

# Contact Plus Precautions - Infection Control

## Site Applicability

All PHC Acute and Long Term Care Sites.

## Practice Level

All PHC staff working directly or indirectly with patients.

## Standards

Contact Plus Precautions include all elements of Contact Precautions, with the addition of twice daily enhanced cleaning protocols using a sporicidal disinfectant.

In addition to [Routine Practices](#), Contact Plus Precautions are used for patients with:

- Undiagnosed diarrhea until an infectious cause is ruled out
- Known or suspected *Clostridioides (Clostridium) difficile* infection (CDI)
- Known or suspected *Candida auris* infection or colonization
- Known or suspected gastroenteritis during a gastrointestinal outbreak (e.g., norovirus)

Nursing staff will initiate Contact Plus Precautions for all patients as required. A physician's order is not required.

Contact Plus Precautions can be discontinued when an infectious cause for diarrhea has been ruled out. If a gastrointestinal infection requiring Contact Plus Precautions is confirmed (e.g., CDI, norovirus), refer to disease-specific guidelines for direction on discontinuing precautions.

## Guideline

**All Routine Practices are used with Contact Plus Precautions.**

### Patient Placement/Accommodation

- A single/private room with toilet, bathing, and hand washing facilities is preferred when available
- If a single room is not possible, place the patient in the same room with another patient who has the same organism but no other infections (cohort)
- Patients on Contact Plus Precautions should not share a bathroom with other patients who do not have active infections; use a dedicated commode if a private bathroom is not available

- Negative pressure is not required
- Room door can remain open
- Post a Contact Plus Precautions sign in a visible place at room entry point (see [Appendix A](#))
- Staff are to use Contact Plus Precautions when caring for the patient as well as when coming in contact with the patient environment

## Hand Hygiene

- Perform hand hygiene per Routine Practices (i.e., five moments of hand hygiene) with the first available method – either alcohol-based hand rub (ABHR) or soap and water – unless hands are visibly soiled, in which case soap and water is preferred
- Perform hand hygiene before donning and after doffing Personal Protective Equipment (PPE)
- Encourage and assist patient to clean hands frequently, especially after using the bathroom, before eating, and when leaving the room.

## Personal Protective Equipment

The correct technique for putting on and taking off PPE should be followed (see [Appendix B](#)).

- Gloves:
  - Wear gloves to provide direct care to the patient or when touching the patient environment
  - Perform hand hygiene prior to donning gloves before entering the patient's room
  - If also wearing a gown, don gown first and then gloves; gloves should cover gown cuffs
  - Change gloves between tasks on the same patient (i.e., work from clean to dirty sites; change gloves after working on a contaminated body site before starting next task)
  - Gloves are single use; never wash gloves or use ABHR when wearing gloves
  - Remove gloves and perform hand hygiene before leaving the patient's room, or when task is complete if transporting contaminated items outside the patient's room
- Gown:
  - Wear a clean, non-sterile gown if clothing or forearms will have direct contact with the patient or the patient environment
  - Perform hand hygiene prior to donning gown before entering the patient's room
  - Gown should be donned prior to gloves; gloves should cover gown cuffs
  - Fasten the neck and waist ties of the gown, ensure sleeves cover wrists
  - Gowns are single use; do not reuse gowns
  - Remove gown and perform hand hygiene before leaving the patient's room, or when task is complete if transporting contaminated items outside the patient's room
  - Place gowns in laundry hamper or in garbage if disposable

- Mask and Eye Protection (based off point of care risk assessment):
  - Wear a mask and eye protection (i.e., goggles, visor mask, or face shield) according to a point of care risk assessment when there is a risk of splashes or sprays (e.g., projectile vomiting)

### **Patient Care Equipment**

- Do not take extra equipment or unnecessary supplies into the patient's room
- Dedicate equipment for patient use whenever possible (e.g., stethoscopes, commode) and clean and disinfect equipment between uses using a sporicidal disinfectant
- When common use equipment or items cannot be dedicated, ensure adequate cleaning and disinfection before use with another patient; avoid sharing items that cannot be cleaned and disinfected (e.g., magazines)
- Discard any single-use supplies upon patient discharge

### **Dishes, Glasses, Cups, and Eating Utensils**

- These items are not considered sources of infection and special precautions are not needed
- Disposable dishes/utensils are not required for patients on Contact Plus Precautions
- Gloves and gown are not required for delivery or pickup of food trays, dishes, or utensils
- Unit staff may be required to deliver/remove food trays when additional precautions are also implemented, such as Droplet or Airborne Precautions

### **Housekeeping**

- Twice daily cleaning of all flat surfaces and frequently touched areas and bathrooms with a sporicidal disinfectant (e.g., bleach)
- Do not remove Contact Plus Precautions sign until discharge cleaning is complete
- Upon discharge: cleaning of all flat surfaces, frequently touched areas, furniture, bathroom, and walls; bedside curtains will be replaced; reusable equipment to be cleaned and disinfected with sporicidal disinfectant and disposable items to be discarded

### **Patient Transport**

- Limit patient transport to essential and diagnostic purposes only
- Notify receiving department prior to transport of the precautions in place
- The patient does not wear a gown or gloves during transport
- For transporting staff, use point of care risk assessment to determine if PPE is required during transport (i.e., if patient contact is expected)

**Family/Visitors**

- Visitors will be kept to a minimum
- Instruct family/visitors on the importance of hand hygiene before and after visiting the patient
- Instruct family/visitors on the appropriate use of PPE if they participate in direct care

**Transfer/Discharge**

- Notify the receiving unit, hospital, facility, long term care home, or community agency as well as any transport shuttle/ambulance crew of the precautions in place prior to transfer

**Documentation**

- Ensure order for Contact Plus Precautions is in patient's Cerner chart, and discontinue order if no longer indicated
- Record bowel movements and chart using the Bristol Stool Scale (see [Appendix C](#)) in PowerChart Interactive View

**Related Documents**

- [B-00-07-13045](#) - Routine Practices – Infection Control

**Appendix A: Contact Plus Precautions Sign**

**Bed #**

# CONTACT PLUS PRECAUTIONS

**Families  
and  
visitors:**



**Please report  
to staff before  
entering**

**Clean hands  
before entering and  
when leaving room**



**A** Wash hands with soap & water (preferred)

**B** Clean hands with alcohol hand rub and wash with soap and water at first opportunity

**Staff:**

KEEP  
SIGN POSTED  
UNTIL ROOM  
CLEANED  
HOUSEKEEPER will  
remove sign after  
"Discharge"  
cleaning



**Required:**

**- Gown & Gloves**

**Point-of-Care Risk Assessment**

When there is a risk of splash or spray, wear face and eye protection.



**Twice daily cleaning of high-touch surfaces**



How you want to be treated.

Form No.: PHC-SD471 (Sep-14)



A program of the Provincial Health Services Authority

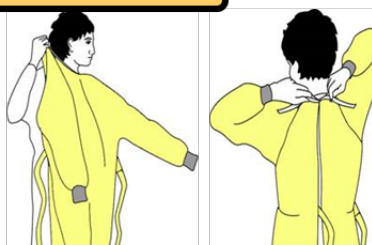
## Appendix B: Sequence for Donning and Doffing Personal Protective Equipment

### Sequence for donning Personal Protective Equipment (PPE)

#### Perform hand hygiene

#### 1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists and wrap around the back
- Fasten in back of neck and waist



#### 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck (or fit loops over ears)
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit check respirator



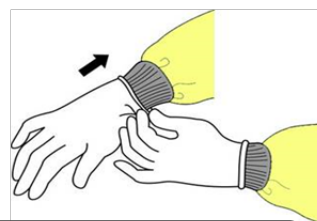
#### 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



#### 4. GLOVES

- Extend to cover wrists of isolation gown



#### Use Safe Work Practices to Protect Yourself and Limit the Spread of Pathogens

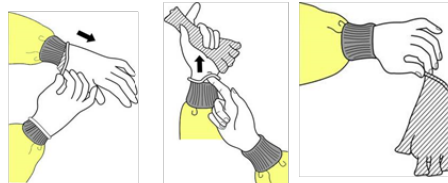
- Perform hand hygiene
- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated

Adopted from the Guidance for Selection and Use of Personal Protective Equipment (PPE) in Healthcare Settings (CDC, 2018)

## Sequence for removing Personal Protective Equipment (PPE)

### 1. GLOVES

- Outside of gloves are contaminated
- Grasp outside of glove with opposite gloved hand; peel off
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glove



**Perform hand hygiene**

### 2. GOWN

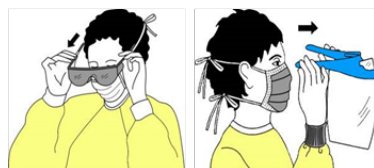
- Gown front and sleeves are contaminated
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



**Perform hand hygiene and leave isolation room**

### 3. GOGGLES or FACE SHIELD

- Outside of goggles or face shield is contaminated
- To remove, handle by headband or ear pieces



**Perform hand hygiene**

### 4. MASK or RESPIRATOR

- Front of mask/respirator is contaminated  
**DO NOT TOUCH**
- Grasp bottom, then top ties, or elastic loops to remove
- Discard in waste container



**Perform hand hygiene**










**INFECTION PREVENTION AND CONTROL**  
PROVIDENCE HEALTH CARE

Adopted from the Guidance for Selection and  
Use of Personal Protective Equipment (PPE) in Healthcare Settings  
(CDC, 2018)



## Appendix C: Bristol Stool Scale

# Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>



<b>First Released Date:</b>	20-OCT-2016
<b>Posted Date:</b>	13-OCT-2022
<b>Last Revised:</b>	13-OCT-2022
<b>Last Reviewed:</b>	13-OCT-2022
<b>Approved By:</b>	PHC
	IPAC Standards Committee
<b>Owners:</b>	PHC
	IPAC