

Basic Infection Control and Prevention

For Clinical Staff



Course Information

Course Title:	Basic Infection Control & Prevention
Regulations/Standards:	EP 4: The hospital orients staff on the following: Their specific job duties, including those related to infection prevention and control... National Patient Safety Goal Requirement – 07.01.01 (hand hygiene)
Approximate Time to Complete:	15 minutes
Content Version:	Infection Control and Prevention for Clinical Staff
Intended Audience:	Clinical Staff
Technical Specifications:	Headphones or speakers for video segments are recommended but not required.
Date Revised:	January 31, 2022

Contact Information

Infection Control at:

Please forward any Infection Control and Prevention content questions or concerns to your sites Subject Matter Expert:

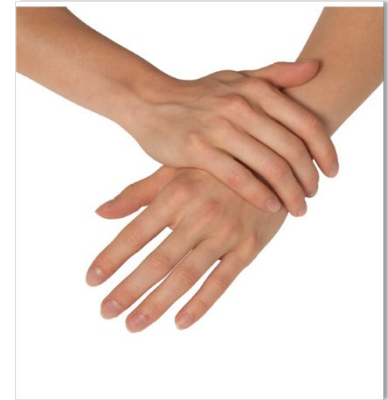
Coordinated Health 610-861-8080 Ext 28026
Hazleton 570-501-4073
Lehigh Valley 610-402-9446
Pocono 570-476-3692
Schuylkill 570-621-4360

Please call the Technical Support Center at 610-402-8303 with any technical issues.

Objectives

Upon completion of this course, you will be able to:

- Discuss the links in the chain of infection prevention
- Explain how and when hand hygiene is performed
- Apply hygiene practices to situations in the clinical arena
- Describe the basic concepts of environmental cleaning and use of personal protective equipment (PPE) in reducing the transmission of infection



Reducing Infections

You can help reduce the spread of infections:

Basic infection control and prevention can help reduce the spread of infection in the healthcare setting, protecting:

- Healthcare Personnel
- Patients
- Visitors

Think Prevention

Routine Hand Hygiene



Chain of Infection Prevention

Patient

Microorganism

Transmission

The links in a chain help us understand the factors that must be present for an infection to start.



Chain of Infection Prevention

Patient

Microorganism

Transmission



Patient

Factors that make the hospitalized patient at risk for infection:

- Weakened state of health
- Invasive procedures and devices

Chain of Infection Prevention

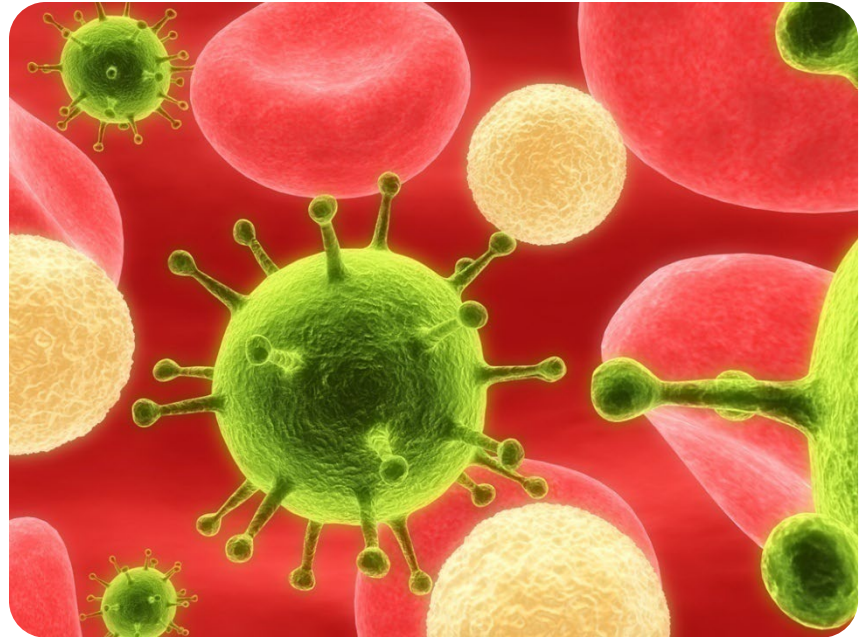
Patient

Microorganism

Transmission

Microorganism

- Bacteria
- Viruses
- Fungi



Chain of Infection Prevention

Patient

Microorganism

Transmission

Modes of Transmission

Direct Contact: Physical contact from infected person to non-infected person

Indirect Contact: Contaminated equipment or surfaces to at-risk person

Respiratory Contact: Spread through the air from infected person to non-infected person

Prevention



Breaking the Chain of Transmission

- Perform hand hygiene
- Clean surfaces and equipment with disinfectant
- Use Personal Protective Equipment

Hand Hygiene

Hand hygiene is the most important way to prevent passing on microorganisms that can cause infections to patients, others or yourself!



Hand Hygiene Guidelines



To maintain hand hygiene:

- Avoid unnecessary touching of surfaces near the patient
- Do not wear artificial nails, extenders or nail jewelry
- Keep nails short, clean, and healthy

Waterless Hand Sanitizer



Alcohol-based hand rub is the preferred method of hand hygiene when hands are not visibly contaminated.

CDC Hand Hygiene Guidelines

Use waterless sanitizer when:

- Hands are not visibly soiled
- Visible material has already been removed using antimicrobial soap and water

How to use waterless sanitizer:

1. Apply hand sanitizer
2. Rub hands together until they are completely dry, for about 15-20 seconds

Wash hands with soap and water after 5-10 applications of hand sanitizer

Soap and Water

Use soap and water when:

- Contact with spores is known or suspected
 - ***This includes patients with Clostridium difficile-associated diarrhea (C. DIF) or Bacillus anthracis***
- Hands are visibly dirty
- Contaminated with proteinaceous material
- Visibly soiled with blood or bodily fluids
- Contact with patients or their environment suspected or confirmed with Norovirus

Proper hand washing technique:

1. Wet hands
2. Apply soap
3. Rub hands vigorously for at least 15 seconds
4. Rinse with water
5. Dry thoroughly with disposable towel
6. Use towel to turn off faucet

Hand Hygiene



In order to thoroughly clean your hands, you must follow the correct steps for hand hygiene.

The next two videos demonstrate the proper techniques for each hand hygiene method.

- Hand Sanitizer
- Hand Washing

Hand Sanitizer Video



*The Hand Sanitizer video contains audio.
Click on the Resources tab to download the
video transcript.*

Hand Washing Video

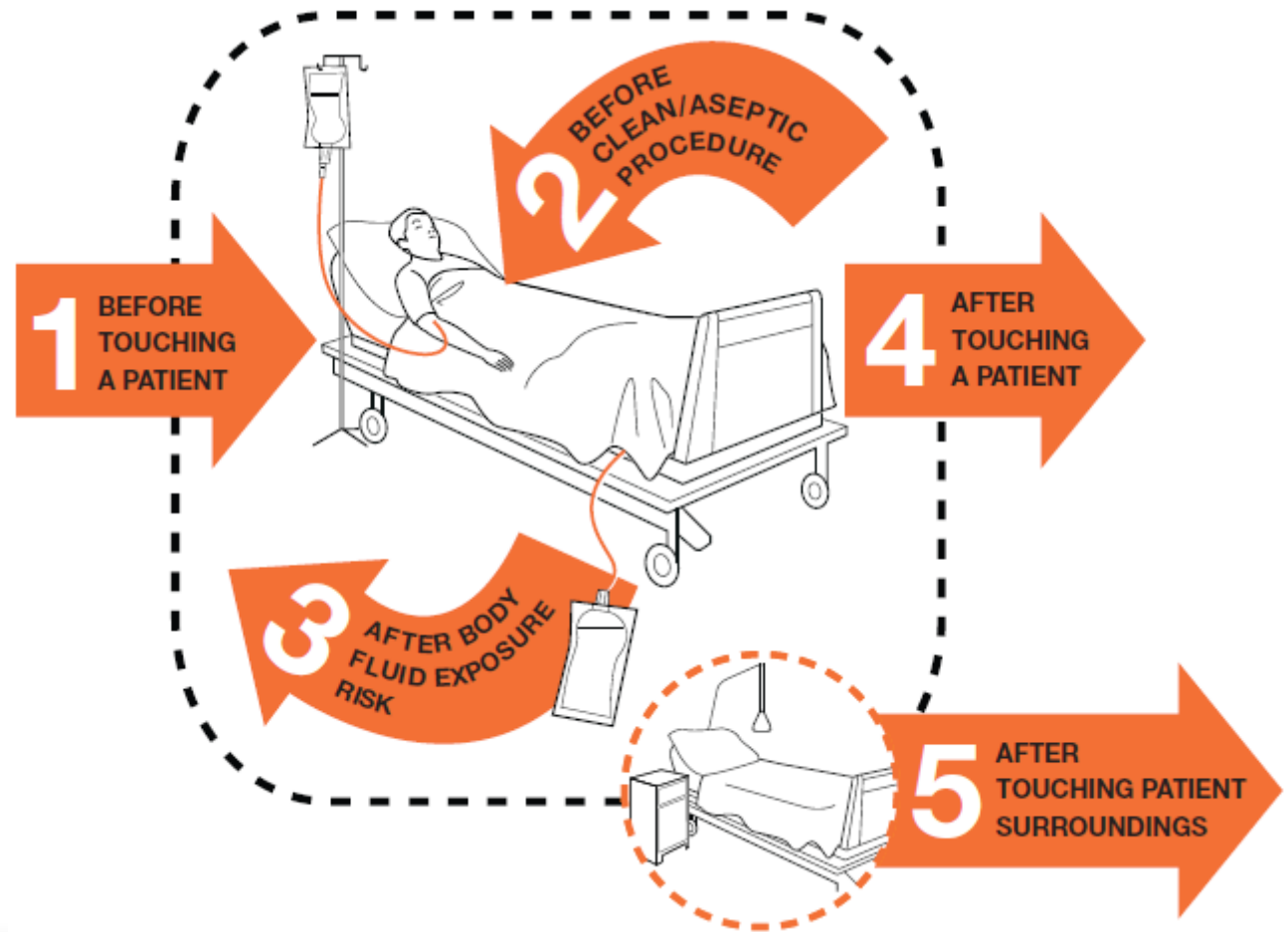


*The Hand Washing video contains audio.
Click on the Resources tab to download the
video transcript.*

The 5 Moments for Hand Hygiene

There are 5 Moments that you should perform Hand Hygiene

When gloves are required, perform hand hygiene before putting on gloves and after removing gloves.



Click on the Resources tab to download *The 5 Moments for Hand Hygiene* poster

The 5 Moments for Hand Hygiene

Moment 1

When entering the room and/or before patient contact

Examples of care situations when the moment occurs:

- Entering the patient room
- Shaking hands
- Helping a patient move around
- Bathing the patient
- Taking pulse, blood pressure and/or other procedures

Performing hand hygiene when entering a patient's room and/or before touching a patient will protect the patient from any germs that may be carried on your skin



The 5 Moments for Hand Hygiene

Moment 2

Before clean/aseptic procedure

Examples of care situations when the moment occurs:

- Insertion of a catheter
- Performing care to wounds
- Oral/dental care
- Preparation of food
- Handling of medication



Hand hygiene will prevent harmful germs, including the patient's own germs, from entering the patient's body.

The 5 Moments for Hand Hygiene

Moment 3

After body fluid exposure risk

Examples of care situations when the moment occurs:

- Care to skin lesions
- Wound dressing
- Drawing and manipulation of any fluid sample
- Handling waste (bandages, incontinence pads)
- Cleaning of contaminated and visibly soiled material or areas (bathrooms, medical equipment and instruments)



Hand hygiene will protect you and the healthcare environment from harmful patient germs.

The 5 Moments for Hand Hygiene

Moment 4

After touching a patient and/or when leaving the room

Examples of care situations when the moment occurs:

- Exiting a patient room
- Shaking hands
- Helping the patient move around
- Bathing the patient
- Taking pulse, blood pressure and/or other procedures



Cleaning your hands after touching the patient will prevent the spread of germs in the healthcare environment.

The 5 Moments for Hand Hygiene

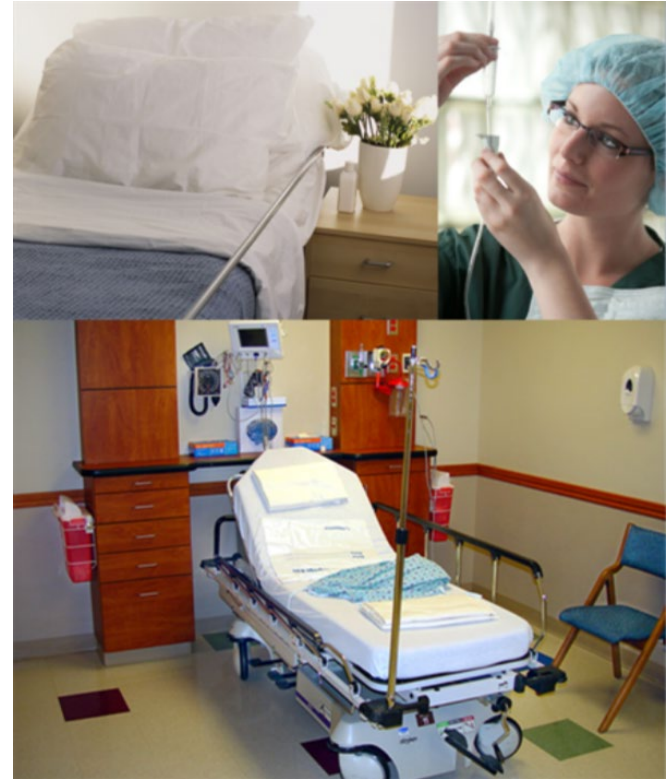
Moment 5

After contact with the patient's surroundings

Examples of care situations when the moment occurs:

- Changing bed linen
- Touching medical equipment
- Holding a bed rail
- Clearing the bedside table

Performing hand hygiene will protect you from germs that may be on surfaces in the patient environment and prevent the spread of germs.





Gloves and Hand Hygiene

- **Gloves are not a substitute for hand hygiene.**
 - If your task requires gloves, perform hand hygiene prior to donning gloves, before touching the patient or the patient environment.
 - Perform hand hygiene immediately after removing gloves.
- **Change gloves and perform hand hygiene during patient care, if:**
 - gloves become damaged,
 - gloves become visibly soiled with blood or body fluids following a task,
 - moving from work on a soiled body site to a clean body site on the same patient or if another clinical indication for hand hygiene occurs.

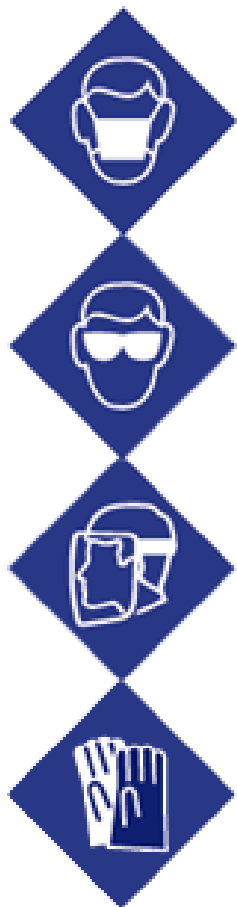
Cleaning Surfaces and Equipment

- Clean all exposed surfaces daily with disinfection solution
- Clean equipment between patients
- Clean all work surfaces and spaces often



Personal Protective Equipment

PPE:



Gloves: Wear gloves, according to Standard Precautions, when it can be reasonably anticipated that contact with blood or other potentially infectious materials, mucous membranes, non-intact skin, potentially contaminated skin or contaminated equipment could occur

Masks and Respirators: protect mouth and nose

- Wear a respirator to protect yourself from airborne diseases

Eye Protection: Wear eye protection if there is a chance of splashes during the care of suspected or confirmed COVID-19 patients and in the presence of aerosol generating procedures

Gown: Wear a gown if your clothes may become soiled

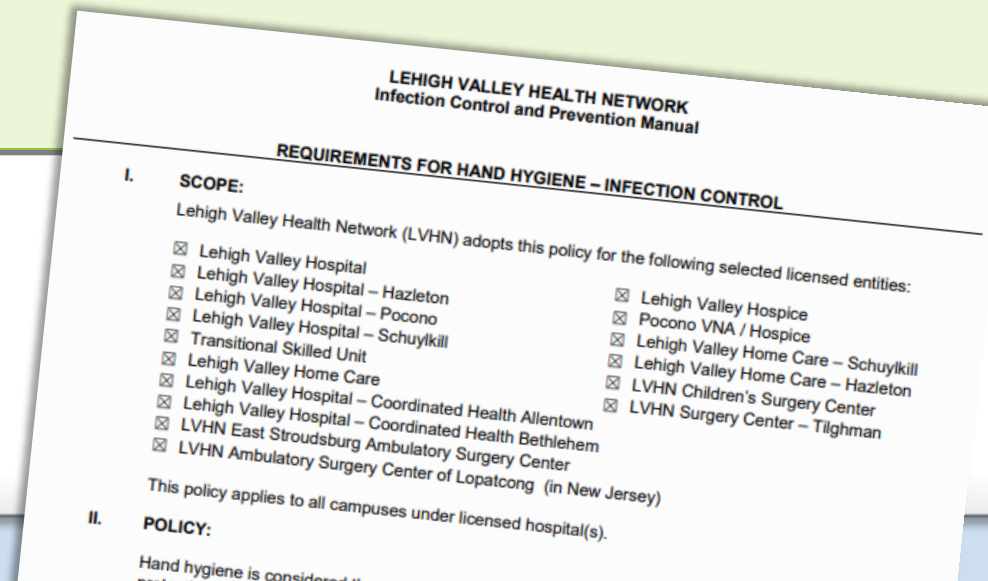
Hand Hygiene Guidelines

For additional information, clarification, or confirmation please refer to your organization specific policies.

**From your desktop SSO App select
Policy Tech > Infection Control & Prevention**

or from **LVHN INTRANET**

Resources > Policies and Procedures > Infection Control & Prevention





Key Points

Simple actions can prevent the spread of infection

- Do not work if you have an infected skin lesion, fever, or flu symptoms
- Refrain from patient care activities if you are not feeling well
- Cleanse equipment and surfaces with hospital approved disinfectant
- Use care with needles and other sharps
- Use safety devices as provided
- Wash hands often, especially before eating or drinking
- Keep all cuts and abrasions clean, dry, and covered
- Contact Employee Health if you have problems with hand irritation

Healthy Plumbing is Important Too

STOP before you FLUSH

- Preventing sewer blockages is important for the health and safety of our patients, visitors, and staff

DO NOT FLUSH

- Paper Towels
- Baby Wipes
- Bath Wipes
- Disinfectant Wipes
- Towels and rags
- Disposable Wash Cloths (even if labelled flushable)
- Feminine hygiene products (including tampons)
- Gloves/shoe covers/hats/masks
- Any foreign object (urine bottle lids, plastic bags etc.)



Summary



You should now be able to:

- ✓ Discuss the links in the chain of infection prevention
- ✓ Explain how and when hand hygiene is performed
- ✓ Apply hand hygiene practices to situations in the clinical arena