

2011 Infection Control Update for Home Care Nurses, Therapists, and Home Health Social Workers

**Satellite Conference and Live Webcast
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Faculty

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Hand Washing

- **Hand washing/hand hygiene is the first and last step in preventing infections**

How to Wash

- **Use warm (not hot, not cold) running water**
- **Lather soap in hand, then vigorously rub together**
 - **All surfaces (palms, backs of hands, between fingers, and wrist)**
 - **Around nail beds and under fingernails**
 - **Around and under any rings**

How to Wash

- **Most sources recommend a minimum of 10 – 15 seconds of friction**
- **Rinse well under running water to remove all soap**
- **Turn off water with a paper towel, discard, then dry hands**

Hand Hygiene Steps

- **Apply 3-5 ml. (5 ml. is a teaspoon) of alcohol-based waterless agent into hand**
- **Vigorously rub hands (all surfaces) together until dry**

Hand Washing: Soap

- Liquid soap is best
- Bacteria can grow on bar soap, especially if resting in water
 - If stored in a drainable dish, may use, but rinse bar under running water before use
 - Do not carry bar soap from home to home

Hand Washing: Soap

- Liquid soap containers may also become contaminated
 - Carry as small a container as possible
 - If you refill a container, be sure that the container is clean and dry

Hand Hygiene

- Antimicrobial soap and alcohol hand hygiene agents are used to kill or retard resident microorganisms in the deep epithelial skin layers

When to Wash

- Prior to any patient care activity
- When handling food
- Between tasks
- After removal of gloves

When to Wash

- After any activity that could contaminate your hands:
 - Emptying trash
 - Sneezing
 - Touching hair
 - Changing diapers
 - Using toilet
 - Emptying vacuum

When to Wash

- At the end of the visit
 - Before doing any paperwork
- When in doubt, decontaminate
- Use friction when drying hands with a clean, unused paper towel
 - Also helps remove bacteria

Waterless Alcohol Hand Wash Products

- First used only when soap and water were not available
- Now know they are more effective than soap and water
- Cause less skin irritation and dryness

Waterless Alcohol Hand Wash Products

- Decreases the amount of time needed to decontaminate hands
- Increases hand hygiene compliance
- Alcohol is not a good cleaning agent and is not recommended in the presence of physical dirt or contamination with body fluids

Hand Washing and Hand Hygiene

- Frequent hand washing will strip the skin of natural oils and lead to dryness, cracking, and irritation
 - Increases the risk of colonization and infection

Hand Washing and Hand Hygiene

- Lotions and creams should be used with care
- Fingernails should be kept short
 - Any flaking or peeling polish should be removed

PPE - Gloves

- Use for any task involving a potential for contact with non-intact skin, mucous membranes and blood or body fluids
 - Except sweat
- If in doubt, use gloves

PPE - Gloves

- Change gloves:
 - If cracked or torn
 - Between tasks and procedures on the same patient
- Do not wear the same gloves to brush teeth that were used to bathe the patient

PPE - Gloves

- If a dirtier part of a task was completed before a cleaner part
- After any contact with any material containing a high concentration of bacteria
 - Changing a diaper or cleaning up feces

PPE - Gloves

- After any contact with patients that have MRSA or VRE
- Remove gloves as soon as possible after a task is completed to prevent cross contamination
- Do not wash or reuse disposable, single use gloves

PPE - Gloves

- Always wash hands after gloves are removed
- Do not touch your face or adjust PPE with contaminated gloves
- Do not touch environmental surfaces except as necessary during patient care

PPE - Gloves

- Latex gloves are made from natural rubber
- Latex allergies:
 - Skin rash
 - Hives
 - Flushing
 - Nasal, eye and sinus symptoms

PPE - Gloves

- Not only your problem, but possibly your patient's problem, too

PPE - Aprons

- Aprons should be worn with every patient
 - The apron, worn over your uniform, provides a basic barrier to protect you and your patient

PPE - Gowns

- Gowns should be worn during patient care activities when you anticipate your uniform may have contact with blood or body fluids

PPE - Face

- Wear mask and/or eye protection when there is a possibility of splashes or sprays to the facial area
- Masks/facial shields should protect the nose and mouth and prevent fluid penetration

PPE - Face

- Goggles or safety glasses should fit snugly over and around eyes or eyeglasses
- Personal glasses are not a substitute for goggles

PPE - Procedures

- | | |
|-----------|------------|
| • Donning | • Removing |
| – Gown | – Gloves |
| – Mask | – Goggles |
| – Goggles | – Gown |
| – Gloves | – Mask |

PPE - Safe Work Practices

- Always remember to:
 - Keep hands away from face
 - Limit surfaces touched
 - Change equipment when torn or heavily contaminated
 - Perform hand hygiene immediately after removing all PPEs

Isolation

- Standard precautions
 - All patients' blood, body fluids, secretions, excretions, non-intact skin, and mucous membranes
 - Except sweat

Isolation

- **Contact precautions**
 - Patients who are infected with MDRO's
- **Use when having direct contact**

Viral Hepatitis

- **Signs and symptoms**
 - Jaundice
 - Dark urine
 - Pale colored stools (clay colored)
 - Flu-like symptoms
 - Pruritus (generalized itching)
 - Anorexia (loss of appetite)

Hepatitis A

- **Transmission**
 - Close personal contact – fecal/oral route
 - Household, sexual, daycare
 - Contaminated food or water
 - Infected food handler, raw seafood
 - Blood exposure
 - Very rare

Hepatitis A

- **Present vaccine is 99% effective**
- **Two dose schedule**
 - Given 6 months apart
- **Recommended for:**
 - Children 2 years or older
 - Homosexual and bisexual men
 - IV drug users
 - Travelers to endemic countries

Hepatitis B

- **Transmission**
 - Sexual
 - Parenteral
 - Perinatal
 - Other

Hepatitis B

- **Approximately 30-60% of young children and 2-10% of adults who are infected will develop chronic disease**
- **Persons with chronic HBV infection are often asymptomatic**
- **Approximately 15-25% of these may die prematurely from either cirrhosis or liver cancer**

Hepatitis B Vaccine

- **Vaccine is a yeast product**
 - Not blood
- **96% effective**
- **3 dose series, given IM in the deltoid (arm)**
 - 0, 3, and 6 month interval

Hepatitis C “The Silent Epidemic”

- **A major healthcare problem worldwide**
- **Many people who are infected do not have symptoms for many years**
 - Their blood and body fluids could be infectious to others

Hepatitis C

- **50 million people worldwide**
 - 4 million in the United States
- **70-90% of those infected will develop chronic infection**
- **Contributes to over 12,000 deaths annually**

Hepatitis C

- **Transmission**
 - Injecting drugs
 - Sexually
 - Blood transfusions
 - Prior to blood donation screening

Hepatitis C

- Perinatally (rare)
- Household
 - Sharing toothbrushes, razors, etc.
- Other

Hepatitis C

- **Treatment**
 - There is no vaccine at present for Hepatitis C
 - There are some anti-viral medications available for treatment of some Hepatitis C patients
 - Treatment is usually only effective in 10-40% of treated

2011 Respiratory Illnesses of Concern

- Seasonal Flu
- Avian Flu
- Pandemic Flu
 - H1N1

Seasonal Flu

- A respiratory illness that can be transmitted, easily, from person to person
- Most people have some immunity and a very effective and safe vaccine is available
- Everyone is strongly encouraged to get a yearly flu shot

Pandemic Flu

- A virulent (strong) human flu that can cause a global outbreak or pandemic of serious illness
- Because there is little natural immunity, the disease can spread easily from person to person

Respiratory Etiquette

- When you cough or sneeze, cover nose and mouth with a tissue
 - Dispose in a waste basket
- If you do not have a tissue, sneeze or cough into your sleeve
- Avoid touching eyes, nose, or mouth

Prevention

- After coughing or sneezing, always clean your hands with soap and water or an alcohol based hand cleaner
- Stay home when you are sick
- Do not share eating utensils, drinking glasses, towels, or other personal items

Links in the Chain of Infection



