

Question 1

Study the series of actions performed by a Health Care Provider:

1. Enters the room/clinic exam room,
2. Cleans hands with ABHR,
3. Speaks with the client/patient/resident and takes his/her pulse, and
4. Leaves the client/patient/resident room

In this scenario, which of the “4 Moments for Hand Hygiene” was missed? Put a “✓” in the appropriate box.

- A. Before initial contact with the patient/resident and his/her environment
- B. Before performing an aseptic technique
- C. After blood or body fluid risk
- D. After contact with the client/patient/resident and his/her environment

Question 2

Arrange the following steps for hand washing in the correct sequence. Write the number that corresponds to the correct step in the box provided.

- Apply soap
- Wash hands for 15 seconds
- Turn on tap
- Rinse with running water
- Turn off tap with paper towel
- Dry with paper towel
- Wet hands

Question 3

You are required to perform the following tasks. Select the appropriate type of PPE to use. If no PPE is required, select “no PPE.” Put a “✓” in the appropriate box.

	Gloves	Gown	Facial Protection	No PPE
Push a bed				✓
Wipe up a urine spill on the floor with paper towels	✓			
Remove a client’s/patient’s/resident’s dentures from his/her mouth	✓			
Help a client/patient/resident to exercise his/her arm				✓
Take the temperature of a client/patient/resident who has new fever, cough, shortness of breath			✓	

Question 4

You have just performed continence care for a disoriented, uncooperative client/patient/resident, who has a new fever, cough and shortness of breath. You need to remove your PPE. Arrange the correct order for taking off PPE. Write the **number** that corresponds to the step in the box provided.

- Remove eye protection
- Perform hand hygiene
- Remove gloves
- Perform hand hygiene again
- Remove gown
- Remove mask

Question 5

Which of the following scenarios show the Health Care Provider using proper Routine Practices?
 Select “true” if the Health Care Provider follows Routine Practices and “false” if he/she does not.
 Insert a “ ✓ ” in the appropriate box.

	True	False
A Health Care Provider wears double gloves and sometimes triple gloves for better protection of his/her hands.		✓
A Health Care Provider wears a lab coat when providing care to protect his/her clothing from becoming soiled.		✓
A Health Care Provider stores a mask in his/her pocket so it can be used immediately.		✓
A Health Care Provider cleans his/her hands immediately after removing gloves.	✓	
A Health Care Provider wears eye protection over his/her prescription glasses to protect himself/herself from potentially infectious droplets.	✓	

Additional Feedback

Question 1

The Health Care Provider performed hand hygiene when he/she entered the room before contact with the client/patient/resident and/or his/her environment but failed to perform hand hygiene when leaving the client/patient/resident's room. There is no aseptic procedure (moment 2) and no risk of exposure to blood or body fluids (moment 3) in this scenario. Always follow the "4 Moments for Hand Hygiene."

Question 2

Arrange the following steps for hand washing in the correct sequence. Write the number that corresponds to the correct step in the box provided.

Question 3

Your risk assessment suggests the type of PPE you will need. There is no need to use PPE when exercising a client/patient/residents' arm or pushing a bed.

Gloves are necessary if your hands may be potentially exposed to blood, body fluids, secretions or excretions, so you need gloves when wiping up a spill of urine and removing a client/patient/resident's dentures. When you are within 2 metres of a client/patient/resident who has a new fever, cough and shortness of breath, you need to use facial protection.

The Personal Protective Equipment you choose is based on your risk assessment. Always remember to perform hand hygiene as per the "4 Moments for Hand Hygiene" and when you remove Personal Protective Equipment.

Question 4

Take off your PPE in this order:

- Remove gloves
- Remove gown
- Perform hand hygiene
- Remove eye protection
- Remove mask
- Perform hand hygiene again

Question 5

"Double gloving" or "triple gloving" will contaminate the gloves or hands when a layer is removed. Lab coats cannot provide adequate coverage as sleeves are not tight enough and the neck is open. Storing a mask in the pocket can damage or crush the mask. Hand hygiene is necessary after removing gloves due to the risk of holes in gloves or contaminating your hands when gloves are being removed. You need to wear eye protection over your prescription glasses to protect yourself from infectious droplets. Prescription glasses alone will not protect your eyes from infection.