

Routine Practices (Universal/Standard Precautions)

YOU can help stop the spread
of infection!



Interior Health
For your whole life

Goals

- * How disease is spread
- * How to protect yourself from disease
- * How to prevent spread of disease

Routine Practices:

- * To reduce the risk of transmitting organisms and disease.
- * Used **ALL** the time with **ALL** clients
- * When in Contact with:
 - blood
 - body fluids
 - non-intact skin
 - mucous membranes
 - ANY equipment contaminated with blood, body fluids, or secretions

Chain of Infection

Susceptible Host

The client who becomes infected

Infectious Agent

The Bug

Reservoirs

Where the infectious agent lives

Portal Of Entry

How the infectious agent enters the body

Mode of Transmission

How the infectious agent is transmitted

Portal of Exit

How the Organism leaves the reservoir

Breaking the Chain

*Hand Hygiene

*Cough Etiquette

*Equipment Cleaning

*Personal Protective Equipment (PPE)

*Awareness

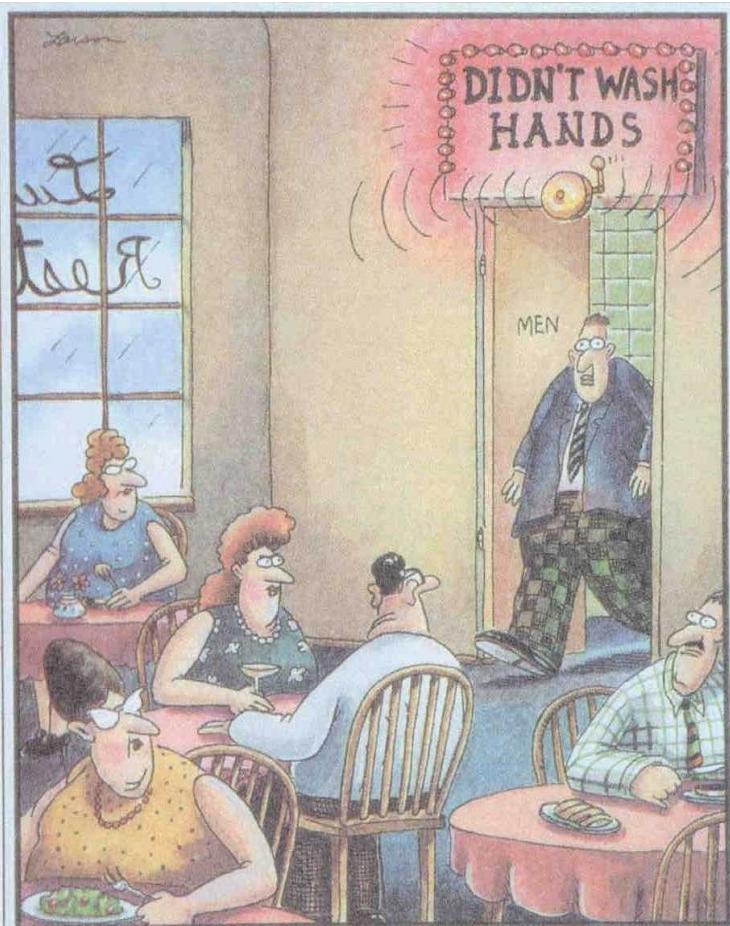
Hand Hygiene

- * Plain soap is fine for everyone
- * Waterless hand sanitizer is most convenient and is effective
- * Make it easy! Do it more!
- * Offer it to your clients
- * Do not use waterless hand sanitizer if hands are visibly soiled
- * Waterless hand sanitizer should not be used with profuse diarrhea

When To Wash Your Hands

- * At beginning and end of work day
- * Before and after any direct care of client
- * If in contact with anything from another persons mouth, nose or other bodily secretions (including urine, stool, and blood)
- * Before preparing medications or feeding or preparation of food
- * After you wipe your nose, use the toilet or touch your hair
- * Before you eat or smoke
- * Immediately after accidental unprotected contact with blood or body fluids
- * After removing latex gloves
- * If glove is torn in middle of a procedure
- * After cleaning areas such as toilets, urinals, blood and or body fluid spills
- * Clients should also be taught, encouraged and reminded of the importance of hand washing
- * After touching pets

Hand Washing Using Soap and Water



- * Wet hands with lukewarm water
- * Apply liquid soap
- * Vigorously lather hands
- * Use friction for 20 secs.
- * Rinse hands thoroughly
- * Dry hands with paper towel
- * Use paper towel to turn off taps

Assist clients with hand hygiene

Alcohol Based Hand Rubs (ABHR)

Note: Waterless hand rinse is ineffective if hands are visibly soiled

- * Greater than 60% alcohol content recommended
 1. Apply product liberally to palms of hands
 2. Spread thoroughly over hands
 3. Rub until **dry** (15-30 seconds).

Assist clients with using ABHR

Other Points to Remember

- * Avoid long fingernails, watches, bracelets and large rings which may cause injury and carry germs
- * Keep your hands away from your face and hair
- * Having open scratches, cuts or sores increases risk
- * The regular use of hand lotions keeps skin smooth and intact and less prone to injury

Cough Etiquette



**Cover Your Mouth
With A Tissue
When You Cough
or Sneeze or use
your sleeve.....**



**Throw
Tissue In
Garbage**



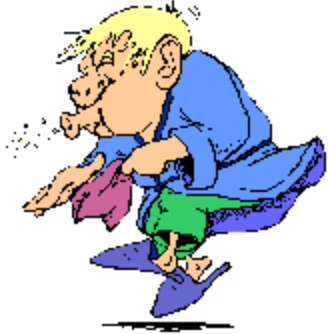
**Wash
Your
Hands**



**Reschedule
Your Visit or
Work Day if
You Are ill**

AND...For our Clients

Step 1



Help our clients to cover their mouth with a tissue when they cough or sneeze or use their sleeve

Step 2



Then help our clients dispose of the tissue

Step 3



Wash your hands

Step 4



Help our clients wash their hands

Equipment Cleaning

- * Rinse items under water if visibly soiled
- * Clean with soapy water
- * Wipe with disinfectant that you can leave on and let dry
- * Tubs in homes are cleaned and disinfected with household disinfectant after each use

Equipment Cleaning Facts

- * Horizontal surfaces are more likely to harbor organisms
- * Surfaces touched by hands are more likely to harbor organisms
- * Physical removal of organisms will deal with 99.9% of pathogens (washer, dishwasher, etc)
- * Use clean hands to access clean equipment

Personal Care Items

Do Not Share the Following:

- * Razors
- * Nail clippers
- * Bar soap
- * Combs and brushes
- * Toothpaste and toothbrushes
- * Washcloths and towels
- * Deodorant
- * Makeup

Personal Protective Equipment (PPE)

To prevent skin and mucous membrane exposures from blood/body fluids use:

***Gloves**

***Gowns/Aprons**

***Respiratory protection (mask)**

Gloves

- * Gloves are for single use only
- * Protect hands from body fluids
- * Less than 15 mins of wear
- * Wash hands before and after using
- * Task specific
- * Don't walk around with them on

Respiratory Protection

When to wear a mask:

- * Protect mucous membranes of nose, mouth and eyes during activities likely to generate splashes of blood or body fluids.
- * Within two meters of a coughing patient
- * Contact your local Infection Control Practitioner for mask information

Viruses versus Bacteria

- * Both Cause Infections, but antibiotics only work against bacteria
- * Viruses:
 - * More contagious than bacterial infections and include: colds, flu, croup, chest colds, most sore throats
 - * Can make you just as sick as bacterial infections
 - * Usually get better in 4-5 days, but it may take as long as 3 weeks to recover
- * Bacteria:
 - * Are less common and do not spread as easily as viral infections and include: pneumonia and strep throat

Antibiotic Resistant Organisms

- * Using antibiotics when you don't need them can lead to antibiotic resistance
- * Resistant Bacteria cannot be killed by antibiotics
 - * Examples: MRSA, VRE (also known as super-bugs)

Preventing ARO's

- * Use antibiotics wisely
- * Wash your hands to prevent the spread of infection

What if a Client has an ARO

- * Follow Routine Practices
- * Inform Health Care Providers: (physician's clinic, dentist, hospital) So they can take steps to prevent spread to other patients.
- * Cover open wounds or weeping areas of skin.
- * Maintain community involvement and inclusion

We Have Reviewed

- * How disease is spread
- * How to protect yourself from disease
- * How to prevent spread of disease

Take Home Message

Eighty percent of common infections are spread by hands.

Hand hygiene is the single most important thing you can do everyday to protect yourself and the clients you work with.

Questions



References

Developed by HSCL in 2012

Interior Health Infection Control Policy and The World Health Organization (WHO).

BC Centre for Disease Control

www.dobugsneeddrugs.org