

Infection Prevention

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.



Carolinan HealthCare System

Last Revised: 06/17/15

One

Infection Prevention

Welcome

Purpose:

The purpose of this course is to introduce ways to prevent infections and reduce the likelihood teammates, patients or visitors will be exposed to germs. This course will assist you in protecting yourself, our patients and our visitors.

Learning Objectives:

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

- Discuss why hand hygiene is important to prevent the spread of infection
- Define standard precautions to use and when and how to use them
- List isolation precautions used to prevent the spread of infection
- Describe where to find more information about reducing or preventing infection
- Define the needed contact time for disinfecting a surface or patient care item



Infection Prevention

Infection Prevention - Defined

Infection Prevention means preventing and reducing the chance that teammates, our patients or visitors will be exposed to germs and/or get an infection.

You must take protective steps to prevent infections. Your role may include:

- Providing education to the patient and all visitors regarding the reasons for isolation and the importance of preventing the spread of infection
- Documenting all patient and visitor education



Infection Prevention

The Importance of Infection Prevention

Infection Prevention is important!

- Over 2 million patients a year get an infection while in a hospital
- About 100,000 of these patients *die*
- Those infected and *harmed* are our patients, our friends and our neighbors



Infection Prevention

Teammate Responsibilities

Your role is to:

- Wash your hands at key moments
- Follow Infection Prevention Department policies
- Observe all isolation precautions
- Protect yourself - wear correct Personal Protective Equipment (PPE)
- Stay home if you are sick
- Keep a clean work environment
- ASK, if you don't know



Infection Prevention

Hand Hygiene (Cleaning) Options



1. Wash

- If your hands are visibly dirty
- If you are caring for a patient on Contact Precautions Enteric (intestinal infection)
- After using the bathroom
- After doing things like combing hair, applying make-up or blowing nose



2. Sanitize

- Any other time

It only takes 15 seconds!



Infection Prevention

Everyone Is Responsible For Performing Correct Hand Hygiene

Hand hygiene procedures include:

Hand Washing:

1. Wet your hands with running water and apply soap.
2. Rub your hands until lather forms. Make sure to scrub the backs of your hands, between your fingers and under the nails.
3. Scrub hands for at least 15 seconds.
(Tip: Sing "Happy Birthday" song twice).
4. Rinse your hands under running water.
5. Dry your hands using a paper towel. Use the paper towel to turn off the water and open the door.

Hand Rub:

1. Apply a hospital approved Alcohol Based Hand Rub (ABHR) to palm of one hand. Use enough to fully cover both hands.
2. Rub the product completely over the tops, sides and bottoms of your hands and fingers until your hands are dry.
3. Avoid waving your hands. Avoid blowing on your hands to speed up the drying process.



Infection Prevention

Hand Cleaning Moments

The moments for hand hygiene (cleaning) are:

- When entering and leaving a patient's environment
- Before a medical procedure
- After a medical procedure or body fluid contact risk
- After touching a patient
- After touching a patient's surroundings
- Before putting on and after removing gloves
- Before eating
- After personal activities:
 - Using the bathroom
 - Combing hair
 - Applying make-up
 - Blowing your nose



Infection Prevention

Standard Precautions

Use standard precautions with every patient regardless of condition/illness. Care and caution will protect you from exposure to blood and body fluids.

Treat all blood and body fluids as if they could spread infection.

Depending on the task, use correct Personal Protective Equipment (PPE) including:

- Eye protection
- Face protection
- Gloves
- Isolations gowns or cover gowns



Infection Prevention

Isolation Precautions

Isolation Precautions are used when more than the usual steps are needed to prevent the spread of germs.

You can find more information about isolation in the following policies:

- *Guidelines for Isolation Precautions*. This policy:
 - Lists medical conditions alphabetically
 - States the type of isolation required for each condition
 - States the length of time a patient should remain in isolation

Policies are located in the *Infection Prevention and Control* manual located within *Policy Tech* on the *Carolinas HealthCare System-Blue Ridge Intranet page*



Infection Prevention

Contact Precautions

Use Contact Precautions when caring for patients infected with organisms spread by contact. Organisms can spread by contact with the person or contaminated surfaces. Examples of such organisms include: **Multidrug Resistant Organisms (MDRO)** like **MRSA**, **CRE** and **VRE**.

Contact Precautions include:

- Practicing hand hygiene when **ENTERING and LEAVING**
- Wearing **GOWN and GLOVES** when entering the room
- Throwing away PPE when leaving



Infection Prevention

Contact Precautions Enteric

Use Contact Precautions Enteric when caring for patients with known/suspected stomach or intestine germs. These germs are spread by contact with the person or contaminated surfaces. Examples are **diarrhea illness**, **C. difficile** or a **norovirus**. These germs are not easily killed by alcohol in hand foam/sanitizer.

Contact Precautions Enteric include:

- Practicing hand hygiene when **ENTERING** the room
- Using **SOAP and WATER** when **LEAVING** the room
- Wearing **GOWN and GLOVES** when entering the room
- Throwing away PPE when leaving the room
- Cleaning surfaces and patient care items with **BLEACH** or a hospital approved sporicidal (spore killer)



Infection Prevention

Droplet Precautions

Follow Droplet Precautions when treating patients with known/suspected infections spread by droplets in the air. Examples are **influenza (flu)** or **bacterial meningitis**.

Droplet Precautions include:

- Practicing hand hygiene when **ENTERING and LEAVING**
- Wearing a **SURGICAL MASK** when entering the room
- Throwing away PPE when leaving the room



Infection Prevention

Airborne Precautions

Follow Airborne Precautions when treating patients with known/suspected infections spread by small airborne particles. An example is [Tuberculosis \(TB\)](#).

These patients require special air handling in **negative pressure** rooms.

Airborne Precautions include:

- Practicing hand hygiene when **ENTERING AND LEAVING**
- Wearing a fit tested **N95 MASK or Powered Air Purifying Respirator (PAPR)** when entering the room
- Closing the negative pressure room after discharging the patient
- Waiting 150 minutes before admitting the next patient
- Throwing away PPE when leaving



Infection Prevention

Protective Precautions

Follow Protective Precautions when treating patients with conditions that may put them at a greater risk of infection. Examples include a **transplant** or **chemotherapy** patient.

Protective Precautions include:

- Practicing hand hygiene when **ENTERING and LEAVING**
- If you are sick, do not enter a patient's room



Infection Prevention

Cleaning and Disinfecting (Removing Harmful Germs)

All shared patient equipment should be disinfected between uses. Do this by following the facility's cleaning agreement/grid.



2 Minute
Contact Time



4 Minute
Contact Time



3 Minute
Contact Time

High Touch Surfaces:

- Bedrails
- Tray tables
- Doorknobs
- Call bells/telephones
- Sink handles
- Light switches

If the surface dries, get a new wipe and continue disinfecting until the item has remained **WET** for the recommended time.

Contact Time, also known as “wet” or “kill” time, is the length of time the surface needs to remain WET in order to kill the germs. **Wet Time = Kill Time**



Infection Prevention

Respiratory Hygiene (Cough Rules)

To prevent the spread of respiratory infections, including the flu, take these steps:

- Stay at home if you are sick
- Cough/sneeze into a tissue or your upper sleeve
- Use the nearest trash can to throw away used tissue
- If needed, wear a mask in patient care areas
- Clean hands after blowing your nose or touching contaminated objects/materials

During periods of high respiratory sickness, more respiratory hygiene signs will be posted. Masks will be available to persons with symptoms of sickness.



Infection Prevention

Summary

You are responsible for protecting yourself, our patients and visitors against the spread of infection.

Take your role for preventing infections seriously:

- Wash your hands often
- Follow Infection Prevention Department policies
- Observe all isolation precautions
- Protect yourself...wear appropriate PPE
- Stay home if you are sick
- Keep a clean work environment
- ASK, if you don't know



Infection Prevention

Additional Resources

Where can you learn more?

If you have questions about a department's infection prevention steps or high-risk patients ask your leader.

Additional resources include:

- Infection Prevention and Control Manual
- Exposure Control Plans & Blood borne Pathogen Policy
- Safety Management Program Manual
- Departmental Policies and Procedures
- Infection Prevention
- Teammate Health
- Corporate Safety
- Isolation Reports

