

# the beat

## Technology



*Having the right technology for the right set of people is hard to come by for the vast array of experiences care providers have in each home.*

Each home has a unique skill set in terms of level of nursing experience in relation to computer experience. With Electronic Medication Records (EMAR) being rolled out this year the need for the support is already here from your pharmacy support team. At Pulse Rx we feel that through our educational programs and weekly clinical team visits within your Home, we will be able to better implement and support those technologies. The technologies, such as digital pens and EMAR

software that will be supported by us in accordance with the Best Nursing Practice Guidelines, will exceed your expectations. The EMAR program we have put together encompasses the initial training, support by the Vendor and an ongoing support and training program for new staff and any updates that occur. Helping to make a seamless transition from Paper to PC tablet will take a hands' on approach from your Pharmacy provider to get it right. Everyone has to ask themselves if they are getting the support they need now, and if not, what will change? Just because you have added a more complex piece into your environment, will the pharmacy be there to support you now?

## *The Many Faces of Addiction Symposium Oct 1-2, 2009*

To celebrate 25 years of helping individuals and families heal from addictions and discover the freedom of being well, Bellwood Health Services is hosting this addiction symposium at the Ontario Science Centre. Facilitated by national and international experts, presentations will include: the latest research in neurobiology and addictions, and the implications for treatment; understanding the emerging addictions related to sex and the Internet; the treatment of post-traumatic stress disorder as it co-occurs with addiction; and effectively managing trauma in the workplace.

For more information, visit [http://www.bellwood.ca/News\\_12/12\\_html/News\\_home.htm](http://www.bellwood.ca/News_12/12_html/News_home.htm) or contact Jennifer Teran at (416) 847-0752 ext. 302, toll free at 1-800-387-6198, or e-mail [jteran@bellwood.ca](mailto:jteran@bellwood.ca).



# Hepatitis Fact Sheet



There are three types of Hepatitis: Hepatitis A, B, and C. The Hepatitis virus causes infection of the liver and the way the virus is carried or transmitted will depend on the type of Hepatitis.

## Symptoms of Hepatitis A, B, and C may include:

- ✓ Jaundice (yellow skin and eyes)
- ✓ Nausea
- ✓ Brown, tea-colored urine
- ✓ Stomach pain
- ✓ Diarrhea
- ✓ Fatigue
- ✓ Fever
- ✓ Vomiting
- ✓ Loss of appetite

## Hepatitis A

### 1. Location:

- In a person's feces (stool).

### 2. How does it spread?

- By eating contaminated food prepared or handled by someone who has the Hepatitis A virus.
- From someone who has the Hepatitis A virus (can be a child or adult).
- Raw or undercooked shellfish that came from contaminated water.

### 3. Additional information:

- Handwashing can stop the spread
- Not everyone gets sick from Hepatitis A
- Vaccine and Immune Globulin (IG) can prevent and individual from contracting Hepatitis A

## Hepatitis B

### 1. Location:

- Blood
- Semen
- Menstrual blood
- Other body fluids
- Person with hepatitis B

### 2. How does it spread?

- Sharing needles
- During sex
- Getting stuck with a contaminated needle
- By getting blood or other infected body fluids in the mouth, eyes, or open area on the skin
- Can be passed from mother to baby during delivery

### 3. Additional information:

- Virus is not spread by shaking hands, hugging, or sharing food or drink
- Vaccine can prevent individuals from contracting Hepatitis B
- Avoid exposure by taking precautions (example: use condoms, don't share needles, don't share personal care items, avoid exposure to blood and body fluids at work)

## Hepatitis C

### 1. Location:

- Blood
- Semen
- Other body fluids
- Tissues of persons infected

### 2. How does it spread?

Those at high risk of being exposed:

- Users of illegal injecting drugs
- Recipients of blood transfusions, plasma, organs, and other tissues
- Babies born to infected mothers
- Persons treated with long-term hemodialysis
- Persons with multiple sexual partners

### 3. Additional information:

- Two drugs, Interferon and Ribavirin, can be used to treat Hepatitis C
- Prevent by avoiding exposure and practicing good hygiene
- Vaccine can prevent individuals from contracting Hepatitis C



# Nursing During a Pandemic:

## FAQ



The following answers the most frequently asked questions that the College has received on the responsibility of nurses to provide care in the event of a pandemic. The answers are general in nature. For questions regarding specific practice standards and guidelines or specific situations, contact a College Practice Consultant at [ppd@cnomail.org](mailto:ppd@cnomail.org); 416 928-0900, ext.6397; or toll-free in Ontario at 1 800 387-5526, ext. 6397. Also, refer to the College's Preparing for an Influenza Pandemic practice guideline for more information.

### **Q: Will the government order nurses to work in the event of a pandemic?**

**A:** The College is currently unaware of any specific government legislation that would mandate nurses to work during a pandemic. There are, however, several provincial legislative acts that will be relevant during a pandemic. These acts are outlined in Chapter 2 of the government's Ontario Health Pandemic Influenza Plan (OHP/IP). They will apply to nurses on an individual basis, depending on their practice and practice setting.

The College expects nurses to carry out their commitments to clients, the profession and the public during a pandemic by providing nursing care within their personal competencies. This expectation is consistent with the College's Ethics practice standard, and is reiterated in its Preparing for an Influenza Pandemic practice guideline.

### **Q: During a pandemic, will the College be revising its practice standards and guidelines to reflect any changes made to the care protocols in OHP/IP?**

**A:** No, the College will not be developing pandemic-specific standards or guidelines. The existing standards are broad enough to encompass practice issues that could arise in a range of situations. The College's Preparing for an Influenza Pandemic guideline provides a list of current standards and guidelines that nurses will find particularly useful during a pandemic.

In the event of a pandemic, nurses should visit the Ministry of Health and Long-Term Care's website for the most up-to-date information and resources regarding pandemic planning.

### **Q: How will the College support its members during a pandemic?**

**A:** To support nurses in providing quality care during a pandemic, the College will:

- maintain and update this section of the website to:
- facilitate access to the most up-to-date government and related health pandemic information;
- provide links to all College standards and guidelines and identify those that may be particularly relevant during a pandemic;
- provide pandemic-related scenarios and their resolutions;
- announce any pandemic-related teleconferences or web offerings as they become available; and
- make every effort to continue practice consultation services by phone and e-mail. The College has identified four service priorities should its staff capacity be reduced by a pandemic. Refer to the College's Preparing for an Influenza Pandemic guideline for more information.

### **Q: Does the College support nurses using personal protective equipment (PPE) when working with infected clients?**

**A:** The College's Infection Prevention and Control practice standard requires nurses to use their knowledge, skill and judgment when taking steps to protect themselves from infection. The College does not have guidelines that specifically address the use of PPE during a pandemic; however, Infection Prevention and Control emphasizes that employers share responsibility with nurses to create safe working environments, and that nurses should advocate on behalf of their clients and themselves if working conditions put an individual's well-being at risk.

**Q: Might national nursing examinations or clinical placements be deferred during a pandemic?**

**A:** The College will communicate disruptions and changes to the examination schedule through the website.

Educational institutions determine whether students are eligible to graduate. Their decisions are based on whether the students have met the school's course/program requirements and are prepared to meet the College's entry-to-practice requirements. If a pandemic prevents students from completing clinical placements, it will be up to the schools to decide whether students graduate. Nursing students are encouraged to discuss such concerns with their instructors.

**Q: Will graduates be able to apply for Temporary registration during a pandemic?**

**A:** At present, the College does not see any reason why graduates who meet the registration requirements and have an employment offer would be denied Temporary registration during a pandemic. If situations develop that change the College's position, further information will be posted.

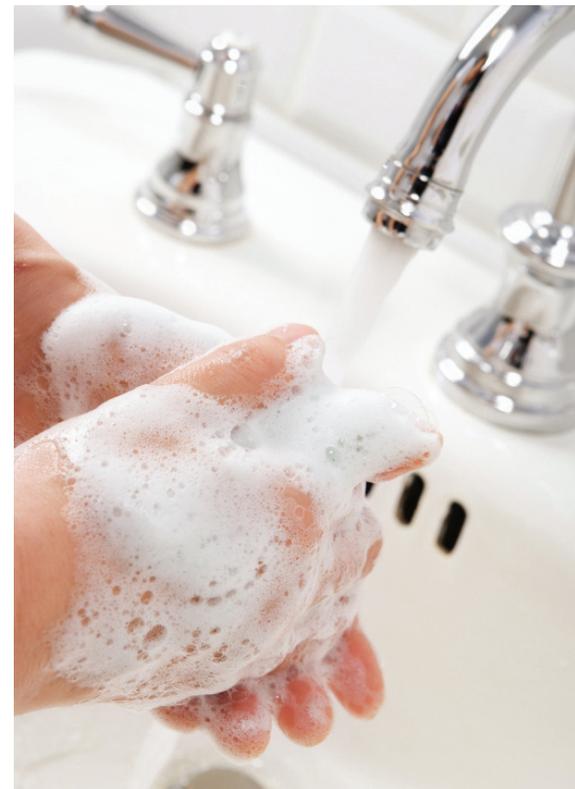
**Q: Could the skills of nursing students be used during a pandemic?**

**A:** Nursing students, because they are not members of the College, are unregulated. However, in the event of a pandemic, the government could attempt to utilize the skills of any health care provider, including students in the health care field. A competency-based approach will allow employers and experienced nurses to decide in advance the types of care that nursing students could provide. Nursing students could be asked to provide care in situations in which they've demonstrated the necessary knowledge, skill and judgment to provide care safely.

Nurses who are working with or mentoring students should consult the College's Supporting Learners practice guideline.

# Hand Hygiene Guidelines

- ✓ Hand washing with soap and water remains a sensible strategy for hand hygiene in health care settings experts.
- ✓ When health care personnel's hands are visibly soiled, they should wash with soap and water.
- ✓ The use of gloves does not eliminate the need for hand hygiene. Likewise, the use of hand hygiene does not eliminate the need for gloves. Gloves reduce hand contamination by 70% to 80%, prevent cross contamination and protect clients and health care personnel from infection. Hand rubs should be used before and after each client just as gloves should be changed before and after each client.
- ✓ When using an alcohol-based hand rub, apply product to the palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Note that the volume needed to reduce the number of bacteria on hands varies by product.
- ✓ Alcohol based hand rubs significantly reduce the number of microorganisms on skin, are fast acting and cause less skin irritation.
- ✓ Health care personnel should avoid wearing artificial nails and keep natural nails less than one quarter of an inch long if they care for clients at high risk of acquiring infections.



**Education,  
Clinical Services  
& Technology**



111 Zenway Blvd., Suite #3, Woodbridge, ON L4H 3H9  
**Phone** 905 856 1250 • **Fax** 905 856 2316  
**Toll Free** 877 785 8511 • [www.pulserx.ca](http://www.pulserx.ca)

*Toronto • Ottawa • London*