

# INFECTION CONTROL UNIVERSAL PRECAUTIONS



## OBJECTIVES

- ▶ At the end of this session, the participants will be able to:
    - Verbalize definitions related to infection control
    - List modes of transmission of infections and portals of entry of bacteria
    - Explain universal precautions
    - Explain the worker's role in preventing spread of infections
    - Demonstrate proper hand washing techniques, application and removal of gloves
    - Describe appropriate techniques for cleaning up spills
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## DEFINITIONS

- ▶ Infection control – the set of methods used to control and prevent the spread of disease
  - ▶ Infections – are caused by pathogens (germs)
  - ▶ Communicable disease – disease spread from one person to another
  - ▶ Infectious disease – disease caused by a pathogen (germ or bacteria)
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## DEFINITIONS

- ▶ Contaminated – means dirty, soiled, unclean
  - ▶ Disinfection – cleaning so that germs (pathogens) are destroyed
  - ▶ Mode of transmission – the way germs are passed from one person to another
  - ▶ Mucous membranes – membranes that line body cavities that open to the outside of the body
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## MODES OF TRANSMISSION

- ▶ Body fluids – tears, saliva, sputum (mucus coughed up), urine, feces, semen, vaginal secretions, pus or other wound drainage, blood
- ▶ Touching the infected person or their secretions
- ▶ Touching something contaminated by the infected person.
- ▶ Droplets – coughing, sneezing, laughing, spitting, talking

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## WHO IS AT RISK??

- ▶ Anyone whose resistance to disease decreases
- ▶ Reasons for lowered resistance: age, existing illnesses, fatigue and stress
- ▶ The elderly have weaker immune systems and a lower resistance to pathogens
- ▶ Elderly are hospitalized more often, increasing the chance for hospital-acquired infections
- ▶ Recovery longer in the elderly

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## PORTALS OF ENTRY

- ▶ Any body opening of an uninfected person which allows pathogens to enter
- ▶ Nose, mouth, eyes, rectum, genitals and other mucous membranes
- ▶ Cuts, abrasions or breaks in the skin

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## UNIVERSAL PRECAUTIONS

- ▶ Universal precautions are infection control guidelines designed to protect workers from exposure to diseases spread by blood and certain body fluids.
- ▶ Always treat blood, body fluids, broken skin and mucous membranes as if they were infected
- ▶ Always follow Universal Precautions because you cannot tell by looking at a person whether they have a contagious disease

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## UNIVERSAL PRECAUTIONS

- ▶ Use practical, common sense
- ▶ Wash your hands before putting on gloves and immediately after removing gloves
- ▶ Do not touch clean objects with contaminated gloves



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## UNIVERSAL PRECAUTIONS

- ▶ Wear gloves if you may come in contact with blood, body fluids, secretions and excretions, broken or open skin, human tissue or mucous membranes
- ▶ Bag all disposable contaminated supplies
- ▶ Clean all surfaces that may be contaminated with infectious waste, such as beds, wheelchairs and shower chairs



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## WHAT CAN I DO??

- ▶ Good hand washing is the most effective method to prevent the spread of infection
- ▶ May use an alcohol-based hand cleaner in place of washing with soap and water
- ▶ Avoid touching eyes, nose or mouth



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## WHAT CAN I DO??

- ▶ Cover your nose and mouth with a tissue every time you cough or sneeze
- ▶ Throw used tissue in a wastebasket
- ▶ If you don't have a tissue, sneeze or cough into your sleeve
- ▶ Always clean your hands after coughing or sneezing



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## HAND WASHING

- ▶ Remove any jewelry or watch
- ▶ Wet hands with warm, running water
- ▶ Add soap
- ▶ Rub hands vigorously for 20 seconds, washing all surfaces (about the time it takes to sing “Happy Birthday” twice)
- ▶ Rinse, keeping fingers pointing down
- ▶ Dry with paper or clean cloth towel
- ▶ Turn off faucet with towel and open door with towel

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## WHEN SHOULD I USE GLOVES ?

- ▶ When you may come in contact with blood or any body fluids, open wounds, or mucous membranes
- ▶ Performing or helping with mouth care
- ▶ Performing or helping with perineal care
- ▶ Performing care on a consumer who has broken skin

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## WATERLESS HAND SANITIZER

- ▶ Make sure all visible dirt is removed from your hands
- ▶ Apply a dime sized amount of waterless hand sanitizer to the palm of one hand or use a waterless hand sanitizer wipe
- ▶ Rub hands together covering all surfaces of hands and fingers
- ▶ Rub until waterless hand sanitizer is absorbed
- ▶ Remember, waterless sanitizers are not effective if dirt is visible on your hands

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## WHEN SHOULD I USE GLOVES ?

- ▶ When you have open sores or cuts on your hands
- ▶ When shaving a consumer
- ▶ When disposing of soiled bed linens, gowns, dressings and pads

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## WHEN SHOULD I CHANGE GLOVES?

- ▶ When touching surfaces that may be contaminated
- ▶ Right before contact with mucous membranes or broken skin
- ▶ Immediately if they become wet, worn, soiled or torn



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## GENERAL GUIDELINES

- ▶ Use appropriate receptacles for disposal
- ▶ Do not touch the inside of any disposal container
- ▶ Do not use “re-usable” equipment again until it has been properly cleaned
- ▶ Never use disposable equipment more times than recommended by the manufacturer



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## GENERAL GUIDELINES

- ▶ Wear gloves when handling soiled linens
- ▶ Fold or roll linen so that the dirtiest area is inside
- ▶ Hold and carry dirty linen away from your body
- ▶ Do not shake dirty linen or clothes



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## PUTTING ON GLOVES

- ▶ 1. Remove any sharp jewelry
- ▶ 2. Remove glove from box. Gloves come in small, medium and large. Most are rubber latex and are pre-powdered. Those who are allergic to latex should use vinyl gloves.
- ▶ 3. Hold glove with your thumb and forefinger and insert hand into gloves
- ▶ 4. Work fingers into proper places



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## REMOVING GLOVES WITHOUT CONTAMINATING YOUR HANDS

- ▶ 1. Pinch the palm of one glove and pull away from the palm.
- ▶ 2. Push the fingers of the pinching hand up inside the other glove, stretching the material of the glove towards the cuff of the other glove until it emerges by the wrist.
- ▶ 3. Pull the fold down until the glove is almost off (you will be pulling the glove inside-out).

## REMOVING GLOVES WITHOUT CONTAMINATING YOUR HANDS

- ▶ 4. DO NOT take the glove completely off.
- ▶ 5. Hook the ungloved thumb between the wrist and the skin of the other gloved hand and pull down, pulling both gloves off. (Both gloves will now be inside out.)
- ▶ 6. Dispose of the gloves properly.

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## SPILLS

- ▶ Put on clean gloves
- ▶ Wipe up immediately by cleaning from the outside (cleanest) to the inside (dirtiest)
- ▶ Use the appropriate cleaning agent
- ▶ Never pick up glass, even with gloved hands
- ▶ Dispose of gloves and cleaning equipment and supplies

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# THE END

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