

**HealthStream Course 10313
Providence Alaska Medical Center
Annual Safety Update 2011**

Infection Control

**INFECTION
CONTROL -**

**IT'S IN
YOUR
HANDS**



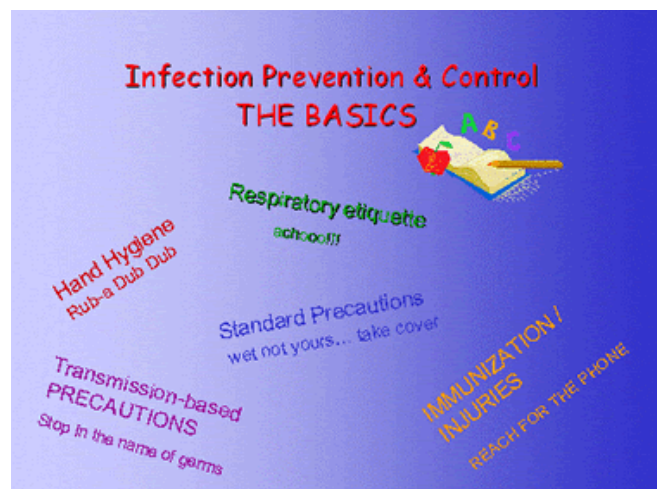
Course Description

This course will review basics in infection prevention that include hand hygiene, standard and transmission based precautions (contact, droplet, airborne), blood borne pathogens, and medical waste disposal

Learning Objectives

After completing this lesson you will be able to:

- Describe the proper procedure to perform hand hygiene
- List 3 categories of isolation precautions
- Review ways to prevent blood borne pathogen transmission.



When do you perform hand hygiene?

- Before and After any patient contact,
- Before and After entering patient rooms, regardless of contact
- After removal of gloves

Perform hand hygiene with Soap and Water:

- If hands are visibly soiled
- Every 5th-10th time of using Avagard (or whenever hands feel sticky)

Proper hand washing procedure

- **WET HANDS FIRST**
- Use lotion soap in wall mounted dispensers
- 10- 15 seconds of friction, rinse, towel dry
- Use dry paper towel to turn off tap

Perform hand hygiene with Gel (Avagard)

- 1 pump, dime size, rub briskly till dry

Note: Wash with soap & water after caring for patient with diarrhea. Clostridium difficile (C-diff) bacterium spores are hard to kill with alcohol.

Don't Bug Your Patients!



*Protect patients
Protect health care personnel...
Promote quality health care!*

Gel In – Gel Out



Problems with skin?

- **Alternative soap product: Cetaphil – available in General Stores**
- **Use Cavilon lotion on clean hands frequently – available in General Stores**
- **No hand lotions from home! (infection risk)**
- **Consult Employee Health for evaluation if your hands are very dry, have frequent breaks or cracks in skin, or rashes.**

Handwashing

- **Encourage patients to ask their healthcare worker about hand washing!**
- **8 out of 10 patients surveyed at PAMC felt comfortable asking their health care provider if they've washed their hands.**



Other Hand Hygiene Practices

- **No artificial nails (overlays, silk wraps, tips, tape) for staff with patient contact or contact with patient care equipment or medication.**
- **Keep nails short.**
- **If nails are polished, polish must not be chipped.**
- **Wash hands prior to donning gloves. This will prevent your 'clean' gloves from getting contaminated by dirty hands.**



Standard Precautions such as **Personal Protective Equipment (PPE)** and **hand washing** help protect healthcare workers from exposure to **Bloodborne Pathogens (BBP)** and **Other Potentially Infectious Materials (OPIM)**.

Personal Protective Equipment (PPE)

Items you wear to reduce risk of exposure to Bloodborne pathogens

- **Gloves**
- **Fluid resistant gowns & aprons**
- **Head covers**
- **Shoe covers/gaiters**
- **Face shields**
- **Masks**
- **Goggles**



The recommended proper order for the removal of personal protective equipment:

- **Gloves**
- **Goggles or Face shield**
- **Gown**
- **Mask or respirator**
- **Wash hands**



Work Practice Controls

Things you do to reduce your risk of exposure:

- **Good hand washing**
- **No eating, drinking, applying lip balm, or touching contact lenses where you could be exposed (in the work area)**
- **Removing PPE when leaving the work area**
- **Do not blindly reach into trash or dirty instruments**
- **Do not store food in a refrigerator that contains patient blood samples**

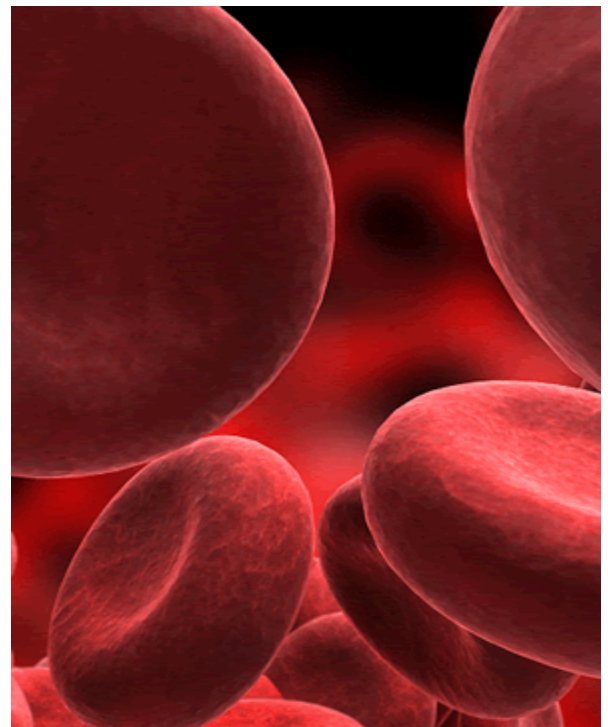


Treat all blood and body fluids as infectious.

Remember to:

- **Use proper Hand Hygiene**
- **Use Personal Protective Equipment**
- **Anticipate Your Exposure**
- **Use Sharp Safety Devices**
- **Clean Surfaces Regularly**
- **Use Appropriate Waste Disposal**

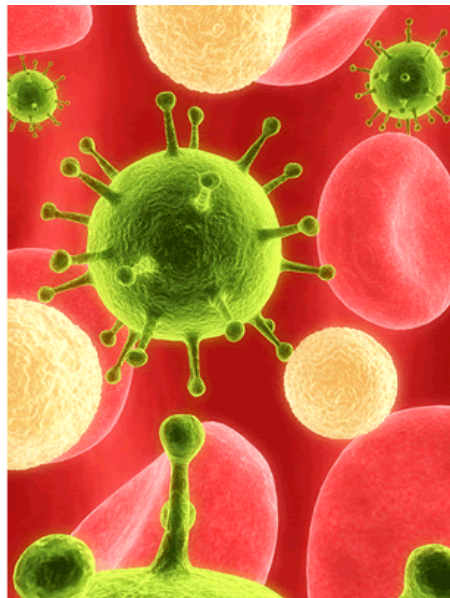
"If it is wet and not yours...use a barrier!"



Bloodborne Pathogens (BBP) and Other Potentially Infectious Materials (OPIM).

Bloodborne Pathogens (BBP)

- HIV – human immunodeficiency virus; the virus that causes AIDS
- HBV – hepatitis B virus
- HCV – hepatitis C virus



Transmission of Bloodborne Pathogens

- HIV: unprotected sexual contact, sharing needles for drug use, infants born to infected mothers.
- HBV: unprotected sexual contact, close (household) contact with an infected person, sharing needles for drug use, infants born to infected mothers.
- HCV: sharing needles for drug use, exposure to infected blood during medical procedures.



Bloodborne Pathogens can be spread by contact with infected blood or Other Potentially Infectious Materials (OPIM).

OPIM include:

- All bodily fluids
- Body secretions
- Body excretions, except sweat

Isolation Precautions In addition to Standard Precautions

There are three types of
Transmission-based Precautions:

- Contact
- Droplet
- Airborne

The goal of transmission based precautions is to protect other patients from infectious diseases.

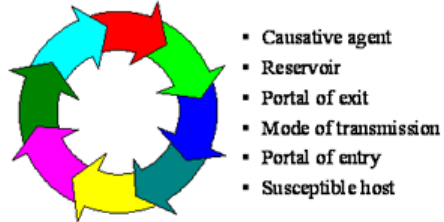
Volunteers should not enter patient rooms that have Precautionary signs, with the exception of those volunteers who have had the PPE & Isolation Precaution training.

CONTACT Precautions-

Use Gown & Gloves for diseases spread by direct or indirect contact:

- Methicillin-Resistant Staphylococcus aureus (MRSA)
- Respiratory Syntitial Virus (RSV)
- Rotavirus
- Clostridium difficile disease (C-diff)
- Other multi-drug resistant organisms (MDROs)

The 6 Components of the
Infectious Disease Process: The
Chain of Infection



Contact Precautions (continued)

- Gown (if contact with patient or the environment) and glove when entering patient room
- Remove gloves and gown and perform hand hygiene when leaving room
- Limit transport to medically necessary purposes
 - Cover infected areas of patient's body
 - Have patient perform hand hygiene
- Use disposable patient care equipment, dedicate equipment to the use of the isolated patient, and thoroughly disinfect medical equipment after use



Visitors are not required to gown and glove – instruct them in hand hygiene

DROPLET Precautions

- Wear a plain surgical mask when within 3 feet of the patient (arms length).
- Patients can leave their room for essential purposes only – they **MUST** wash their hands and wear a mask if outside their room.
- A negative pressure room is not needed.
- For respiratory diseases spread by large droplets:
 - Influenza
 - Meningitis
 - Methicillin-resistant *Staphylococcus aureus* (MRSA) in sputum
 - Pertussis



AIRBORNE Precautions

Negative pressure room and N95 Mask (orange duck bill) are required for diseases spread by tiny droplets that travel in the air such as:

- Tuberculosis (TB)
- Chicken pox (Varicella)
- Measles
- Severe Acute Respiratory Syndrome (SARS)

There are 11 “TB Isolation” rooms throughout the medical center.

- The door must be kept shut at all times once room is turned “on”.
- If possible, procedures should be done at the bedside.
- Visitors **MUST** wear a mask (regular mask is okay).

After an exposure to blood or OPIM (other potentially infectious material), immediately **WIN**:

- Wash the area
- Identify the source
- Notify your supervisor

Acting quickly can reduce the risk of becoming infected.

Respiratory Etiquette

- Cover your coughs and sneezes with tissue or your upper sleeve, **NOT** your hand.
- Put used tissues in trash.
- Wash your hands!



Infection Control for Everyone

- Handwashing is everybody's business.
- It's okay to remind someone to wash their hands, especially before patient contact.
- Annual influenza vaccine is strongly encouraged to protect you, your patients, and your family.
- Do not come to work with a fever, nausea and vomiting, diarrhea, rash, weeping sores or lesions.
- Call Infection Control or Employee Health if you have questions.



Summary

- Hand washing is the simplest way to prevent transmission of infection to you and your patients; hand hygiene observations will continue.
- Isolation precautions protect both staff and patients from infectious diseases.
- Good infection control practices include:
 - Hand hygiene before and after patient contact, and after removal of gloves
 - Do not put dirty linen on the floor – put in nearest bag
 - Keep your workstation clean – clean your phones and computer keyboards often (esp. during Influenza season)
 - Follow proper technique for removing personal protective equipment
 - Nothing stored under sinks
 - Separate clean and dirty tasks, and wash hands in-between tasks

Put Regulated Medical Waste in the proper container

2011 Volunteer Annual Safety Update (ASU) Test Questions

Please open the 2011 Answer Sheet, print that document and mark your answers on the answer sheet.

Another option would be to open the 2011 Test Questions document, print it and mark your answers, then return either one to Volunteer Services.

Infection Control

29. The following is true about hand hygiene:

- A. Sanitize your hands BEFORE and AFTER patient contact.
- B. Hand disinfection is 5 seconds of soap and water OR alcohol hand rub (Avagard)
- C. Alcohol hand rub is effective whenever your hands are visibly soiled
- D. Artificial nails can be worn in patient care areas.

30. Standard Precautions help:

- A. Protect patient confidentiality
- B. Protect patients from exposure to safety hazards
- C. Protect healthcare workers from exposure to violent patients
- D. Protect healthcare workers from exposure to Bloodborne pathogens

31. Volunteers may, on occasion, have the need to use PPE to reduce the risk of exposure to blood or OPIM.

- True False

32. Bloodborne pathogens are spread ONLY through direct contact with contaminated blood.

- True False

33. Healthcare workers are at risk for exposure to Bloodborne pathogens by:

- A. Sharps injury
- B. Non-intact skin contact with blood or OPIM
- C. Mucous membrane contact with blood or OPIM
- D. All of the above

34. Which of the following is an unsafe work practice that could result in exposure to a Bloodborne pathogen?

- A. Wearing gloves to draw a patient's blood
- B. Wearing a mask and goggles during a surgical procedure
- C. Storing food in a refrigerator that contains patient blood samples
- D. All of the above

35. If you see a transmission-based precaution sign on a patient door, volunteers who have not had the PPE and Isolation training should:

- A. Wear a mask and gloves at all times in this area
- B. Not enter the room
- C. Leave the door open slightly while in the room
- D. Walk into the room without looking at the sign

36. After an exposure to blood or OPIM (other potentially infectious material), immediately WIN (Wash the area, Identify the source, Notify your supervisor). Acting quickly can reduce the risk of becoming infected.

- True False