

THE SPOKE

South East
IPAC
HUB & SPOKE



EDUCATION
PRACTICE
POLICY
PARTNERS

Quinte | Rural Hastings | Rural Frontenac | Lennox & Addington | Lanark, Leeds & Grenville

South East Region Infection Prevention and Control Hub Newsletter

March 2026

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South East IPAC Hub Update

It has been a busy and exciting start to 2026 for the South East IPAC Hub and Spoke Team! Over the past few months, we have continued connecting with and supporting our congregate living setting (CLS) partners across the region through virtual consultations, onsite visits, and multiple engagement platforms that facilitate collaboration among IPAC designates.

We are very excited to be hosting our upcoming in-person workshop, “**The Take Down**”, in April, which will focus on key cleaning and disinfection practices. This will be a great opportunity to come together, review best practices, and highlight the important role environmental services and healthcare workers play in preventing the spread of infection. We are excited to see many of you there and to have the opportunity for some hands-on learning and discussion!

During this quarter, we also launched our quarterly virtual **Retirement Home Community of Practice (CoP)**, while continuing our monthly **Long-Term Care CoP**. In addition, we expanded our **Professional Peer Exchange** in-person sessions for LTC IPAC Leads to the LGL and HPE areas, building on the existing KFLA region pilot.

CLS Conversations



The SE IPAC Hub is proud to share our progress in expanding IPAC support to non-long-term care/retirement homes which include group homes, transitional housing, shelters, and more. Since November, our new team member dedicated to these settings has made meaningful strides supporting 11 new settings in strengthening their IPAC practices!

Through onsite and virtual support, the SE IPAC Hub is working to empower organizations to tailor IPAC best practices and standards to meet the unique needs of their settings while encouraging continued collaboration and education.

Early feedback has been overwhelmingly positive! We look forward to continuing this momentum, including launching a virtual education series geared specifically to our non-long-term care/retirement home congregate living settings and expanding to more diverse settings. Stay tuned for details!

Thank you to our partners across the region for your continued collaboration. We look forward to continuing this work throughout the year!

Upcoming Hub Event



THE SOUTH EAST IPAC HUB PRESENTS:

THE TAKE DOWN

SOLD OUT

Cleaning & Disinfection
Removing organic matter and destroying pathogens!

Tuesday April 14 9am-3pm
INVISTA Centre (1350 Gardiners Road Kingston, ON)



NEW UPDATE

Check Out Our Revamped SE IPAC Hub Website!

We're excited to share that our SE IPAC Hub website has been refreshed with new updates and features!

Visit our site to **meet the team**, browse past **newsletters** and **presentations**, and explore our most up-to-date **educational resources** and **upcoming events**. It's your one-stop shop to stay informed and connected with the latest from the South East IPAC Hub and Spoke.

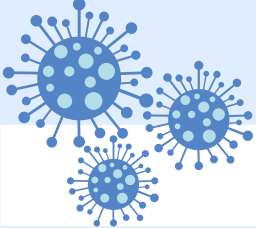


Take a look: [SE IPAC Hub and Spoke Website](#)



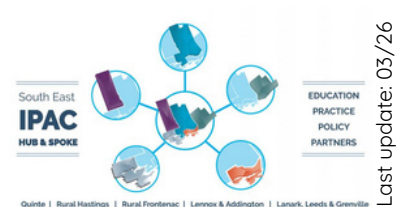
CONGRATULATIONS CORNER

Natasha Devendorf, LTC-CIP
Hastings Centennial



FACT SHEET

COVID-19



What is COVID-19

- COVID-19 is a respiratory infection caused by the SARS-CoV-2 virus
- It can cause illness ranging from mild cold-like symptoms to severe pneumonia and respiratory failure
- COVID-19 can result in serious illness, hospitalization, or death, particularly in those with chronic health conditions or weakened immune systems

Why is it a concern?

- Easily transmitted in congregate settings where residents live closely and share common spaces
- Can spread before symptoms develop or from asymptomatic individuals
- Causes outbreaks that may impact both residents and staff
- Requires layered Infection Prevention and Control (IPAC) measures to limit spread

How does COVID-19 spread?

- **Droplet Transmission:** virus spreads through respiratory droplets and aerosols when an infected person coughs, sneezes, talks, or breathes
- **Contact Transmission:** via contaminated hands, surfaces, or shared items
- Airborne spread may occur in poorly ventilated spaces or during aerosol-generating medical procedures (AGMPs)

Signs & Symptoms

Common Symptoms

- Fever, chills
- New or worsening cough
- Shortness of breath
- Sore throat
- Runny nose/nasal congestion
- Fatigue, headache, muscle aches
- Loss of taste or smell
- Nausea, vomiting, or diarrhea

Atypical Symptoms

- New confusion or delirium
- Increased falls
- Worsening chronic conditions
- Decreased appetite

Preventing Transmission



Routine Practices

- Perform 4 moments of hand hygiene
- Use PPE based on risk assessment

Additional Precautions

- Implement **droplet contact precautions** for confirmed or suspected cases, or airborne based on facility policy/Public Health recommendations
- Use N95 respirator for AGMPs or as indicated by risk assessment
- Residents are encouraged to wear a mask if leaving room (when tolerated)



Environmental Cleaning

- Perform enhanced cleaning of high touch surfaces and shared equipment
- Use a disinfectant with a claim for respiratory viruses and ensure required contact time is followed



Immunization

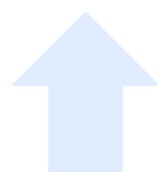
- Promote up-to-date COVID-19 vaccination for residents, staff, students, and volunteers
- Follow Ministry and PHO guidance for vaccine eligibility and timing

Outbreak Preparedness & Management

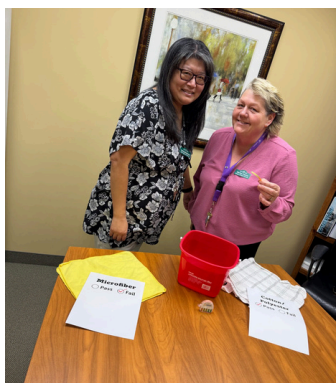
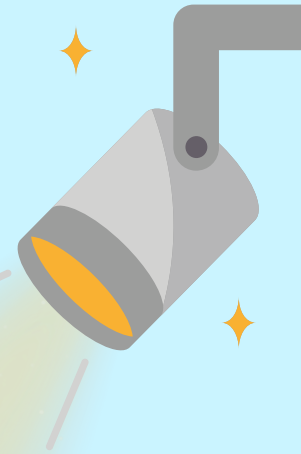
- Notify PHU immediately when outbreak definition is met
- Collect specimens to confirm cases
- Implement additional precautions
- Universal masking in outbreak areas
- Restrict group activities, dining as needed
- Increase surveillance
- Reinforce hand hygiene, cleaning protocols, and ensure sufficient PPE supply
- Stay home when sick!



PHU and IPAC Hub can support with outbreak management!



IPAC SPOTLIGHT



TRENT VALLEY LODGE

IPAC Lead: Tsering Nylosang
Environmental Manger: Marilyn Francis



Driven to enhance the safety of their dining environment, Tsering and Marilyn took a proactive, hands-on approach to reviewing their disinfectant practices. Through this work, they identified that cloth type plays a critical role in product effectiveness and refined their processes to better align with best practices, supporting a safer environment for residents and staff. Ultimately, they selected a cotton/poly blend cloth that was compatible with their quaternary-ammonium based sanitizer and were able to confirm that double-dipping and storing cloths in the dilution reduced the sanitizer's concentration rendering it ineffective. By practicing this, they were able to extend the sanitizer's use at the correct concentration aligning with the manufacturer's instructions for use while being cost effective.

This 'behind-the-scenes' work reflects their effort in implementing best practices leading to more reliable and consistent outcomes. If you have any questions, Tsering and Marilyn would be happy to help!

Contact the Hub: SEHubIntake@kingstonhsc.ca



Service requests

Our team is available for a variety of services, including on-site visits, staff education, outbreak management, IPAC policy review, IPAC resource development and other supports to help enhance your IPAC program.



IPAC-related questions

Our Hub IPAC practitioners are happy to provide advice on your IPAC-related questions and direct you to best practice resources. There are also numerous resources and presentations available on our [website](#).



We want your feedback!

We value our partner suggestions and feedback. If the Hub has provided your organization with services, please take a moment to complete our [feedback survey](#) to help us improve our program.