

Arfstrom Medical Equipment & Supplies

CLIENT/PATIENT EDUCATION – INFECTION CONTROL

Arfstrom Medical Equipment & Supplies recognizes that an effective infection control plan is an integral part of keeping everyone safe and healthy. Please review the following applicable areas for some ways that you can help stop the spread of infections. Please note that this list is some of our suggestions and should not be considered all inclusive. Please follow all manufacturer guidelines as well as guidelines and/or orders from your physician(s).

Medical Supplies – Before handling any of your medical supplies, always ensure that you have thoroughly and properly washed your hands. Also, ensure that the site for the medical supplies (ie. wound site, ostomy site, etc.) has been thoroughly washed with soap and water. If your physician has given you specific instructions on how to keep an area clean, follow those directions. If your medical supplies are sterile, do not allow them to become contaminated with items that are non-sterile. If an item that is supposed to be sterile does become contaminated with an item that is non-sterile, properly dispose of the item. Always ensure proper disposal of any used medical supplies.

Orthotics/Prosthetics – Always follow all manufacturer guidelines for cleaning your orthotic/prosthetic. This information will be included with most devices, either printed on the box or on the directions/information sheets included with the device. A general rule to keep the device clean is to spot wash when necessary with soap and water. If a device becomes soiled and needs a deeper cleaning, hand wash the device with soap and water. Dry the device with a towel and allow it to air dry. Avoid using washing machines and dryers to clean/dry the device to maximize its life.

Medical Equipment – Always follow all manufacturer guidelines for cleaning your medical equipment. To properly disinfect equipment, we clean all equipment with Citrus II and/or Sterifab. If you choose to use these cleaners in your home, please use precaution and follow all manufacturer guidelines. Equipment can also be cleaned in the home by wiping the equipment down with a disinfectant wipe. For example, when changing the sheets/bedding on a hospital bed, wipe down all commonly touched areas such as the mattress, handrails and pendant with a disinfectant wipe.

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Mastectomy Supply Information

Breast prostheses not only enhance appearance, but they also are important for resolving musculoskeletal issues following mastectomies and partial mastectomies. Breast prostheses improve balance, posture and shoulder drop that can occur due to the imbalance of weight that comes from having one breast.

Proper care/maintenance/disinfection of mastectomy bras

- Hand wash in warm water with mild soap

- No bleach

- Line dry.

(Washing machines and dryers may damage the bras and decrease the lifetime use.)

Proper care/maintenance/disinfection of silicone forms

- Take care with sharp objects. Finger nails, brooches, scissors and pets claws can cause permanent damage to the breast form.

- Do not pinch, rub or wring the breast form at any time.

- Avoid applying powder, perfume, deodorant, cream, moisturizer, tanning products or any lotions to the breast form.

- Wash breast form by hand daily with a mild soap and lukewarm water (NOT HOT) rinse thoroughly, and towel dry. Do not wring.

- Store the breast form in its original packaging and away from direct heat when not being worn. This allows the breast form to maintain its shape.

How to insert breast form into mastectomy pocketed bra

- Place the bra flat on a table with the pocket/back of the bra cups facing up.

- Hold the pocket open and slide the breast form (nipple side down) into the pocket.

- Very gently fold the breast for easier insertion if need be, but take precautions not to squeeze too hard or puncture the form.

- Lift the bra off the flat surface and place on chest with arms through the shoulder straps and fasten hooks.

- Adjust straps when necessary.

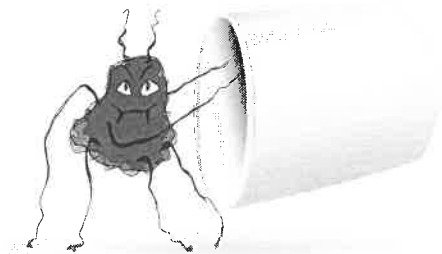
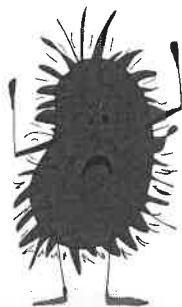
- Bend forward and adjust breast tissue of non-surgical side into bra cup.

- Adjust the prosthesis.

Infection Prevention *and You*

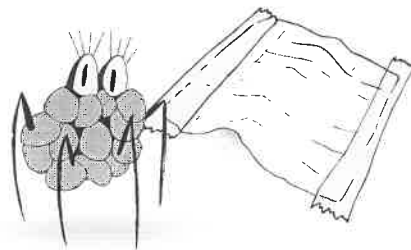
What are healthcare-associated infections?

Healthcare-associated infections are a result of germs entering your body during medical care.



Catheter-associated urinary tract infections

When germs travel along a urinary catheter and cause an infection in your bladder or kidney.



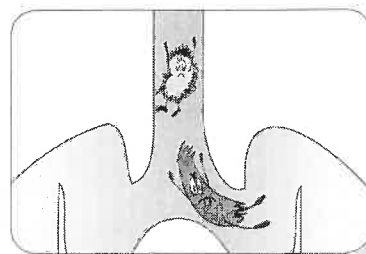
Surgical site infections

An infection that happens after surgery in the part of the body where the surgery took place.



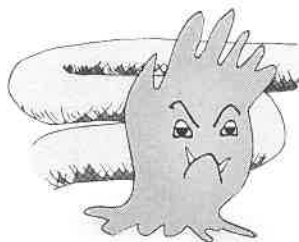
Bloodstream infections

When germs enter the blood by way of a catheter or tube that is placed in your vein.



Pneumonia

Infection of the lungs.




Gastrointestinal infections

Infections that cause inflammation in your intestinal tract and can lead to deadly diarrhea. These infections are frequently caused by the *C. difficile* germ and are often seen in patients who have taken antibiotics.

Handwashing

at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

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For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

www.cdc.gov/handwashing