

# Cleaning and Disinfection of Long Term Care Homes (Intro)

**Coronaviruses** (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as **Middle East Respiratory Syndrome** (MERS-CoV), Severe Acute Respiratory Syndrome (SARS-CoV) and COVID-19. **A novel coronavirus** is a new strain that has not been previously identified in humans. These Viruses can be extremely detrimental to Long Term Care Homes as we have seen over the last few months and the Pandemic. Proper Cleaning and sanitizing become more than a protocol, it becomes a life saver or changer and will help to keep those that are vulnerable as safe as possible.



## Why the strict procedures and protocols:

- Reduce the Spread of Illness and Infection
- Improve the Health of Residents
- Improve the Comfort of the Residents
- Some professional cleaning companies that work with long-term care homes will be able to offer a range of extra services.

### **These services can and will involve:**

- Housekeeping services
- Laundry services
- Fully certified Personal Support Workers (PSWs) to assist the nursing staff
- Dietary aid (providing cleaning and assistance to the kitchen, cafeteria, or dining room)



### **Here are some tips from the cleaning resources:**

1. Develop an infection control and prevention plan for the facility that includes consistent cleaning and disinfecting schedules and clearly outlines staff responsibilities.
2. When cleaning, work from the cleanest to dirtiest, and highest to lowest, surfaces to reduce the risk of cross-contamination and spread of infection-causing pathogens.
3. Clean and disinfect high-touch surfaces daily, as regular contact with staff, residents and visitors increases the risk of infection transmission from these surfaces. In resident rooms, pay attention to doorknobs, hand rails, bedside tables, remote control devices and handles, grips and armrests for walkers, wheelchairs and other mobility equipment. In resident bathrooms, be sure to clean and disinfect sink and faucet areas, toilet areas (e.g., handle, seat), and other bathroom fixtures.

4. Always follow manufacturer's label instructions for proper product use, including following recommended contact times for disinfection efficacy.
5. Label cleaning products with manufacturer's information if using a diluted cleaning solution (such as dilution instructions and expiration date).
6. Consider using registered, ready-to-use disinfecting wipes as these types of products do not require dilution and are pre-moistened to deliver the proper concentration of active ingredients every time they are used and are effective against a broad range of infection-causing pathogens.
7. Cleaning and disinfecting are both important: Use friction (wiping or scrubbing) to physically remove surface soil and bioburden from contaminated surfaces prior to disinfecting to kill microorganisms.
8. Damp dust horizontal surfaces regularly by moistening a clean cloth with a small amount of an EPA-registered, hospital-purpose cleaner/disinfectant to remove organism-laden particles from the surfaces in the resident area.
9. Routinely clean and disinfect floors, sweeping the floor before wet mopping. When wet mopping, start farthest from the door. Vacuum all carpets daily and as needed to maintain a safe, clean and sanitary environment. Clean carpets as needed.
10. Disposable cleaning supplies should be discarded prior to cleaning the next room.

Cleaning professionals in long-term care (LTC) face the challenge of finding ways to be efficient and contain costs, while also working to minimize outbreaks and other infections that can be transmitted in LTC environments. These types of facilities include nursing homes, skilled nursing facilities, and assisted living facilities. Properly cleaning and disinfecting resident rooms and common areas can help reduce disease transmission, and while it seems intuitive, cleaning first is the key to ensuring that disinfection is completed properly.

**There are simple tips that cleaning managers can use to help keep common areas clean and help lessen the spread of infectious diseases between both residents and employees.**

**FACT:**  
The new coronavirus can be transmitted in areas with hot and humid climates

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



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- Environmental cleaning is performed using a health care grade cleaner/disinfectant with a drug identification number (DIN).
- Contact time, as indicated on the disinfectant's manufacturer's instructions for use, are adhered to.
- High touch surfaces are cleaned at least twice per day. A list of the high touch surfaces, who is cleaning them and when they were clean are recorded daily.
- Equipment that cannot be dedicated to a single resident must be cleaned and disinfected between residents.
- There is a policy for cleaning rooms of residents who are on droplet/contact precautions (suspect and confirmed cases).
- Environmental Services staff have received education and training on the correct way to clean (e.g., use the correct dilution, correct contact time, clean from clean to contaminated and from top to bottom, do not double dip).

## Multipurpose Products

To simplify cleaning and disinfecting tasks while increasing efficiencies, facility managers should choose Public Health Canada -registered multipurpose products designed to clean a broad range of task areas and disinfect in one step. Cleaning first is critical to remove surface soil and dirt that can harbor germs and bacteria, and it sets the stage for better disinfection. Cleaning and disinfecting with a single product

can help simplify the cleaning process, as well as help ensure the overall task gets done right the first time.

## **High-Touch Areas**

An easy way to help combat the spread of germs is to pay special attention to the top touch points in LTC facilities. These high-touch surfaces are where high-level germ transmissions can occur more frequently, so they should be addressed in training and checked regularly by management to ensure they are being cleaned and disinfected as required. These critical touch points include, but are not limited to, door handles, faucets, food trays, countertops, chairs, tables, light switches, toilet handles, handrails, and elevator buttons. Cleaning staff should consistently clean and disinfect these areas throughout the day.

## **Promote Hand Washing**

Hand washing is one of the most important steps that staff members can take to help fight the spread of germs, bacteria, and disease. Facility managers should create and enforce proper hand washing protocol to reduce germs and keep staff accountable. They should also ensure that any area where staff regularly wash their hands is stocked and consistently checked to make sure soap, hand sanitizer, and paper towel dispensers are filled and accessible. Hand washing as a priority should not be limited to your staff—help residents and visitors make this part of their daily routine as well.

## **Smells and Scents**

Smell is one key indicator that an area or surface is not really clean, which can affect not only a resident's comfort level, but also the impression family members have of the facility. Cleaning and disinfecting with trusted brands and well-known products can provide a comforting, familiar experience that puts residents and guests at ease, particularly in the LTC sector, where familiar scents can help residents feel like they're in their own homes.

## **Intention**

Health care settings are complex environments where the provision of care to large numbers of clients/patients/residents results in the contamination of surfaces and equipment with harmful microorganisms. Contaminated surfaces and equipment contribute to the transmission of microorganisms and to the burden of health care-associated infection.

Routine and effective cleaning and disinfection of surfaces, items and equipment is an essential activity that protects clients/patients/residents, staff and visitors from infection. Because of the increased risks and consequences of infection transmission in this setting, the approach and intensity of cleaning required differs from that of non-health care settings.

## **Carpeting**

Carpeting has been associated with an increased risk of health care-associated infection rates in immunocompromised populations. Carpeted floors become more contaminated with *C. difficile* as compared to non carpeted floors. Carpeting shall not be used in areas that house immunocompromised patients at risk of invasive fungal infections (e.g., transplantation units, high risk oncology units). In addition, carpeting must not be used in care areas where:

The patient population is at increased risk of infection following exposure to dust or particulates harbouring microorganisms (e.g., transplant units, burn units, intensive care units, operating an procedure rooms). Spills of water, body fluids or other liquids occur (e.g., intensive care units, laboratory areas, procedure rooms, areas around sinks, bathrooms).

High-filtration vacuum cleaners are used along with an effective, low-moisture, hot-water extraction system, air quality is protected, as is the health of the environment.

## **Cleaning equipment**

Cleaning equipment requires attention to avoid cross-transmission of microorganisms and proliferation of microorganisms in dirty environments. The following precautions should be taken when dealing with cleaning equipment:

- Tools and equipment used for cleaning and disinfection must be cleaned and dried between uses (e.g., mops, buckets, rags)
- Mopheads should be laundered daily; all washed mopheads must be dried thoroughly before storage
- Cleaning equipment shall be well maintained, clean, and in good repair

## **Cleaning carts should:**

- Have a separation between clean and soiled items
- Never contain personal clothing or grooming supplies, food, or beverages
- Be thoroughly cleaned at the end of the day
- Be equipped with a locked compartment for storage of hazardous substances, and each cart shall be locked at all times when not attended

## **Equipment used to clean toilets should:**

- Not be carried from room to room
- Be discarded when the resident leaves and as required
- Minimize splashing
- Stored well—sufficient housekeeping rooms/closets should be provided throughout the facility to maintain a clean and sanitary environment

## **Mopheads should be:**

- Laundered daily
- Dried thoroughly before storage
- Stored up when cleaned
- Stored down when dirty

Each resident care area should be equipped with a room that may be used to clean soiled equipment that is not sent for central reprocessing (e.g., IV poles, commode chairs).

## **A soiled utility room/workroom should:**

- Be readily available and designed to minimize the distance from point-of-care
- Have a work counter and clinical sink (or equivalent flushing-rim fixture) with a hot and cold mixing faucet
- Have a dedicated handwashing sink with both hot and cold running water
- Have adequate space to permit the use of equipment required for the disposal of waste
- Have PPE available to protect staff during cleaning and disinfecting procedures
- Be adequately sized within the unit and for the tasks required

- Be physically separate from other areas, including clean supply/storage areas
- If a soiled utility room is used only for temporary holding of soiled materials, the work counter and clinical sink is not required; however, facilities for cleaning bedpans must be provided elsewhere.

**Soiled utility rooms/workrooms should not be used to store unused equipment.**

## **Cleaning supply rooms**

Each resident care area should be equipped with a room/area that is used to store cleaning supplies and equipment.

### **A cleaning supply room/area should be:**

- Separate from soiled workrooms or soiled holding areas
- Able to keep supplies free from dust and moisture
- Adjacent to usage areas and easily available to staff
- Equipped with a work counter and a dedicated handwashing sink if used for preparing resident care items
- Readily available in each resident care area

### **Housekeeping rooms/closets should:**

- Not be used for other purposes
- Be maintained in accordance with good hygiene practices
- Have eye protection available
- Have an appropriate water supply and a sink/floor drain
- Be well ventilated and suitably lit
- Have locks fitted to all doors
- Be easily accessible to the area
- Be appropriately sized to the equipment used in the room
- Not contain personal supplies, food, or beverages
- Have safe chemical storage and access
- Be free from clutter
- Be ergonomically designed

## **Cleaning agents and disinfectants**

**The following are recommendations for dealing with cleaning agents and disinfectants:**

- Cleaning agents and disinfectants should be labeled with identifying information
- Cleaning agents and disinfectants should be stored in a safe manner in storage rooms or closets
- Automated dispensing systems are preferred over manual dilution and mixing, because they are monitored regularly for accurate calibration
- Disinfectants should be dispensed into clean, dry, appropriately-sized bottles that are clearly labeled and dated—not topped up—and discarded after the expiry date

**Cleaning and disinfection equipment should be:**

- Well maintained
- In good repair
- Cleaned and dried between uses

## **Formulating a Schedule**

Create the cleaning schedule based on resident needs. For instance, a cafeteria floor cannot be mopped and cleaned at breakfast, lunch or dinner time. Instead, other common areas can be serviced during mealtimes. This requires supervisors and the cleaning crew to determine which areas can be cleaned at what times.

## **Seven Steps Of Cleaning**

The seven-step cleaning process includes emptying the trash; high dusting; sanitizing and spot cleaning; restocking supplies; cleaning the bathrooms; mopping the floors; and hand hygiene and inspection.

# NURSING HOME CLEANING CHECKLIST

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## Daily

- Wipe down surfaces in individual rooms and shared areas
- Disinfect touchpoints (handles, light switches, electronics)
- Sweep and mop floors, vacuum carpets, inspect door mats
- Clean dirty dishes, appliances, check for spoiled food
- Clean and disinfect showers, tubs, sinks, toilets, etc.
- Secure dirty linens and move to laundry room
- Tie trash bags and remove from receptacles

## Weekly

- Vacuum furnishings & cushions, wash drapes, clean blinds
- Dust light fixtures, check bulb type and wattage
- Clean out & straighten kitchen and general storage areas
- Polish windows & sliding glass doors, glass room partitions
- Clean wood & metal doors
- Check hardware, door stops & lock mechanisms
- Inspect sink and floor drains in bathrooms and kitchens

## Monthly

- Thoroughly clean cabinets, pantries & appliance interiors
- Check food in refrigerators, cabinets & pantries
- Light fixtures, ceiling fans, fire sprinklers, smoke alarms
- Wipe down walls and baseboards in all rooms
- Ceiling and wall air vents and grills, change HVAC filters
- Steam-clean carpets & area rugs, wax & buff floors

Below is a sample list or checklist based upon a daily clean of a Resident room. This is just a sample list so you can see what cleaning a room may consist of. Hospital Grade Peroxide Cleaners or other cleaners that you would use in this situation will be based upon the Organization you work for and what cleaners they deem necessary to clean and properly disinfect. Always read MSDS and take proper precautions and use appropriate PPE.

Resident Room (Touch Points - Door Knobs, Bed Rails, Sinks, Faucets & Toilet Seats)

1. Before cleaning, perform hand hygiene and put on appropriate Personal Protection Equipment (PPE).
2. Place “wet floor” / “caution” sign at entrance to resident room and bathroom.
3. Damp wipe the door knob with a Hospital grade Peroxide Disinfectant.
4. Spray all bathroom fixtures and shower walls with Hospital Peroxide Disinfectant or chosen cleaner.
5. High dust all horizontal surfaces from high to low.
6. Spray bed rail and all other bed surfaces with Peroxide Disinfectant (allow contact/dwell time) and then wipe with microfiber cloth.
7. Turn down the mattress, wipe frame and back of the mattress working from top, and repeat at the bottom with the designated cleaning/disinfectant solution.
8. Clean all mirrors and picture frames with Glass Cleaner and a different microfiber cloth.
09. Close, twist and tie a knot in the top of the bag and remove trash bag from resident trash can. Disinfect trash can with All Purpose Cleaner. Next, place new liner in trash can. Return trash can to original place.
10. In bathroom, apply Disinfectant Porcelain & Bowl Cleaner or chosen cleaner around the toilet bowl and up under the rim.
11. High dust all surfaces from top to bottom. Pick up trash as you go.
12. Clean mirror with Appropriate Glass Cleaner and microfiber cloth.
13. Close, twist and tie a knot in the top of the bag and remove trash bag from bathroom trash can. Disinfect trash can All Purpose Cleaner. Return trash can to its original place.
14. Disinfect “touch points” including the sink and faucet, from top to bottom using Hospital Grade Peroxide Disinfectant.
15. Reapply Hospital Peroxide Disinfectant to shower walls and wipe clean.
16. Clean the inside of the toilet with the bowl mop paying particular attention to the underside of the flush rim (this prevents the accumulation of bacteria that can spread disease and create unpleasant odors).

17. Dry toilet exterior, seat, and lid of the commode carefully.
18. Refill soap dispensers, towel dispensers and toilet paper holders.
19. Clean the bathroom floor All Purpose Automatic Scrubber and/or bleach based cleanser or Hospital Grade Peroxide Disinfectant.
20. Disinfect and wipe bed rails/bed and all “touch points” with Hospital Grade Peroxide Disinfectant.
21. Clean resident room floor with All Purpose Cleaner and Hospital Grade Peroxide Disinfectant. Work from the farthest area towards the door.
22. Remove “wet floor” / “caution” signs, disposable gloves and be sure to thoroughly wash your hands to reduce cross-contamination.
23. Say goodbye to resident and wish them a good day.

Some examples:

