

21

Infection Control: Guidelines for Standard and Additional Precautions



TEACHING PLAN

To use this lesson for self-study, the learner should read the material, do the activity and take the test. For group study, the leader may give each learner a copy of the learning guide and follow this teaching plan to conduct the lesson.



LEARNING OBJECTIVES

Participants will be able to:

- Identify that each agency has an infection control program.
- Understand the four disease transmission categories.
- Understand standard precautions and how and when they should be used.
- Understand additional precautions and how and when they should be used.
- Be able to apply this understanding at work.



LESSON ACTIVITY

Begin by asking the learners to tell you what they already know about standard precautions. Ask if any learner can give an example of an incident that taught them the importance of following infection control guidelines. Have your own story ready as an illustration if no one volunteers.

Explain the content in the lesson overview and list the learning goals, using a blackboard, grease board or flip chart if available.

Section 1: Infection control and prevention

1. Home health agencies must have an infection control program.
2. The infection control program includes collecting data of all patients with infections.
3. The data is analyzed to identify any trends or patterns to the infections.

INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

4. Notify health department of infections that are highly contagious or are required to be reported.
5. Ensure that care is provided using infection control best practices, including standard precautions.
6. Provide education to staff, patients and caregivers on infection control best practices.

Section 2: Disease transmission

1. State: Diseases are transmitted from one person to another by four basic methods. Ask your learners to refer to the learning guide and tell you what those methods are.
2. Briefly discuss each of the four methods of disease transmission, allowing for input and questions.
3. Ask your learners to fill out the matching quiz in the learning guide. Discuss the answers:
1. C; 2. A; 3. D; 4. B.

MATCHING QUIZ

What kinds of germs are being spread in the following cases? Match the activity with the type of transmission by writing "A," "B," "C," or "D." (for Airborne, Bloodborne, Contact, or Droplet)

1. Changing the bed linens of a patient with a rash, without wearing gloves. _____
2. Keeping a fan blowing and the door open when a patient has shingles. _____
3. A patient who has a cold sneezes on others sitting at her table. _____
4. Wiping urine off the floor without gloves. _____

Section 3: Standard precautions

1. State: Standard precautions are basic infection control guidelines. They should be used at all times as you perform your work. They protect others and us from diseases that are acquired by contact with blood, body fluids, nonintact skin and mucous membranes.
2. Indicate the list of standard precautions on the handout. Ask learners to read parts of the list to the group.
3. Demonstrate proper hand washing with these three rules:
 - Use friction (rub hands together)
 - Wash for 20 seconds (sing "Happy Birthday" while washing — takes 20 seconds to sing)
 - Use soap and water (disinfectant gels are inadequate)

INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

4. Show your learners how to use standard precautions when using and cleaning patient care equipment. Refer to the learning guide and your agency's procedures for specifics.
5. Allow for comments and discussion.

Section 4: Additional precautions

1. Review the additional precautions for the three types of transmission included in the learning guide.
2. Ask the learners for examples of when these precautions should be used.



THE LESSON

Review the material in the lesson with participants. Allow for discussion.



CONCLUSION

Have participants take the test. Review the answers together. Award certificates to those who answer at least seven (70%) of the test questions correctly.



TEST ANSWERS

1. c
2. b
3. a
4. d
5. a
6. False
7. airborne, bloodborne, contact, droplet
8. wash hands; wear gloves; wear gown, mask, goggles if there is a risk of being splashed; keep everything clean
9. False
10. True



INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

Disease Transmission

There are four ways diseases are passed around.

A — Airborne transmission

Airborne germs can travel long distances through the air and are breathed in by people.

Examples of diseases caused by airborne germs are tuberculosis, chickenpox, influenza and certain types of pneumonia.

B — Bloodborne transmission

The blood of an infected person comes in contact with the bloodstream of another person, allowing germs from the infected person into the other person's bloodstream. Blood and bloodborne germs are sometimes present in other body fluids, such as urine, feces, saliva and vomit. Examples of diseases caused by bloodborne germs are HIV/AIDS and viral hepatitis.

C — Contact transmission

Touching certain germs can cause the spread of disease. Sometimes you touch an infected person, having direct contact with the germ. Sometimes you touch an object that has been handled by an infected person, having indirect contact with the infection. Examples of diseases caused by contact germs are pink eye, scabies, wound infections and methicillin-resistant *Staphylococcus aureus* (MRSA).

D — Droplet transmission

Some germs can travel only short distances through the air, usually not more than three feet. Sneezing, coughing and talking can spread these germs. Examples of diseases caused by droplet germs are flu and pneumonia.

Standard Precautions

You should wash your hands with soap and warm water, especially if visibly soiled, or with alcohol-based hand rub if not visibly soiled.

INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

Guidelines on hand washing:

- Wash your hands upon entering the home and/or prior to reaching into your nursing bag.
- Wash your hands after touching blood, body fluids or objects contaminated by blood or body fluids. Do this even if you were wearing gloves.
- Wash your hands after removing gloves.
- Wash your hands between each patient's care.

Guidelines on wearing gloves:

- Wear gloves whenever you touch or potentially could come in contact with blood, body fluids or contaminated objects.
- Wear gloves before touching a patient's broken skin or mucous membranes (mouth, nose). Put on clean gloves if you already have a pair on.
- Change gloves between tasks. Dirty gloves spread germs, just like dirty hands!
- Remove gloves immediately after use and discard before touching noncontaminated items or other surfaces.
- Always wash hands after removing gloves.

Guidelines on wearing personal protective equipment:

- Wear a gown, mask and goggles if there is a potential for you to get splashed with blood or body fluids.
- Use a waterproof gown if you might get heavily splashed.
- Personal eyeglasses and contact lenses are not considered adequate eye protection.
- Remove protective clothing as soon as you can and wash your hands afterward.
- Dispose of protective equipment per agency policy. Gowns should not be worn for more than one patient.

As a last precaution, keep everything clean and clean up spills as soon as possible.

Use standard precautions for all patient care. This is a basic infection control measure that reduces the risk of transmission of microorganisms from identified and non-identified sources of infection.

Standard precautions protect both you and your patients.

Standard Precautions for Handling Objects

- Clean any equipment that has been used by one patient before giving it to another patient. You should wear gloves when cleaning contaminated equipment. Follow your agency's cleaning procedures.
- Use disposable equipment only once.
- Dirty linens should be rolled, not shaken, and should be held away from your body. Linens soiled with body fluids can be washed with other laundry, using your agency's procedures.
- No special precautions are needed for dishes or silverware. Normal dish soap and hot water (water temperature must be hot enough to meet state requirements) will kill germs.
- Change cleaning rags and sponges frequently.
- Stethoscopes, blood pressure cuffs and thermometers should be cleaned between each use, using your agency's procedures.
- Dispose of dangerous waste, such as needles, very carefully. Needles and other sharp devices should go into clearly marked puncture-proof containers, not the regular trash container! Do not recap used needles — put them in the puncture-proof container without the cap on.
- Trash that is contaminated with germs such as wound dressings should be disposed of according to your agency's procedures.
- Any container marked "biohazard" is only for discarding contaminated waste. Don't remove anything from it! If you must handle anything in the container, always use gloves. Don't put your hand in anything that contains needles or other sharp objects.
- Check your gloves and other protective clothing frequently. If you see tears or holes, remove the gloves, wash your hands, and apply clean gloves.

Don't touch your face (nose, mouth, eyes) when giving patient care, unless you remove your gloves and wash your hands first. Protect yourself from infection.

Additional Precautions

Use additional precautions in addition to standard precautions when a patient has an illness requiring extra infection control measures. If you know that a patient has a disease that is spread in one of the following ways, use these extra precautions:

Airborne:

- The patient should have a private room, possibly one with a special air filter.
- Keep the patient's room door closed.

INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

- Wear a mask. If the patient has or might have TB, wear a special respiratory mask (ask your supervisor). A regular mask will not protect you.
- Remind the patient to cover nose and mouth with a tissue when coughing or sneezing.
- Dispose of the tissue in nearest waste receptacle and wash your hands immediately. Ask the patient to wear a mask if he or she wants or needs to be around others.

Contact:

- If the patient is cognitively impaired, is unable to follow standard precautions, or has open draining wounds, then the patient should be encouraged to stay in one room (the door may stay open). Encourage at least daily cleaning of the patient's room and disinfect frequently touched surfaces and equipment.
- Gloves should be worn prior to entering the room.
- Change gloves after touching a contaminated object (bed linens, clothes, wound dressings).
- Remove gloves right before leaving the room. Don't touch anything else until you wash your hands. Wash your hands as soon as possible.
- Wear a gown in the room if the patient has drainage, has diarrhea or is incontinent. Remove the gown right before leaving the room.
- Limit the amount of non-disposable equipment brought into the home.
- Utilize disposable equipment or patient-dedicated equipment if at all possible.
- If equipment cannot remain in the home, then clean and disinfect items per agency policy.

Droplet:

- Patients that are cognitively impaired or noncompliant with covering their mouth when sneezing or coughing should be maintained in one room, but the door may stay open.
- Wear a mask when working close to the patient (within 3 feet) and follow standard precautions.
- Instruct the patient on using a tissue when coughing and disposing of it in a waste receptacle immediately.
- Ask the patient to wear a mask if he or she wants or needs to be around others.

Handwashing rule: Rub hands together with soap and running water for at least 20 seconds. Dry hands using disposable paper towels or air dry. Always wash hands when visibly soiled.

If soap and water are not available, then an alcohol-based hand sanitizer that contains 60% alcohol should be used. Apply gel to palm of hand and rub hands together and over all surfaces of hands and fingers until your hands are dry.

TEST

Infection Control: Guidelines for Standard and Additional Precautions

Name _____ Date _____ Score _____

Directions: Read each question carefully, then determine the best answer to each question. Seven correct answers are required.

1. If a patient has the flu, you should use the following additional precautions:

- a. No additional precautions are necessary.
- b. Wear a mask, gown, gloves and goggles whenever you are in the patient's room.
- c. Wear a mask when working close to the patient.
- d. Isolate the patient from all contact with others.

2. You should use standard precautions when _____.

- a. A patient appears to be sick
- b. Doing all patient care
- c. You are sick
- d. You know the patient has AIDS or hepatitis

3. When disposing of a needle or other sharp object, always _____.

- a. Place it carefully in a biohazard puncture-proof container without touching the sharp end
- b. Recap it very carefully
- c. Leave it alone and tell your supervisor

4. When changing a bed or handling linens, the correct standard precautions procedure is to _____.

- a. Shake out the linens to remove any objects or dirt
- b. Place the used linens on the floor or a table
- c. Wash linens soiled with body fluids separately from other laundry
- d. Roll the dirty linens up and hold them away from you until they can be placed in a laundry bag

TEST

Infection Control: Guidelines for Standard and Additional Precautions (cont.)

5. If a patient has an infected wound covered by a dressing, use the following precautions:
- a. Standard precautions.
 - b. Wear a gown, gloves, mask and goggles while in the patient's room.
 - c. Keep the patient in one room.
 - d. Put gloves on before entering the patient's room and remove them right before leaving.

6. Patients may share walkers, wheelchairs and other equipment without worrying about cleaning the equipment between patients.

True or False

7. Write the four types of disease transmission:

8. List the four basic rules of standard precautions:

9. Standard precautions protect only against airborne diseases. For bloodborne, contact and droplet transmission, additional precautions must be used.

True or False

10. Airborne germs, like TB, can travel long distances through the air.

True or False