

# 19

## 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*

A participant in this lesson will be able to:

- 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

#### *Activity*

Begin by asking the learners to tell you what they already know about universal precautions or 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: 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.

## INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

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. Wipe urine off the floor without gloves. \_\_\_\_\_

### Section 2: 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 spread by bloodborne transmission.
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 10 seconds (sing "Happy Birthday" while washing—takes 10 seconds to sing)
  - Use soap and water (disinfectant gels are not adequate)
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 3: 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

**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. d
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

---

### 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 and chickenpox, influenza, and certain types of pneumonia.

#### ***B—Bloodborne transmission***

The blood of an infected person somehow 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*.

### ***D—Droplet transmission***

Some germs can only travel 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 you hands:

- After touching blood, body fluids, or objects contaminated by blood or body fluids. Do this even if you were wearing gloves.
- After removing gloves.
- Between each patient's care.

Wear gloves:

- Whenever you touch blood, body fluids, or contaminated objects.
- Before touching a patient's broken skin or mucous membranes (mouth, nose); put on clean gloves.
- Change gloves between tasks and between each patient's care. Dirty gloves spread germs, just like dirty hands!

Wear a gown, mask, and goggles:

- If you know you might get splashed with blood or body fluids. Use a waterproof gown if you might get heavily splashed.
- Remove dirty protective clothing as soon as you can and wash your hands afterward.

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

**Use standard precautions for all patient care. This is basic infection control for bloodborne diseases—to protect 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. 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 punctureproof containers, *not* the regular trash container! *Do not recap* used needles—put them in the punctureproof 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:

## INFECTION CONTROL: GUIDELINES FOR STANDARD AND ADDITIONAL PRECAUTIONS

- Airborne:
  - The patient should have a private room, possibly one with a special air filter.
  - Keep the patient's room door closed.
  - Wear a mask. If the patient has, or might have, tuberculosis, wear a special respiratory mask (ask your supervisor). A regular mask will not protect you.
  - Remind the patient to cover nose and mouth when coughing or sneezing.
  - Ask the patient to wear a mask if he or she wants or needs to be around others.
- Contact:
  - The patient should be in a private room, but the door may stay open.
  - Put gloves on before 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 ASAP!
  - Wear a gown in the room if the patient has drainage, diarrhea, or is incontinent. Remove the gown right before leaving the room.
  - Use a disinfectant to clean stethoscopes, blood pressure cuffs, or any other equipment used on the infected patient.
- Droplet:
  - The patient should be in a private room, but the door may stay open.
  - Wear a mask when working close to the patient (within three feet).
  - Ask the patient to wear a mask if he or she wants or needs to be around others.

**Hand washing rule:** Rub hands together with soap and running water for at least 10 seconds.  
Germicidal gels are not enough!

**TEST**

**Infection Control**

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

**Directions:** Circle the best answer.

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 punctureproof 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 (cont.)**

5. If a patient has an infected wound, use the following additional precautions:

- a. Standard precautions are good enough
- b. Wear a gown, gloves, mask, and goggles while in the patient's room
- c. The patient should not go to the dining room until the wound is healed
- 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 it 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 tuberculosis, can travel long distances through the air. True or False