



# Dietary Services Fundamentals for Long-Term Care and Senior Living Syllabus

## Section 1

### Module 1 - The Chain of Transmission

**Duration:** 11 minutes

#### Overview

This module introduces learners to the fundamental concept of the Chain of Infection, highlighting each link and its role in the spread of infectious diseases. Learners will explore how infections are transmitted and the critical control points where intervention can prevent or stop transmission. The module also emphasizes the importance of conducting a risk assessment to determine the most effective strategies to break the chain and reduce infection risks in healthcare environments.

#### Learning Objectives:

By the end of this module, learners will be able to:

1. Describe each link in the Chain of Infection.
2. Identify the most appropriate method to break a link in the chain based on a risk assessment.

### Module 2 - Routine and Additional Precautions

**Duration:** 15 minutes

#### Overview

This module covers essential infection prevention and control practices through Routine Precautions and Additional Precautions. Learners will understand the foundational safety measures that apply to all patient care activities and the enhanced precautions required in specific situations. The module also focuses on conducting thorough risk assessments to determine when additional precautions are necessary, helping to protect both healthcare workers and residents in long-term care settings.

#### Learning Objectives:

By the end of this module, learners will be able to:

1. Describe Routine Precautions.

2. Recognize the purpose and importance of Risk Assessments.
3. Identify the steps involved in performing a Risk Assessment.
4. Explain what Additional Precautions are and when they are needed.

## Module 3 - Hand Hygiene

**Duration: 10 minutes**

### Overview

This module highlights the critical role of hand hygiene in preventing the spread of infections. Learners will become familiar with the “Four Moments of Hand Hygiene” framework, which guides when hand hygiene should be performed in healthcare settings. The module also covers effective methods to clean hands properly, ensuring maximum removal of harmful microorganisms to protect both staff and residents.

### Learning Objectives:

By the end of this module, learners will be able to:

1. List the four moments of hand hygiene.
2. Identify the methods used to perform hand hygiene.

## Section 2

## Module 4 - Proper Use of PPE

**Duration: 14 minutes**

### Overview

This module provides essential knowledge on Personal Protective Equipment (PPE) and its role in infection prevention and control. Learners will understand what PPE is, how to store and maintain it properly, and the correct procedures for donning and doffing to prevent contamination. Additionally, the module clarifies the differences between standard precautions and additional precautions, helping learners apply appropriate protection measures in various healthcare scenarios.

## **Learning Objectives:**

By the end of this module, learners will be able to:

1. Define Personal Protective Equipment (PPE).
2. Describe how PPE should be stored, maintained, donned, and doffed.
3. Recognize the difference between standard precautions and additional precautions.

## **Module 5 - Daily Cleaning**

**Duration: 7 minutes**

### **Overview**

This module focuses on the essential daily cleaning practices necessary to maintain a safe and hygienic environment. Learners will explore the differences between cleaning, disinfecting, and sanitizing, understanding how each process contributes to reducing microorganisms on surfaces and items. The module also highlights best practices specifically for keeping kitchens clean and safe, protecting both staff and residents.

## **Learning Objectives:**

By the end of this module, learners will be able to:

1. Recognize the difference between cleaning, disinfecting, and sanitizing.
2. Describe the processes used to reduce the number of microorganisms on surfaces and items.
3. Identify best practices for maintaining a clean and safe kitchen.

## **Module 6 - Enteric Outbreaks**

**Duration: 7 minutes**

### **Overview**

This module covers the identification and management of enteric outbreaks, with a focus on gastroenteritis infections. Learners will understand how to recognize early signs of

infection, identify potential outbreaks quickly, and apply effective management strategies to control and contain outbreaks within healthcare settings.

### **Learning Objectives:**

By the end of this module, learners will be able to:

1. Recognize the first signs of a gastroenteritis infection.
2. Identify indicators of a potential gastroenteritis outbreak.
3. Describe steps to manage a gastroenteritis outbreak effectively.

## **Section 3**

### **Module 7 - Outbreaks and Meal Time**

**Duration:** 12 minutes

#### **Overview**

This module focuses on managing enteric outbreaks in long-term care (LTC) homes, with particular attention to meal times. Learners will explore the most common types of enteric outbreaks in LTC settings and practical methods to prevent their spread. The module also highlights the critical role dietary staff play during an outbreak, ensuring food safety and supporting infection control efforts.

### **Learning Objectives:**

By the end of this module, learners will be able to:

1. Identify the most common enteric outbreaks in LTC homes.
2. Describe different ways to prevent the spread of an outbreak.
3. Explain the role of dietary staff during an outbreak.

### **Module 8 - Continuous Quality Improvement**

**Duration:** 8 minutes

#### **Overview**

This module introduces learners to the concept of Quality Improvement (QI) and its importance in healthcare settings. Learners will explore the key steps and outcome measures involved in quality improvement models. The module also guides learners on how to design and structure a Continuous Quality Improvement (CQI) initiative within a long-term care home to enhance care quality and resident safety.

### **Learning Objectives:**

By the end of this module, learners will be able to:

1. Define what quality improvement is.
2. List the model steps and outcome measures involved in quality improvement.
3. Describe how to structure a Continuous Quality Improvement (CQI) initiative in the home.

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