Section 3 (Part 1)
Breaking the Chain of Infection
Activities and Skills

Objectives
- Describe the role of the Centers for Disease Control and Prevention in infection prevention.
- Define Standard Precautions.
- Compare and contrast two types of hand hygiene – handwashing using soap and water and alcohol-based hand rub.
- Demonstrate procedures important to the prevention of infection in adult care homes – hand hygiene.

Recall
- 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.
Healthcare-associated Infection

Agency of the federal government
In charge of control/prevention of disease
Two-tiered way to protect the public
Two tiers of Precaution:
- Standard Precautions
- Transmission-based Precautions

Centers for Disease Control and Prevention
The CDC

Standard Precautions
- 1st tier to prevent and control infection
- The basic tasks staff or workers do when caring for EACH and EVERY RESIDENT in order to prevent and control the spread of infection
Why must Standard Precautions be used with EACH and EVERY RESIDENT?

Without using Standard Precautions, YOU CAN GET SICK AND PASS IT ALONG TO OTHERS!!!!!!!

Recall

- 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
- Mucus membranes are the linings of natural body openings, such as mouth, nose, rectum, genitals and eyes

Staff Must...

Follow Standard Precautions to Protect

- Self
- Co-workers
- Residents

FROM GETTING INFECTIONS
Hand Hygiene

The CDC defines hand hygiene as washing your hands with:
- Soap and water
- Alcohol-based hand rub

Performing Hand Hygiene

Is the number 1 way to stop the transmission of infections!
Staff Should Perform Hand Hygiene…

At the Point of Care

Your 5 Moments for Hand Hygiene [WHO]

1. Before touching a resident
2. Before clean/aseptic procedure
3. After body fluid exposure risk
4. After touching a resident
5. After touching resident surroundings

Perform Hand Hygiene
Perform Hand Hygiene

- Soiled Hands
- Handling Trash
- Arrival at Work
- Leaving Work
- Returning Home
- Touching Objects/People

Perform Hand Hygiene

- Blowing Nose
- Sneezing in Hand
- Touching Hair
- Touching Other Body Parts

When

DO YOU HAND WASH?
Hand Hygiene

Correct Handwashing

- Remove watch or push up higher on arm
- Do not lean against sink or touch inside of sink
- Wet hands, pointing fingers down lower than wrists
Correct Handwashing

- Apply one teaspoon of hand soap to palm of hand

Creating a lather, rub your hands together, using friction, for 20 seconds. How long is 20 seconds?...

Twenty Seconds Equal. . . .

Humming “Happy Birthday To Me” twice from start to finish
Correct Handwashing

- Wash all surfaces (palms, backs of hands, between fingers, wrists, fingers, thumbs, and under nails)

Correct Handwashing

- Rinse hands well
- Use one dry paper towel to dry hands

Correct Handwashing

- Use a new paper towel to turn off water
- Throw paper towels in trashcan
Handwashing - Areas Missed

Taylor identified that 89% of the areas of the hand surface were missed during hand washing and the areas most often missed were:

- Thumb
- Finger Webs
- Palm
- Finger Tips

Correct Alcohol-based Rub

- Apply product to your cupped hand; amount based on manufacturer’s directions

Correct Alcohol-based Rub

- Rub your hands together, using friction
**Correct Alcohol-based Rub**

- Rub hands together, palm to palm, backs of hands, between fingers, wrists, fingers, thumbs, and under nails.

**Hand Positions**

- Continue rubbing until your hands feel dry. Once dry, your hands are safe. This should take at least 15 seconds.
Your Hands

- Fingernails - keep short, clean and do not wear fake nails, gel or acrylic nails, or nail extensions
- Jewelry - leave at home because harmful germs can stick to jewelry

Your Hands - Lotions

- May be used to keep hands soft and skin intact
- Use unscented type
- When at work, only use facility provided lotion - why?

Hand Hygiene Check-off Activities
Section 3 - To Be Continued