

# THE SPOKE



South East Region Infection Prevention and Control Hub Newsletter

September 2025

## South East IPAC Hub Update

The South East IPAC Hub team has been busy preparing with supporting facilities for the upcoming respiratory season. We extend our sincere thanks to Lana King for her many contributions over the past several years and wish her well in her next chapter. In the months ahead, look for announcements for new team members who will help us carry this important work forward.

With respiratory season approaching, IPAC preparedness remains a top priority. Now is the time to review outbreak management plans, refresh staff on core practices, and ensure readiness. The Hub is a supportive resource, recognized in both the IPAC Standard and RHRA guidance, to help organizations strengthen their IPAC practices. We can help you prepare for inspections, accreditation, preparedness and more as a partner, working alongside your team within various congregate living settings. To connect with us, please reach out to: SEHubintake@kingstonhsc.ca.

Looking ahead, we are in the process of planning a virtual webinar this November which will be open to all congregate living settings. Our focus will be on **Organisms of Significance**. This will be a valuable opportunity to come together and dive deeper into key organisms, such as C.diff, CPE and Norovirus. We will explore practical IPAC strategies and share learnings across settings. We encourage all IPAC Leads and those most responsible for their facility's IPAC program to stay tuned for registration details!

### SAVE THE DATE

## SOUTH EAST IPAC HUB VIRTUAL EVENT: ORGANISMS OF SIGNIFICANCE

November 6, 2025 1:30pm - 3:15pm

PUT PRACTICE INTO ACTION!

WE WILL FOCUS ON CPE AND C.DIFF ALONG WITH  
NOROVIRUS AND MRSA, IN OUR ENGAGING  
INTERACTIVE SESSION.

OPEN TO ALL SOUTH EAST IPAC LEADS.

REGISTER NOW



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### National Infection Control Week

Oct 20- 25, 2025

 'Bridging Gaps, Building Bridges'



## Hub IPAC Week Planner

The SE Hub developed a resource to help make IPAC Week memorable for staff and residents.



This easy-to-use planner includes ideas with varying levels of time investment and difficulty. Use the icons to select activities based on your preference.



Reach out to the South East IPAC Hub for IPAC Week support!





# BUG WATCH

# Legionella



## What is Legionella?

- Gram-negative, rod-shaped bacteria
- May cause Legionnaire's disease (severe type of pneumonia) or Pontiac Fever (mild respiratory disease)
- Can reproduce within natural environment and grow inside building's plumbing and survive in biofilms
- Can enter building's water system through external construction, water main breaks and/or water pressure surges
- Optimally grows in water temperatures between 25°C - 45°C and in areas of low-flow or water stagnation

Causative agent: *Legionella pneumophila*

Incubation Period: 2-10 days

## How is it spread? Who is at risk?

- It is **spread** through inhalation or aspiration into the lungs of aerosolized droplets or mist containing bacteria from contaminated sources

### Individuals who are at risk of developing Legionella

include those with:

- declining immunity due to age
- pre-existing medical conditions (e.g., chronic lung disease or cancer, diabetes, renal disease)
- swallowing difficulties due to increased risk of pulmonary aspiration

## Signs & Symptoms of Legionellosis

### Legionnaire's Disease

- Anorexia or loss of appetite
- Malaise
- Myalgia

Fever >39°C

- Pneumonia
- Nausea
- Chills
- Diarrhea

### Pontiac Disease

- Headache
- Productive cough

Fever >37.5°C

## Key Preventative Measures

 **Legionella must be reported immediately to your Public Health Unit!**

- Routine practices
- Implement a 'Water Safety Plan' including temperature and flow management
- Routine maintenance and disinfection of water-cooling towers, whirlpool bathtubs, humidifiers, ice machines and plumbing systems (faucets, water heaters and showers)
- Adequate treatment of supplied water where sources have been implicated
- Avoid use of materials that harbour *Legionella* growth (e.g., aerators, rubber washers)
- Removal of plumbing dead legs

## Need to create a 'Water Management Program'?

- Get involved in building water safety. Take CDC's training on creating a water management program to reduce risk for Legionnaires' disease (LD). To create an account and complete this 3-hour course, click [here](#)

## Resources

- Ministry of Health - [Appendix 1: Case Definitions and Disease: Legionellosis](#)
- Public Health Ontario: [Legionellosis \(Legionella, Legionnaires Disease\) Webpage](#)

 Share

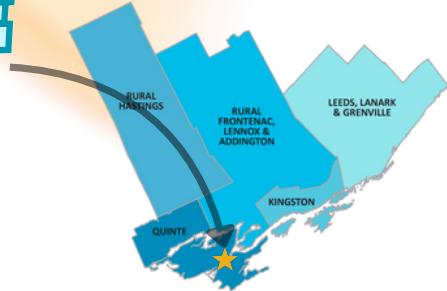
the course with Maintenance and/or Environmental Managers for a collaborative approach.

# IPAC SPOTLIGHT



## MLP RESIDENCE RETIREMENT HOME

**IPAC Designate:**  
Jamie Kelly,  
General Manager



## Cheers for Peers! Program

At MLP Residence in Picton, every month, one outstanding staff member is recognized through their 'Cheers for Peers!' program. Nominated by their fellow team members, residents, and/or visitors, the selected individual exemplified what it meant to keep MLP Residence safe, clean, and an absolute fantastic place to be for everyone.

To be eligible, the nominee must meet the following criteria for the month:

- ✓ Pass all audits including proper glove use, hand hygiene, and proper donning/doffing of PPE
- ✓ Encourage colleagues and residents with hand hygiene
- ✓ Have no sick day call-ins
- ✓ Follow best practice and go above and beyond to stop the spread of infections
- ✓ Demonstrate a positive attitude and be helpful and supportive to both staff and residents

This recognition not only boosts morale but reinforces our shared commitment to a safe, healthy environment. As a thank you, the selected staff member receives a gift card reward!

This program has been a continued success and is a great way to engage staff and promote IPAC.



Pictured left to right:  
Jamie Kelly, (General  
Manager & IPAC Lead)  
& Pauline Macey  
(Personal Support Worker)

## Contact the Hub: [SEHubIntake@kingstonhsc.ca](mailto: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.