

**PICNet**

PROVINCIAL INFECTION CONTROL  
NETWORK OF BRITISH COLUMBIA

A program of the Provincial Health Services Authority



We hope you enjoyed playing it!

## Infection Control Workshop In-A-Box

# LET'S GO VIRAL!

### Game Instructions and Question/Answer Key

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# About this kit

This kit was developed by PICNet as an education tool for residential care facilities, but it applies equally to acute care settings... just substitute the word “patient” for “resident.”

## Resources and Links

There is a demo video of this game at <http://s.picnet.ca/letsgoviral>. We recommend that you watch the video to see how the game works.



There are more downloadable infection control resources (posters, brochures, one-pagers, games, etc.) at <http://s.picnet.ca/icresources>.

## Contact Us

If you have any questions about the game or the discussion points, you can contact:

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The game cards are also downloadable from <http://s.picnet.ca/letsgoviral>.



## If you get a resident’s blood or urine in your eyes, what should you do?

### Answers in the correct order:

1. Flush with water
2. Report to supervisor
3. Decide whether you need medical attention
4. Fill out incident report

**Scoring:** one point for getting all in the correct order.

### Teaching points:

#### Reporting

- You must report such an incident to Employee Health (or if you don’t have an Employee Health department, then your supervisor or Director of Care). They will then forward the information on to WorkSafeBC.
- If you develop an infection from this incident and didn’t report it, then you won’t be covered by WorkSafeBC.

#### Medical attention

- If you are splashed in the eye with urine, you can see your GP about this; you don’t need to go to Emergency.
- You are only at risk for hepatitis or HIV if you have **significant** exposure, i.e. if your skin has been punctured with a dirty needle. In this case, you must go to Emergency, and they will decide whether you need antiretroviral drugs.

Make sure your Hepatitis B and tetanus shots are up to date!



## Tie-Breaker Question (optional)

In case you have an equal score for the teams, you can have a tie-breaker question. Each team can guess... and the one that is closest wins!

### Q: How long can *C.difficile* survive on surfaces?

**A: Up to 3 months.**

*Or you can create a tie-breaker question of your own.*



## Germ CSI

Each person gets a post-it note (unless teams have an unequal number of people, in which case 2 people will have to share a post-it).

**Option 1:** They have to place them around the room on what they think the germiest surfaces would be.

**Option 2:** They write the name of objects anywhere in the facility on the post-its and place the post-its on the board, under their team's heading.

### Answers/Scoring

**One** point is given for any commonly touched surface.

**Two** points go to any of the following:

• Keyboard/mouse	• Pen	• Bed rail
• Phone	• Door entry keypad	• Remote control
• Door handle	• Game buzzers	• Bottom of handbag
• Back of chair	• Light switch	

If they thought of one that's not on this list but is likely very contaminated, you can award extra points.

### Teaching points:

- Throughout our day, we encounter so many objects that are touched by multiple people... often... but seldom or never get cleaned! When was the last time you cleaned your front door handle at home?
- It's important to think about this as you touch items such as elevator buttons, door handles, and shared computers... so that you know to clean your hands afterwards! It's also a good idea to clean these items with a disinfectant wipe when you get the chance.
- Items that are only touched by **you** (such as cell phones) won't have as many germs as shared surfaces, but because we usually touch other objects beforehand, germs still get spread to them.
- The amount of time a germ can stay alive on a surface depends on the specific germ and the specific surface. The common cold virus can live for several hours on some surfaces, while *C.difficile* bacteria can live for months!

# Infection Control Week In-A-Box

### Your kit contains:

- "Let's Go Viral" game components
  - Question and answer booklet
  - Buzzers (with screwdriver for battery compartment)
  - Scoring sheets
  - Game cards
  - Post-it notes
- Bug antennae
- Promotional posters
- PICNet brochures
- List of suggested prize items
- Links to information and resources

### What you will need to provide:

- Prizes
- PPE (for game question)
- Batteries (for buzzers)

### Timeline

2-4 weeks before	• Read through the game questions to familiarize yourself with them. • Watch the demo video. • If you have questions about any of the teaching points, or about other infection control issues, contact PICNet.
2-3 weeks before	Buy prizes
1-3 weeks before	Recruit an assistant who can help you run the game (they should watch the video too).
1-2 weeks before	You and assistant have a 'dry run' of the game.
1-2 weeks before	Put up IC Week posters
1 week before	Schedule your staff to come to the sessions
1-2 days before	Send out / put up reminders

These are suggestions, of course... you can do whatever works best for you!

# What you need to provide

## 1. Prizes

Prizes really are important... it's amazing how much people's competitive spirit comes out when there's swag at stake! Plus, it's good to have people walk away with some infection control reminders.

We recommend having a minimum of one prize per staff member who attends, and some additional larger prizes for everyone on the winning teams. So if you have 50 staff, it would be good to have at least 75 items in total (and a few spares). You can have more of course; you could have two prizes for each person, and then an additional prize for each person on a winning team.

### Suggestions for prizes:

- Small hand sanitizers
- Hand sanitizer belt clips
- Pens
- Water bottles
- Commuter mugs
- Key chains
- Purse-size hand lotion
- Fabric bags

Infection control-themed prizes are good, but you can also have some fun things – you know your staff best!

## 2. Some way of putting the game cards up or board questions can be laid out on a table

When we first ran this game, we had volunteers from each team come up for the board questions, and put the cards on a whiteboard. However, we found that many people don't like getting up in front of a group... if your staff are like this, then the table setup works best for the board questions (and the boards are included). If you want to put the game cards up, you can use a white board, flip charts, a large bulletin board, or even a wall.

## 3. PPE (for questions 7 and 9)

- Boxes of gloves (at least 2 different sizes)
- Gowns (you only need 2 gowns as you can re-use them)
- Masks
- Eye protection (2)
- 2 bottles of hand sanitizer

## 4. Camera (optional)

If you can, take some photos of your event! We'd love to see them, and they're a great way to highlight your training achievements.

## FACT MYTH Q11 Myths and Facts

Place the following statements under the correct heading.

### Answers:

Fact	Myth
For most germs, hand sanitizer is as good as soap and water.	Using hand sanitizer too much builds resistance in germs.
	Antibacterial soap is better than regular soap.

**Scoring:** 1 point for getting all correct.

### Teaching points:

Germs **do not** become resistant to hand sanitizer. They can, however, become resistant to antibiotics.

Antibacterial soap is unnecessary. The purpose of soap is to remove the germs from your hands, and then you wash them down the drain. The problem with antibacterial soap is that it usually contains an ingredient that has been shown to be harmful to the environment.

Hand sanitizer kills 99% of germs. Soap and water is preferred if the patient or resident has infectious diarrhea, but if a hand cleaning sink is not within reach, it is best to clean with sanitizer first, and then use soap and water when available.



## What are the two most important times for a resident to clean their hands?

### Answer:

- After using the bathroom
- Before they eat

**Scoring:** 1 point for getting both correct.

### Teaching points:

#### Bathroom

- Residents using a **commode or bedpan** often don't have the opportunity to clean their hands afterwards. It is important that you provide them with this opportunity, and/or help them to clean their hands.

#### Before eating

- Infections usually get into us via our hands: we touch a shared surface that has germs on it, and then we touch our mouth, nose, or eyes, or we eat before properly cleaning our hands. Because we touch so many shared surfaces, it's important to clean hands **immediately before eating**. You should also encourage or help your residents to do this.

# Game Instructions

## 1. Preparation

### Teaching Moments

- This QA booklet gives an overview of each of the teaching points. It's worth taking the time to contemplate each of them in advance of the workshop so that you're prepared for any questions that may come up from your staff. You can contact PICNet if you need clarification on any infection control issues.

### Run-Through

- We suggest doing a 'dry run' of the game with your game assistant so that they know how to set up the Board and Activity questions.

### Timing

- The game takes about 45 minutes to 1 hour to run, so if you need a shorter session time, you'll need to omit some of the questions or teaching points. The easiest way to do this is to place post-it notes over the questions/points you're going to skip. Also, you may wish to skip some questions based on the knowledge level of your staff, and whether you want to cover the basics or have a more advanced session.

## 2. Room Set-up

- The game works best with about 8-16 staff members per session.
- Seat your staff around a table, with buzzers in reach of everyone. (If there isn't room to have everyone around a table, you can seat them in two groups and have people raise hands instead of hit buzzers, for the buzzer questions.)
- If you're using a white board/bulletin board, this should be at the front of the room, and you'll need a bit of extra space for staff to come up to the board. (But you can use the table for the board questions, with the game boards we've provided.)
- You can have your prizes on display on a side table; or if there isn't room you can keep them in a box.
- You'll also want an assistant to keep score, and to set up each of the board questions.

### 3. Game Set-up

- You and your assistant should have gone through the questions beforehand to make sure you understand them, and the teaching points each question brings up. (It's best if you both watch the PICNet demo video.)
- Have the game cards sorted into piles, by question, so that they're all ready to go. You can prep the whiteboard with the first Board question setup (heading cards on the board, lines drawn).
- Have one copy of the Scoring Sheet for each game session running.
- And put your bug antennae on! Having people smile when they walk into the room sets the stage for an engaging workshop... people get the idea that this is going to be fun!

### 4. The Game

Once the staff are seated, divide them into two teams, A and B.

For each question, the winning team gets the point(s); there are some questions where both teams can get the point. Have your assistant track the points on the scoring sheet.

For **Buzzer** questions, the first person to hit the buzzer gets to try for the point. If they get the answer wrong, the other team can try for the point.

For the **Board** questions, one person from each team is nominated to come up to the board. Teammates can help each other; the people still seated can call out answers to the person at the board. OR: set the Good-Bad/Fact-Myth game boards on the table (one set for each team) instead; that way, everyone on the team can help put the cards on the boards. Each team gets a point if they get the answer right.

For the **Activity** questions, the team that does the activity correctly/best gets the point.

- For the PPE demo, teammates can help each other by getting up and helping the person put on their PPE.

### 5. Prizes

Add up the points and announce the winning team! Everyone should get a prize, but the winning team gets larger/additional prizes.

### 6. Photos

Don't forget to take photos of your event!



## Match the correct PPE to the activity (Point of Care Risk Assessment)

Lay out gloves, gowns, masks, and eye protection on the table (1 set for each team). For each situation, each team must pick up the correct PPE. *You do not have to use all the questions below; you can choose the ones that best suit your facility.*

### Answers:

Situation	PPE
Emptying a urine bag	Gloves
Changing an incontinence pad	Gloves and gown
Cleaning a vomit spill	Gloves and gown
Dealing with someone who is coughing or sneezing	Gloves, gown, mask, eyewear
Transferring someone who has an undiagnosed rash from bed to wheelchair.	Gloves and gown
Feeding someone who has MRSA	(no PPE)
Bringing medication to someone	(no PPE)
Providing mouth care to someone who has MRSA	Gloves

**Scoring:** Each team gets a point for each correct piece of PPE, and a point off for each incorrect piece. (E.g. if the answer to a question is "gloves" and they selected gloves and gown, they would get 1 point for gloves but -1 point for gown, for a total of 0.) The reason we made the scoring like this is so that people cannot cheat by picking up all the PPE, all the time!

### Teaching points:

- Masks and eye protection are only necessary if a resident is coughing or sneezing. And any time you use a mask you must also use eye protection, as eyes are mucous membranes too!
- The purpose of a gown is to protect your clothing, so it is not necessary if your clothing will not be splashed.
- N95 respirators are only used for airborne precautions; they are not necessary if a resident has a cold or the flu.
- Gloves protect hands from becoming excessively soiled; they do not protect against germs as germs can penetrate gloves. If you are doing something where hands may come into contact with blood or bodily fluids, use gloves; otherwise, good hand hygiene is enough.
- For all the above situations, always perform hand hygiene!



## What are three ways to prevent passing on the flu to your residents?

### Answers:

- Get your flu shot
- Cover your cough
- Stay home when you're sick

**Scoring:** 3 points. Whoever buzzes first gets to try for **one** answer; then the next try goes to the other team, and the third try to the first team (they don't continue to buzz for each attempt).

### Teaching points:

#### Flu shot

- Influenza vaccinations are provided for free by your employer. You cannot get sick from the flu vaccine, as the vaccine contains a dead form of the virus. If you feel tired or unwell afterwards, this usually means that the vaccine is working: your body is busy figuring out how to produce the right antibodies to fight that strain of the flu.
- Getting the flu vaccine also protects your family; if you're not sick, you can't pass the flu on to them.
- Because flu vaccines aren't as effective in the elderly, it's important that staff working with the elderly are vaccinated.

#### Cover your cough

- If you properly cover your cough or sneeze, then the germs won't land on another person, or on a surface that other people will touch.

#### Stay home when you're sick

- It can be hard to stay home sick when we know we're leaving our colleagues short-handed... however, this is better than coming in and getting your colleagues and residents sick!

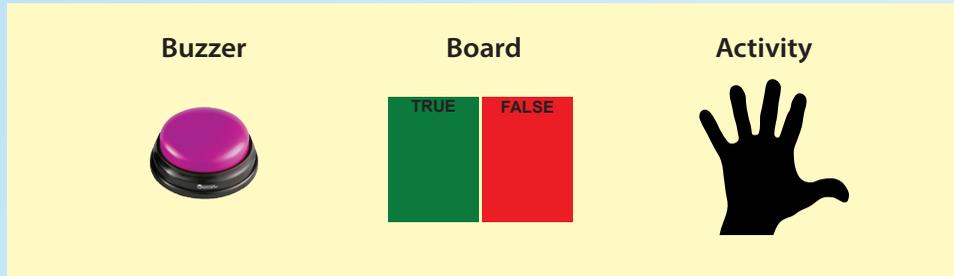
## Scoring Sheet

You can photocopy this page for each game session, or download more scoring sheets from the PICNet website.

Question	Team A	Team B
Question 1		
Question 2a		
Question 2b		
Question 3		
Question 4		
Question 5		
Question 6		
Question 7		
Question 8		
Question 9		
Question 10		
Question 11		
Question 12		
Question 13		
Question 14		
TOTAL		

# Game Questions

The types of questions are indicated by the following icons:



Get your teams ready with their hands near a buzzer...  
and begin the game!

**Q1** What is the single most effective way of preventing the transmission of infection?

Answer: Hand cleaning

Scoring: 1 point

Teaching point:

Germs travel on our hands, from resident to staff to another resident. Germs also spread via commonly touched surfaces such as door handles, keyboards, telephones, and elevator buttons. Because so many people are touching these surfaces so often, you need to clean your hands regularly, either with hand sanitizer or soap and water.



**Put on the PPE in the correct order: gloves, gown, mask, eye protection.**

Have one set of gloves, gown, mask and eye protection for each team. One volunteer from each team must come up to the front to put on the PPE. (Also have two bottles of hand sanitizer available on the table where the PPE is.) Teammates can help each other! (Each person donning PPE can have one or more 'wardrobe assistants!')

Answers:

PPE must be put on and taken off in the following order:

Donning	Doffing
Clean hands with sanitizer	Gloves
Gown	Gown
Mask	Clean your hands
Eye protection	Eye protection
Gloves	Mask (by the ties)
	Clean hands again

Scoring: 1 point for donning and doffing all PPE in the correct order.

Teaching points:

Donning

- Eye protection must go over mask, or the mask won't form a proper seal.
- Gloves go over the cuffs of the gown to prevent fluids from getting under the cuffs.

Doffing

Gloves are removed first as they are dirtiest.

- Then you clean your hands, because you don't want to touch your face with contaminated hands!
- Clean your hands again after removing the mask and eye protection, as these can re-contaminate your hands.



## How do infections such as colds, flu, and norovirus get in to residential care facilities?

**Answer:** Staff, volunteers and visitors bring them in.

**Scoring:** 1 point

### Teaching points:

- This is why you should stay home when you're sick: to avoid bringing infections in.
- Visitors and volunteers should also be encouraged to stay away when sick.
- Because people can spread germs for up to 24 hours before showing symptoms of cold or flu, everyone should practice good hand hygiene and respiratory etiquette (such as coughing into your elbow rather than hands) all the time!



## Which is the fastest way to clean your hands, hand sanitizer or soap and water?

**Answer:** Hand sanitizer

**Scoring:** 1 point

### Bonus point: when should you not use hand sanitizer?

**A:** When hands are visibly dirty

### Teaching points:

- Hand sanitizer is readily available, easier to get to than a hand cleaning sink, only takes 15 seconds to clean your hands, and kills 99% of germs on contact.
- Hand sanitizer does not remove dirt, however, and it is less effective if there is organic material on your hands; so if hands are visibly soiled you should use soap and water.
- There has been controversy in the news that hand sanitizer is not effective against norovirus. While it is not as effective against norovirus, it kills about 90% of the germs.
- The one germ that is resistant to hand sanitizer is *C.difficile*. For a resident with infectious diarrhea, soap and water is preferred, but if you are not near a hand cleaning sink, use sanitizer and then wash your hands with soap and water when you get to a sink.



## Cover your cough demonstration

One person from each team comes up to the front to demonstrate their cough technique; the best one wins a point for their team.

### Answers:

- People must cough into their elbow **not** their hand
- They must **fully** cover their cough
- They should turn **away** from the other person

**Scoring:** 1 point

### Teaching points:

- Coughing into your hand is a bad idea, as you will then touch objects with your hand, spreading the germs even further.
- When you cough into your elbow, make sure you completely cover your cough - it doesn't work if your elbow is several inches from your face!
- And if you can, also turn away from people, so that if any spray isn't covered, at least it isn't going into people's faces.



## Should hand cleaning be performed before or after glove use?

**Answer: Both (trick question!)**

**Scoring:** 1 point

### Teaching points:

- All gloves have micropores, and germs can get through. If your hands are dirty before you put the gloves on, germs can make their way to the outside of the gloves. And the reverse is true... even though you are wearing gloves, germs can still get in. So you must clean your hands before **and** after using gloves.
- Why do we wear gloves, then? They are really for "ick factor", such as when you're changing a diaper or helping someone to use a bedpan.
- You must remove your gloves immediately after using; otherwise you'll spread germs if you touch another surface with dirty gloves.



## Which of the following are good infection control practices and which are not?

### Answers:

Good	Bad	Either/Both
Hand sanitizer Hand lotion Gloves	Rings Artificial nails Nail polish Wrist watch	Bandaid

**Scoring:** 1 point for getting all correct, with the exception of bandaid; this answer doesn't count either for or against.

### Teaching points:

- Sanitizer is good for cleaning hands: it is fast and effective.
- Gloves are good **but** must be used in conjunction with hand cleaning, and must be removed after the procedure is completed. They should not be worn around the facility.
- Hand lotion keeps your skin healthy, and less prone to chapping or dermatitis.
- Wrist watches, rings, artificial nails and nail polish interfere with proper hand cleaning and can trap germs.
- If you have a cut on your finger you must cover it with a bandaid; however, make sure you change the bandaid regularly.

