

Bloodborne Pathogens

Annual Compliance Education



This course contains annual compliance education necessary to meet compliance and regulatory requirements.

Instructions:

To receive credit for completion:

1. Read the content in full.
2. Complete the online exam.



Carolinas HealthCare System

Blue Ridge

One

Bloodborne Pathogens

Welcome

Purpose:

The purpose of this course is to provide general information and steps to protect yourself from exposure to bloodborne pathogens. After completing this course, ask your leader about bloodborne pathogen information specific to your department or work responsibilities.

Learning Objectives:

When finished with this course, you should be able to:

- Define bloodborne pathogens
- Describe ways you could become exposed to bloodborne pathogens
- Describe ways to protect yourself from exposure
- State where to get help if exposed
- Describe how to get more information about bloodborne pathogens



Bloodborne Pathogens

Bloodborne Pathogens - Defined

Bloodborne Pathogens (BBP) are disease-producing organisms in blood and other body fluids. These organisms can cause illness and sometimes death.

Carolinas HealthCare System (CHS) Blue Ridge has an Exposure Control Plan that follows Occupational Safety and Health Administration (OSHA) laws.

The plan outlines how to:

- Work safely
- Protect yourself from bloodborne pathogens
- Protect others from bloodborne pathogens



Bloodborne Pathogens

Bloodborne Pathogen Policy

The Bloodborne Pathogen Policy and Exposure Control Plan can be found online in the Infection Control Manual in PolicyTech:

The plan describes how to:

- Use engineering and work practice controls
- Make sure personal protective equipment (PPE) is used
- Provide education
- Closely watch blood handling in the workplace
- Provide Hepatitis B vaccinations
- Use hazard signs and labels



Bloodborne Pathogens

Common Bloodborne Diseases

About 5.6 million workers are at risk of exposure to bloodborne pathogens such as:

Human Immunodeficiency Virus (HIV), the virus that causes AIDS

Most people with HIV do not show symptoms for many years. Later, the infected person may develop cancer or infections that the body can no longer fight off, such as pneumonia.

Signs and symptoms include:

- Flu-like symptoms
- Fever
- Headache
- Weakness
- Sore throat
- Diarrhea

Hepatitis B Virus (HBV) and Hepatitis C Virus (HCV)

Hepatitis B & C infect the liver. This infection can turn into a serious illness or death from liver disease (like cirrhosis) or cancer.

Signs and symptoms include:

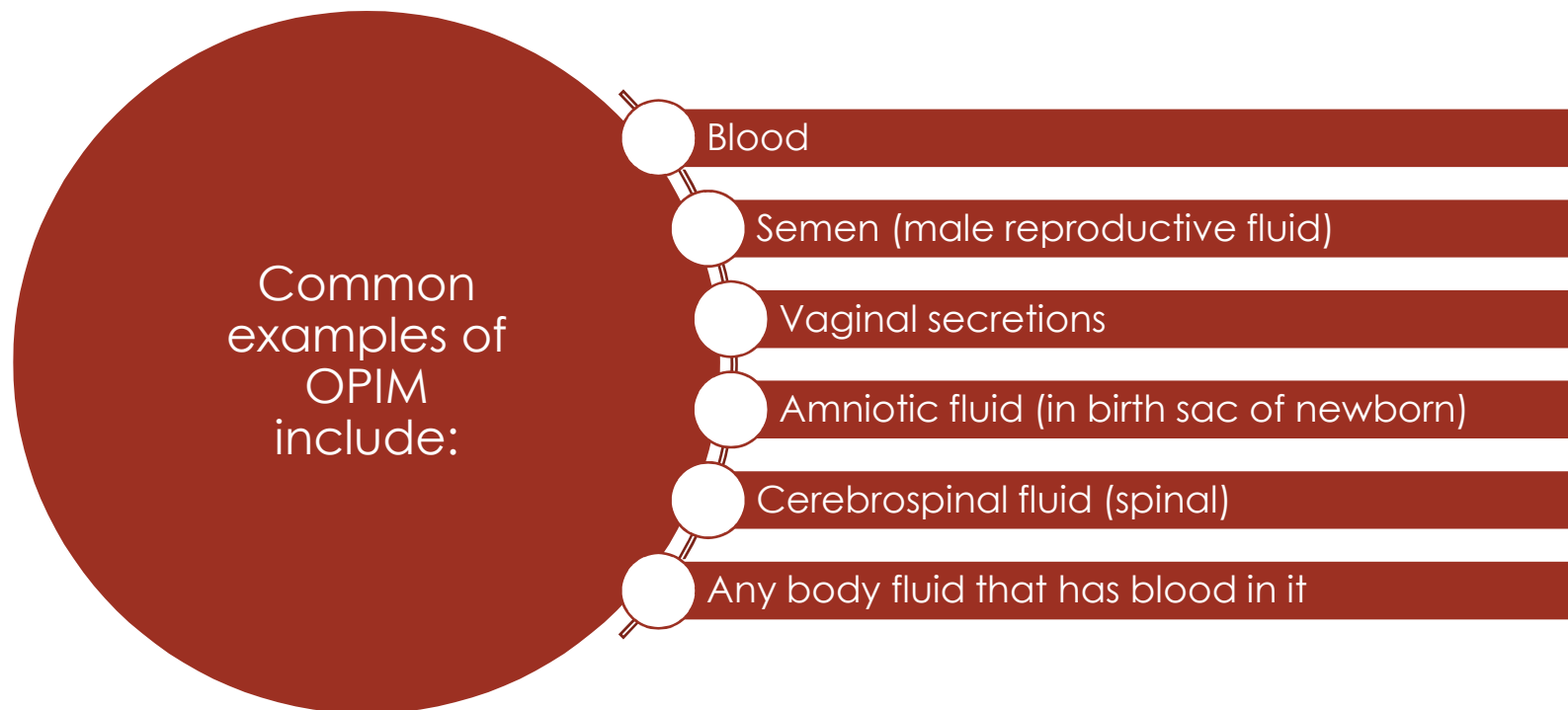
- Mild flu-like symptoms
- Fatigue
- Nausea
- Loss of appetite
- Stomach pain
- Jaundice (yellowing of the skin and eyes)
- Darkening of the urine



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Transmission of Bloodborne Pathogens

Blood contact is not the only way to spread pathogens. Other Potentially Infectious Materials (OPIM), can also spread bloodborne pathogens.



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Exposure

You may be exposed to bloodborne pathogens through:

- Needlesticks
- Cuts
- Splashes
- Exposed, cracked skin

NOTE: Away from work, you can be exposed if you have direct contact with blood or body fluids. This includes unprotected sexual activity.



Needlesticks during a treatment or in clean up



Cuts from other contaminated sharp objects that can pierce the skin (scalpels, staples, broken glass, etc.)



Splashes to eyes, nose or mouth



Exposed dry, cracked and broken skin that comes in contact with blood and OPIM



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Types of Personal Protective Equipment (PPE)

Use the correct PPE for the situation.

Some examples of PPE include:

- Gloves
- Masks
- Gowns
- Head covers
- Eye wear (goggles)*
- Face shields*
- Shoe covers
- Disposable mouth pieces and resuscitation devices

* Important PPE items that are most often overlooked by teammates.



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Use PPE Correctly

If you do not use your PPE correctly, it will not protect you.

- Correctly use PPE each time you perform a task where you might be exposed to blood or OPIM (an example is contact with contaminated laundry)
 - Do not wear damaged PPE (like gloves that are torn or have holes in them)
 - Fit gloves and other PPE correctly
 - Do not use petroleum or mineral oil-based skin care products when wearing latex gloves. These products can damage gloves and may allow germs inside.
 - Use PPE that covers your eyes, nose and mouth when doing something that could cause a splash to the face
 - Make sure eye protection has side panels. Masks are to be tight on the nose and face. Gaps between the face and the mask may allow splashes to get on your skin.
 - If blood or OPIM get through the PPE, remove the PPE as soon as possible
 - Place all used PPE in designated containers before leaving the work area
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Hepatitis B Vaccine

Teammate Health provides a free Hepatitis B vaccine to employees at risk for exposure to blood or OPIM.

The three-dose series vaccine is safe. It is given through injection. It is 80-95% successful in preventing Hepatitis B.

About four to six weeks after completing the vaccine series, Teammate Health draws a titer (blood sample that shows the amount of antibody in your blood).

If you decline the Hepatitis B vaccine and/or the Hepatitis B titer testing, you must sign a statement that you decided against it (declination).



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Standard Precautions

Many people do not know they have bloodborne infections. This makes it hard to know which patients can spread infection.

Standard Precautions require us to treat **all** human blood and body fluids as if they were infected with a bloodborne pathogen.

Use Standard Precautions to protect yourself from exposure to blood and body fluids:

1. Take care of yourself with good personal hygiene at work.
2. Correctly clean blood or body fluid spills.
3. Correctly dispose of regulated medical waste (biohazard waste) items.
4. Correctly use and dispose of needles and sharps.
5. Use the required safety devices.
6. Use caution with contaminated linen.
7. Look for warning labels and symbols.



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1. Take Care of Yourself with Good Personal Hygiene at Work

At work, take the following precautions:

- Check hands for any cuts, scrapes or broken skin and cover, if possible
- DO NOT store food, eat, drink, apply cosmetics or lip balm or handle your contact lenses where you could come into contact with blood or body fluids
- DO NOT store your food or drinks in refrigerators or freezers used for blood or body fluids
- DO NOT touch your nose, eyes or mouth when you are in a contaminated work area
- Use tongs, forceps, broom and dust pan to clean up broken glass, NEVER use your hands
- Remove all PPE as soon as the procedure is completed
- Always perform hand hygiene after you remove PPE
- Always reduce the chance of splashing, spraying, spattering and generating droplets



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2. Correctly Clean Blood or Body Fluid Spills

When cleaning blood or body fluid spills:

- Wear gloves and other PPE
- Remove any blood or fluid you can see, then clean the surface with a premixed 1:10 bleach solution or an EPA/hospital approved disinfectant, e.g., Virex
- Wipe large blood spills dry first, then clean with disinfectant
- Contact Environmental Services (EVS) for cleaning large blood spills from carpet or upholstery



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3. Correctly Dispose of Regulated Medical Waste (Biohazard Waste) Items

Not all waste is regulated medical waste.

When disposing items, ask yourself: **Does it have liquid, semi-liquid or caked/dried blood or OPIM?**

- If no, dispose of these items in the general trash containers
- “Yes” answers = regulated waste and include:
 - Items that are freely dripping liquid or semi-liquid blood or "potentially infectious materials" or could readily release infectious materials if compressed.
 - Items containing dried blood or "potentially infectious materials" that could release flakes if compressed or otherwise handled



Refer to the CHS Waste Disposal Guide on PeopleConnect. This will give you disposal instructions for different medical waste items.



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4. Correctly Use and Dispose of Needles and Sharps

When disposing of needles and sharps:

- Do not bend, recap or remove contaminated needles
- Engage the safety device **immediately** with each time a sharp is used
- Put sharps and needles in sharp containers as soon as possible after use
- Throw away glass vials, containers and blood tubes in sharps container
- Do not overfill needle boxes. When the box is two-thirds full, replace with a new box.
- Do not pass instruments by hand. Instead, pass surgical instruments within a hands-free Safe Pass Zone or Neutral Zone.



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5. Use the Required Safety Devices

CHS Blue Ridge policy and OSHA regulations **require** using and activating safety devices (engineering controls) to reduce employee exposure. Engineering controls remove, eliminate or isolate the hazard.

CHS Blue Ridge uses the following engineering controls, and others:

- | | |
|--|-------------------------------------|
| • Safety scalpels | • Self-sheathing syringes |
| • Safe Pass Zone/Neutral Zone (surgical instruments) | • Needleless blood transfer devices |
| • Blunt suture needles | • Blood Tubes |
| • Retractable finger stick devices | • Needleless IV System |
| • Retractable IV start needles | • Sharps disposal containers |
| • Other Sharps with Engineered Sharps Injury Protections (SESIP) or non-needle sharps specific to a department | |



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Sharps with Engineered Sharps Injury Protections (SESIP)

SESIPs are non-needle sharps or needles with a built-in safety device. This device lowers the risk of exposure to blood and body fluids.

WHEN using SESIP, remember the acronym “SAFER”:

- S** • Select the correct device
- A** • Ask for help if you do not know how to use a device
- F** • Focus and think through the procedure before you start
- E** • Execute the procedure; trigger the safety characteristics
- R** • Remove the device after activating the safety feature

NOTE: The CHS Sharps Safety Committee ensures a systematic process, involving both management and front-line, non-managerial teammates (“end users”) in the identification and selection of appropriate and effective engineering controls. As new engineering control technologies become available, CHS will continue to evaluate and select appropriate engineering controls to further reduce exposure incidents.



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6. Use Caution with Contaminated Linen

When handling contaminated linen:

- ❑ Handle contaminated linen as little as possible

- ❑ DO NOT rinse soiled linen before bagging

- ❑ Place very soiled or wet linen in a leak-proof bag and take it to the linen holding area or linen chute immediately



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7. Look for Warning Labels and Symbols

Look for warning labels and symbols on:

- Bags or containers that contain blood or OPIM
- Equipment or doors, like a biohazard storage room
- Refrigerators and freezers

Always wear gloves to open a contaminated container or handle contaminated equipment.



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Report Exposures

If you are exposed to blood or body fluids:

- ❑ Wash the exposed area with soap and water
 - For splashes to your nose or mouth, flush with water
 - For eye splashes, flush eyes with at least 500 mL sterile (normal) saline
 - ❑ Notify the area leader immediately; he/she will activate the standing orders for post exposures with our Laboratory staff for source testing for HIV, Hepatitis C antibody, and Hepatitis B antigen. Teammates working in physician practices will coordinate source testing with Teammate Health (828-580-5380)
 - ❑ Report all exposures to Teammate Health as soon as possible (within 2 hours), especially if exposed from a known HIV positive or highly suspected patient.
 - ❑ Complete the Teammate Work-Related Report of Injury or Illnesses (ROI) form and fax to Teammate Health (828-580-5389). Baseline lab tests for the exposed teammate can be done either at the Lab with standing order or in the Teammate Health Department.
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Additional Resources

If you have any questions about Standard Precautions or Bloodborne Pathogens, contact the Infection Prevention Director, Lisa Mangum (828-580-6653) or Teammate Health Department (828-580-5380).



Bloodborne Pathogens

Summary

Protect yourself from exposure to the serious and sometimes deadly diseases that can be spread through blood and body fluids. Always use Personal Protective Equipment (PPE) and follow the Standard Precautions at work.

The following are some strategies reviewed in this course:

- Use PPE to prevent exposure
- Take care of yourself with good personal hygiene at work
- Correctly clean blood or body fluid spills
- Correctly dispose of regulated medical waste (biohazard waste) items
- Correctly use and dispose of needles and sharps
- Use the required safety devices
- Use caution with contaminated linen
- Look for warning labels and symbols

