

Section 3 – Breaking the Chain of Infection Activities and Skills (Part 1)	
<p>(S-1) Title Slide (S-2) Objectives</p> <ol style="list-style-type: none"> 1. Describe the role of the Centers for Disease Control and Prevention in infection prevention. 2. Define Standard Precautions. 3. Compare and contrast two types of hand hygiene – handwashing using soap and water and alcohol-based hand rub. 4. Demonstrate procedures important to the prevention of infection in adult care homes – hand hygiene. 	
Content	Notes
<p>(S-3) Recall</p> <ul style="list-style-type: none"> • Infection is a disease or condition of the body when harmful germs get into the body and grow in number • Harmful germs are tiny living things that live almost everywhere – both inside and outside of our bodies that cause problems or disease • Infection prevention is all of the things that people do to control and prevent the spread of infection • Infection prevention extremely important in adult care homes • Only way to stop spread of infection is to break the chain of infection • Will now learn ways that you can break the chain of infection and prevent spread of infection in adult care homes 	
<p>(S-4) Healthcare-associated infection (HAI) ;</p> <ul style="list-style-type: none"> • An infection that a resident gets while staying or living in a health care setting that he did not have before he was admitted 	
<p>(S-5) CDC</p> <ul style="list-style-type: none"> • Probably heard about the CDC – maybe on the news or in a movie • CDC stands for Centers for Disease Control and Prevention • The nation’s health protection agency; an agency of the federal government that is in charge of the control and prevention of disease in our country • Works to protect the public by helping keep them healthy and safe by education • Developed a two-tiered or two level way to prevent and control infections in health care – Standard Precautions and Transmission-Based (Isolation) Precautions 	
<p>(S-6) Standard Precautions</p> <ul style="list-style-type: none"> • The first level to prevent and control infections in adult care homes • The basic tasks that care workers must do when caring for each and every resident in order to prevent and control spread of infection • Will learn about ways to do things to prevent and control spread of infection in the adult care home 	

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<p>(S-7) Importance of Standard Precautions</p> <ul style="list-style-type: none"> • Why must Standard Precautions be used with each and every resident? • Because there are residents you care for in adult care homes who have infections and no one knows they are infected • A resident may be infected who is not showing any signs or symptoms of being sick • Without using Standard Precautions, the care worker can get the infection and pass it along to others • This means that all body fluids, non-intact skin, and mucus membranes are treated as if they were infected 	
<p>(S-8) Recall</p> <ul style="list-style-type: none"> • Body fluids include blood, pus, liquid from sores, urine, stool, tears, spit, droplets from sneezes and coughs, and sputum coughed up from lungs • Non-intact skin includes cuts, scratches, sores that may be oozing infected fluids; remember – non-intact skin is both a portal of exit and portal of entry • Mucus membranes are the linings of natural body openings, such as mouth, nose, rectum, genitals and eyes 	
<p>(S-9) Standard Precautions – Staff’s Role</p> <ul style="list-style-type: none"> • Staff must follow Standard Precautions’ to protect self, co-workers, and residents from getting infections • In this section, you will learn all about <ul style="list-style-type: none"> ○ When and how to hand wash and hand rub ○ When and how to wear Personal Protective Equipment (gloves, gowns, masks) 	
<p>(S-10) Hand Hygiene</p> <ul style="list-style-type: none"> • Hand hygiene is new term used when caring for residents • CDC defines hand hygiene as washing hands with: <ul style="list-style-type: none"> ○ soap and water or ○ alcohol-based hand rub • Probably been washing hands with soap and water all your life, but may not be as familiar with alcohol-based hand rubs. • Alcohol-based hand rubs may be gels, rinses, or foams that do not need water to use 	
<p>(S-11) Recall</p> <ul style="list-style-type: none"> • Number one way a harmful germ travels from place to place is the care worker’s hands • Hands are single most common way that care workers get infections from residents and pass on infections to other residents 	

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<p>(S-12) Hand Hygiene – Why?</p> <ul style="list-style-type: none"> • Therefore, performing hand hygiene is single most important thing the nurse aide can do to prevent spread of infection when at work 	
<p>(S-13) Hand Hygiene – Where? (Point of Care)</p> <ul style="list-style-type: none"> • While at work, staff should perform hand hygiene at point of care • Point of care refers to the place where three elements occur together <ul style="list-style-type: none"> ○ Staff ○ The care or treatment involving resident contact • Most point of care occurs in resident’s room 	
<p>(S-14) Hand Hygiene – When? (5 Moments)</p> <ul style="list-style-type: none"> • World Health Organization (WHO) recommends that during delivery of care, at the point of care, there are five essential times or moments that care worker must perform hand hygiene <ol style="list-style-type: none"> 1. Before touching a resident (examples – helping resident move around, helping resident with a.m. or p.m. care, taking vital signs) 2. Before doing a clean or aseptic procedure (examples – before brushing resident’s teeth or cleaning dentures, preparing meal tray, feeding resident, getting clean linen) 3. After any body fluid exposure risk (examples – after brushing resident’s teeth or providing denture care, feeding resident, caring for skin lesions, cleaning up urine, stool, vomit, blood, and handling soiled linen, urinal, bedpan) 4. After touching a resident (examples – after helping resident move around, helping resident with a.m. or p.m. care, taking vital signs) 5. After touching resident’s surroundings (examples – after changing bed linen with resident out of bed, raising or lowering bed rail, leaning against a bed or night table, clearing bedside table or over-bed table) 	
<p>(S-15) Hand Hygiene – When (Other Times to Wash Hands)</p> <ul style="list-style-type: none"> • Before/after going to restroom • Before/after eating • Before/after wearing gloves • Before getting clean linen 	
<p>(S-16) Hand Hygiene – When (Other Times to Wash Hands)</p> <ul style="list-style-type: none"> • When hands are visibly soiled • After handling trash • After arrival at work; before leaving work; after returning home from work before touching anybody or anything 	

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<p>(S-17) Hand Hygiene – When (Other Times to Wash Hands)</p> <ul style="list-style-type: none"> • After blowing nose • After sneezing in hand • After touching hair • After touching other body parts, such as your mouth or nose 	
<p>(S-18) When to Hand Wash</p> <ul style="list-style-type: none"> • There are times when care worker should use soap and water, instead of alcohol-based hand rub <ul style="list-style-type: none"> ○ If hands are visibly dirty ○ After using restroom ○ After blowing nose ○ After sneezing in hands ○ After changing adult briefs ○ After cleaning a spill of blood or other body fluids ○ Before and after using shared medical equipment 	
<p>(S-19) When to Hand Rub</p> <ul style="list-style-type: none"> • There are times when alcohol-based hand rubs are acceptable choice in hand hygiene <ul style="list-style-type: none"> ○ Before and after eating ○ Before and after handling food ○ Before and after routine resident care 	
<p>(S-20) Hand Hygiene – How</p> <ul style="list-style-type: none"> • Based on what discussed so far in training sessions, hand hygiene is very important to the health of self, co-workers, and residents • Will learn correct technique for both handwashing and hand rub • Going to talk about principles of hand hygiene and do a couple of activities; also going to practice hand hygiene motions and then actually perform hand hygiene using correct technique 	
<p>(S-21) Handwashing</p> <ul style="list-style-type: none"> • Remove watch or push it up higher on arm before washing hands • Do not lean against sink and do not touch inside of sink with hands or wrists during the hand wash • Wet hands pointing fingers down lower than wrists; important because germs will glide down hands into sink instead of running up wrists and arms 	
<p>(S-22) Handwashing</p> <ul style="list-style-type: none"> • Apply one teaspoon of hand soap to the palm 	

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<p>(S-23) Handwashing</p> <ul style="list-style-type: none"> • Creating a lather, rub hands together, using friction, for 20 seconds and wash all surfaces (palm to palm, backs of hands, between fingers, wrists, fingers, thumbs, and under nails) • Want to know how long 20 seconds are? 	
<p>(S-24) Handwashing – 20 Seconds</p> <ul style="list-style-type: none"> • Hum “Happy Birthday Song” twice from start to finish 	
<p>(S-25) Handwashing</p> <ul style="list-style-type: none"> • Handwashing motions include palm to palm, backs of hands, between fingers, wrists, fingers, thumbs, and under nails 	
<p>(S-26) Handwashing</p> <ul style="list-style-type: none"> • Rinse hands well pointing fingers down lower than the wrists, but not touching sink • Use one dry paper towel to dry hands 	
<p>(S-27) Handwashing</p> <ul style="list-style-type: none"> • Use a new paper towel to turn off water • Throw paper towels in trash 	
<p>TEACHING TIP #7: Alcohol-based Hand Rub</p> <p>Locate alcohol-based hand rub product used in the adult care home. Read manufacturer’s directions to determine amount of product needed. Show alcohol-based hand rub product to students, pointing out the amount of product required.</p>	
<p>(S-28) Areas of the Hand Most Often Missed During Handwashing</p> <ul style="list-style-type: none"> • Taylor, in 1978, identified that 89% of the areas of the hand surface were missed during handwashing • The areas of the hand most often missed were finger-tips, finger-webs, the palms, and the thumbs • Pay close attention to these areas as you wash hands while at work 	
<p>(S-29) Alcohol-based Hand Rub</p> <ul style="list-style-type: none"> • Apply product to cupped hand • Amount based on manufacturer’s directions 	
<p>(S-30) Alcohol-based Hand Rub</p> <ul style="list-style-type: none"> • Rub hands together, using friction 	
<p>(S-31) Alcohol-based Hand Rub</p> <ul style="list-style-type: none"> • Hand rub motions include palm to palm, backs of hands, between fingers, wrists, fingers, thumbs, and under nails 	

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<p>(S-32) Correct Alcohol-based Rub</p> <ul style="list-style-type: none"> • Continue rubbing until your hands feel dry. This should take at least 15 seconds 	
<p>(S-33) ACTIVITY #3 (Page 6-5): Hand Positions During Hand Hygiene</p> <p>Distribute WHO’s How to Hand Rub? How to Hand Wash? Handout to students.</p> <p>After requesting students to stand up, tell students:</p> <ul style="list-style-type: none"> • You may have noticed the handwashing and hand rub procedures wash the same surfaces of the hands and wrists using the same motions. • As I demonstrate each hand hygiene motion, I would like for you to follow along with me and do the same motions. <p>While referring to the WHO Hand Rub/Hand Wash Handout, talk through and demonstrate each hand motion during hand hygiene and notice to make sure the students are following along and copying what is being demonstrated:</p> <ul style="list-style-type: none"> • Rub hands, palm to palm • Rub right palm over left back of hand with interlaced fingers; and then switch • Rub palm to palm with interlaced fingers • Rub backs of fingers to opposite palm with fingers interlocked • In a rotational motion, rub left thumb while clasping in right palm; and then switch • In a rotational backwards and forwards motion, rub left palm with clasped right fingers; and then switch • Grasp right wrist with left hand; and then switch 	
<p>(S-34) Your Hands – Other Important Points</p> <ul style="list-style-type: none"> • There are other things you can do to prevent the spread of infection • Fingernails <ul style="list-style-type: none"> ○ Keep nails short and clean ○ Do not wear fake nails, gel nails or nail extensions, because they can hide harmful germs • Jewelry <ul style="list-style-type: none"> ○ Leave at home because harmful germs can stick to jewelry 	
<p>(S-35) Your Hands – Other Important Points</p> <ul style="list-style-type: none"> • Lotions <ul style="list-style-type: none"> ○ May be used to keep hands soft and skin intact to prevent chapping or cracking 	

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<ul style="list-style-type: none"> ○ Use unscented type ○ When at work, only use facility provided lotion – why? ● Some lotions make medicated soaps less effective and break down latex 	
<p>(S-36) ACTIVITIES #4 and #5 (Pages 6-6,7,8): Hand Hygiene Check-offs</p> <p>Refer to the instruction sheet for these activities.</p>	
<p>(S-37) Section 3 – To Be Continued</p>	
<p>ACTIVITY #6 (Page 6-9): Germs, Germs, Germs</p> <p>Refer to the instruction sheet for this activity.</p>	