



2008 Introduction to Infection Control

Intro to Infection Control

This lesson examines infection control topics including hand hygiene, environmental control, workplace practices, precautions, personal protective equipment, immunizations, and post-exposure issues.

This is only a brief overview of infection control.

Remember that you are ultimately responsible for understanding the risk of exposure to blood or other potentially infectious materials where you work.

Centra's infection control program works only if you are committed to following the guidelines established and outlined in this course.

Centra

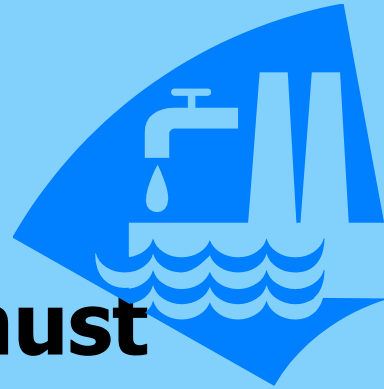
- **Takes action to control outbreaks of healthcare associated infections**
- **Reports information about infections internally and to the appropriate public health agencies**

Hand Hygiene Basics

Hand hygiene is the foundation of infection prevention and control



- **The single action lowers the risk of transmitting organisms from one person to another**
- **Wearing gloves does not replace hand hygiene**
- **Nails must be short – well manicured**
- **No artificial nails (if care for patients, prepare items such as food, medications or sterile items)**
- **Nail tips must be no longer than 1/8 inch beyond tip of fingers**



**Hand hygiene must
occur before and after
every
patient contact**

Techniques for soap and water hand wash

- 1. Wet hands with warm water**
- 2. Apply soap to hands**
- 3. Rub hands together for 10-15 secs**
- 4. Cover all surfaces hands, fingers and nails**
- 5. Rinse**
- 6. Leave water running while drying hands with paper towel**
- 7. Use paper towel to turn off faucet**

How to Cleanse with the Waterless Alcohol Based Product



- 1. Apply waterless product to hands**
- 2. Rub together**
- 3. Cover all surfaces of hands, fingers and nails**
- 4. Continue rubbing together until dry**

Times soap and water is needed

Soap and Water



Waterless Product



The times when you MUST wash your hands with **soap** and water are as follows:

If you can **see** soil, body fluids, or any other substance on your hands

Before and After eating
After using the restroom

All other times the waterless alcohol-based hand sanitizer is equivalent to soap and water

Regulated Medical Waste includes:

- **Sharps**
- **Laboratory waste**
- **Items saturated with blood and/or body**
 - **Bag to prevent contamination to patients, personnel and visitors**
 - **Place used sharps in puncture resistant containers**

Regulated Waste cont.

Syringes without needles may go in regular waste can

HOWEVER

DO NOT attempt to detach a syringe from the needle for this purpose as the risk of accidental sticks increase with excessive handling!

General Housekeeping

- **Routine disinfection of patient care equipment prevents transmission of infections**
- **Always disinfect items using the disinfectant wipes provided**

Biohazard Symbol

- The biohazard symbol is a universal symbol placed on any container or area that may contain regulated waste.
- Biohazard signs are always red or orange and have the biohazard symbol.
- Once items have been labeled biohazard or placed in biohazard containers they are considered potentially infectious waste.



Do Not Use Biohazard Bags to store clean items

Workplace Practices

In work areas where exposure is likely, do not:

- **Eat, drink, or put objects in your mouth**
- **Apply cosmetics, lip balm, or contact lenses**

Workplace Practices

Minimize Risk:

- **Minimize your risk of exposure by containing, removing, and disinfecting all blood or body fluid spills as quickly and effectively as possible.**
- **Wear gloves and other appropriate personal protective equipment (PPE)**

If you have caused a blood or body fluid spill, minimize your risk of exposure by: (select one)

- **Leaving the area**
- **Containing, removing, and disinfecting the spill as soon as possible**
- **Avoiding the spill and waiting until a cleanup crew arrives**

Standard and Transmission Based Precautions

There are two levels of precautions in hospitals: Standard Precautions and Transmission-Based Precautions

Standard Precautions:

Standard Precautions apply to blood, all body fluids, secretions, excretions, rashes, abrasions and any break on the skin.

Personal Protective Equipment for Standard Precautions includes:

- **Gloves**
- **Gowns**
- **Face protection (goggles, masks and/or face shields) when in contact with any patient's broken skin or body fluids.**

Standard Precautions include measure to protect both patients and hospital personnel from disease causing germs.

Transmission-Based Precautions

Transmission-Based Precautions apply to patients with documented or suspected infections or colonization's that are highly transmissible.

Transmission-Based Precautions include:

- **Airborne Precautions**
- **Droplet Precautions**
- **Contact Precautions**

They are used in addition to Standard Precautions

Contact Precautions

- **Are used for MRSA, VRE, lice, C-diff, Aseptic meningitis in infants and young children, gastroenteritis in diapered and incontinent patients.**
- **Wear gloves and gown to enter the room if your hands and/or clothing will have contact with the patient and anything in the patient's room.**
- **Remove gown and gloves and use hand hygiene before leaving the room. Always use dedicated patient equipment (disposable stethoscope, disposable thermometer, etc.)**
- **If non disposable equipment is used it must be appropriately disinfected before being used for another patient.**

Droplet Precautions

- **Used for Pertussis (whooping cough), Influenza, suspected Meningococcal disease, invasive Group A strep**
- **Standard Isolation Mask is indicated when entering room**
- **Gown and Gloves only necessary when contact with blood/body fluids anticipated**
- **Always use hand hygiene upon entering and exiting room**

PPE

- **Personal Protective Equipment**
 - **Always use the required PPE**
 - **This specialized clothing and equipment provide protection against contact with blood or other potentially infectious materials.**
 - **Major areas to protect with PPE are the:**
 - **hands**
 - **face**
 - **body**

Always check PPE to be sure it is not damaged or worn!

Respiratory Protection for Airborne Precautions

The airborne precautions sign on the patient's door will indicate whether special respiratory protection (fitted mask or hooded unit) or a standard isolation mask is needed.

Always check with the charge nurse or infection control if there are questions about how you should protect yourself.

Respiratory Protection for Airborne Precautions

- **Regular masks do not adequately protect workers from airborne disease like tuberculosis.**
- **Some respirators must be individually fitted to the one person for whom it is intended.**
- **Some respirators are hoods that produce positive pressure keeping staff from breathing in the room air.**

Respiratory Etiquette

Is when we expect staff, patients and visitors to cover their coughs and sneezes

Dispose of used tissues properly

Use good Hand Hygiene after coughing and sneezing

Symptomatic patients waiting in common waiting areas to be seen, treated or admitted should be provided a mask



Diseases Requiring combined Precautions

- **Chickenpox**
- **Disseminated shingles**
- **Localized shingles in immunocompromised patient**
 - **Use order set in Formfast to determine when precautions are needed**
- **Draining lesions caused by Tuberculosis require both Airborne and Contact Precautions**
- **These conditions potentially transmitted both thru small airborne particles and by direct contact**

Diseases Requiring combined Precautions

- **RSV (Respiratory Syncytial Virus) requires both contact and droplet precautions**
- **RSV can be transmitted by large droplets from the respiratory tract as well as by direct contact**

Refer to [Infection Control Policy 2.10](#) for an alphabetical listing of conditions and related precautions (pause and click on link if you want to review policy)

Vaccinations

OSHA requires that a hepatitis B vaccine be available to all hospital employees who may be exposed to blood or other potentially infectious materials.

The vaccines:

- **Offered at no charge**
- **A series of three injections**
- **Made from yeast culture (not human blood products, so you cannot get the disease from receiving the vaccine)**

You may elect not to take this vaccine.

The vaccine will be available later if you change your mind

OSHA

OSHA does require that hepatitis B vaccines be available to all hospital employees who may be exposed to blood or other potentially infectious materials.

It is up to each institution to decide to whom the vaccine should be available.

Safe Injection Practices

- **Never reinsert a used needle into a multidose vial or solution container**
- **Always use a sterile single use needle for**
 - **each injection**
 - **IV access**
 - **Vial entry**

Infection Control Practices for Lumbar Puncture Procedures

- **The individual placing a catheter or injecting material into the spinal or epidural space should wear a face mask**
- **Prevents the transmission of the healthcare worker's respiratory flora to the patients**
- **When spinal tap is done to rule out Meningitis ALL STAFF in the room should wear mask for own protection**

OSHA

OSHA requires employers to develop an Exposure Control Plan

- This plan provides protection for all hospital employees who might be exposed to bloodborne diseases.**
- Your facility's Exposure Control Plan and Employee Health Policies explain how to report an exposure and what medical follow-up is available.**
- OSHA requires that an employee be notified of the post-exposure evaluation and the follow-up actions taken.**
- Your unit/department individual plan found in Online Policy and Procedure Manual**
 - Includes where PPE found**
 - Where you can safely eat and drink**
 - Equipment disinfection schedules specific to your work area**

Be familiar with key elements of Centra's Infection Control program

- **Practice hand hygiene frequently**
- **Understand hospital environmental control issues**
- **Use good workplace practices and follow Standard Precautions**
- **Wear PPE and use respiratory protection as indicated**
- **Receive the hepatitis B vaccination series and other vaccinations when they are offered**
- **Contact your supervisor immediately if you are exposed to blood or other potentially infectious materials**

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**For more information, see
Infection Control Staff**

References: Guideline for Handwashing and Hospital Environmental control, 1985, U.S. Department of Health and Human Services, Public Health Service
Guidelines for Infection Control in Health Care Personnel, 1998, Centers for Disease Control and Prevention

"Guidelines for Hand Hygiene in Health Care Settings, Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force, October, 2002".

Kathy Bailey, Director, Infection Control, 2006, Centra Health

Course Material Complete

**You have completed the content
review for this course.**