: Additional Discussion

- Is the resident environment considered dirty?
- How can your clothing be the source for spreading germs?
- How can you prevent spreading germs to other residents after performing high-contact activities?
- How can you prevent spreading germs to the nursing station and other areas?



# Summary

In summary

- Certain residents have risk factors that increase the chance of picking up or spreading germs to others
- Performing good hand hygiene and using PPE during the 6 moments of ESP will reduce germ spread among our residents, and
- Successful implementation of ESP helps improve resident and family satisfaction and outcomes

## **To the instructor only:**

End by handing out the post-test activity to class participants. Give 5 minutes for participants to answer; then collect tests.

# Enhanced Standard Precautions

- Certain residents have risk factors that increase the chance of picking up or spreading germs to others
- Performing good hand hygiene and using PPE during the 6 moments of ESP will help prevent germ spread among our residents
- Successful implementation of ESP helps improve resident and family satisfaction and outcomes

# Instructor Notes

- On the front of this flipchart, you will find the subject to be discussed; the back of each picture and subject has a suggested script. The script will help guide the learning experience between you and your staff; it does not need to be followed exactly.
- Try to start a dialogue to involve your staff.
- You may start your session with a pre-test activity. Give 5 minutes for participants to answer; then collect tests.
- To begin, let participants know that this presentation will teach them the role of Enhanced Standard Precautions in infection prevention.

