

**Infection Control in
Adult Care Homes**

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

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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.

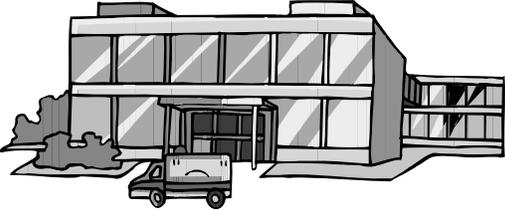
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Recall



- Infection is a disease or condition of 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

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**Healthcare-associated
Infection**

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	Centers for Disease Control and Prevention The CDC
<ul style="list-style-type: none"> ■ Agency of the federal government ■ In charge of control/prevention of disease ■ Two-tiered way to protect the public <p>Two tiers of Precaution:</p> <ul style="list-style-type: none"> ■ Standard Precautions ■ Transmission-based Precautions 	

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	Standard Precautions
<ul style="list-style-type: none"> ■ 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 	

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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

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Performing Hand Hygiene



is the number 1 way to stop the transmission of infections!

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Staff Should Perform Hand Hygiene...

STAFF

CARE

RESIDENT

At the Point of Care

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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

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Perform Hand Hygiene

RESTROOM

EATING

GLOVING

CLEAN LINEN

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Perform Hand Hygiene

SOILED
HANDS

HANDLING
TRASH



ARRIVAL AT
WORK



LEAVING
WORK

RETURNING
HOME



TOUCHING
OBJECTS/PEOPLE

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Perform Hand Hygiene

BLOWING
NOSE

SNEEZING
IN HAND

TOUCHING
HAIR

TOUCHING OTHER
BODY PARTS



17

W

H

E

N



**DO YOU
HAND WASH?**

18

W
H
E
N



**MAY YOU
HAND RUB?**



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

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Correct Handwashing

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



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Twenty Seconds Equal.



Humming "Happy Birthday To Me"
twice from start to finish

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



Correct Handwashing

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Correct Handwashing

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



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Correct Handwashing

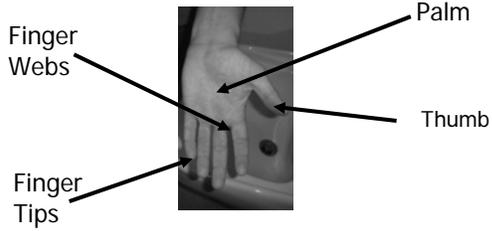
■ Use a new paper towel to turn off water
 ■ Throw paper towels in trashcan



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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:



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



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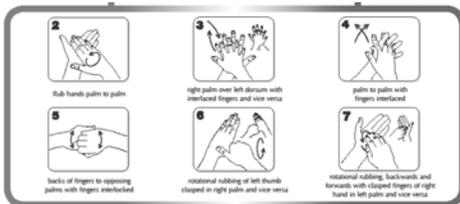
Correct Alcohol-based Rub



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

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Hand Positions



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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

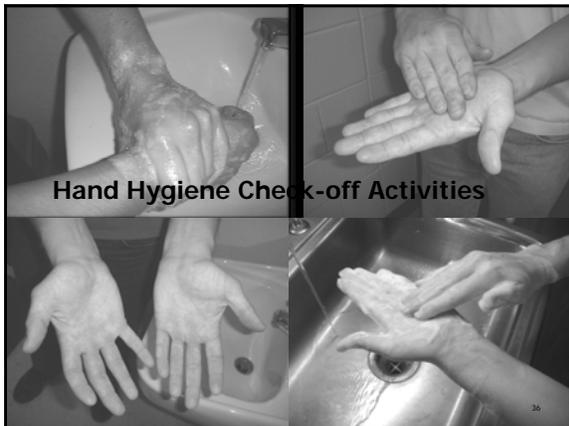
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Your Hands – Lotions

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



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	<p style="text-align: center;">Section 3 – To Be Continued</p> <p style="text-align: right;">37</p>
