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

#### (S-1) Title Slide

#### (S-2) Objectives

1. Describe the role of the Centers for Disease Control and Prevention in infection prevention.
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.

#### (S-3) 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
- Will now learn ways that you can break the chain of infection and prevent spread of infection in adult care homes

#### (S-4) Healthcare-associated infection (HAI)

- An infection that a resident gets while staying or living in a health care setting that he did not have before he was admitted

#### (S-5) CDC

- 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

#### (S-6) Standard Precautions

- 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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Content | Notes
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An infection that a resident gets while staying or living in a health care setting that he did not have before he was admitted | 
The first level to prevent and control infections in adult care homes
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Will learn about ways to do things to prevent and control spread of infection in the adult care home |
### Section 3 – Breaking the Chain of Infection Activities and Skills (Part 1)

#### (S-7) Importance of Standard Precautions
- 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

#### (S-8) 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; 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

#### (S-9) Standard Precautions – Staff’s Role
- Staff must follow Standard Precautions’ to protect self, co-workers, and residents from getting infections
- In this section, you will learn all about
  - When and how to hand wash and hand rub
  - When and how to wear Personal Protective Equipment (gloves, gowns, masks)

#### (S-10) Hand Hygiene
- Hand hygiene is new term used when caring for residents
- CDC defines hand hygiene as washing hands with:
  - 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

#### (S-11) Recall
- 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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#### (S-12) Hand Hygiene – Why?
- Therefore, performing hand hygiene is single most important thing the nurse aide can do to prevent spread of infection when at work

#### (S-13) Hand Hygiene – Where? (Point of Care)
- While at work, staff should perform hand hygiene at point of care
- Point of care refers to the place where three elements occur together
  - Staff
  - The care or treatment involving resident contact
- Most point of care occurs in resident’s room

#### (S-14) Hand Hygiene – When? (5 Moments)
- 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
  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)

#### (S-15) Hand Hygiene – When (Other Times to Wash Hands)
- Before/after going to restroom
- Before/after eating
- Before/after wearing gloves
  - Before getting clean linen

#### (S-16) Hand Hygiene – When (Other Times to Wash Hands)
- 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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**S-17) Hand Hygiene – When (Other Times to Wash Hands)**
- After blowing nose
- After sneezing in hand
- After touching hair
- After touching other body parts, such as your mouth or nose

**S-18) When to Hand Wash**
- There are times when care worker should use soap and water, instead of alcohol-based hand rub
  - 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

**S-19) When to Hand Rub**
- There are times when alcohol-based hand rubs are acceptable choice in hand hygiene
  - Before and after eating
  - Before and after handling food
  - Before and after routine resident care

**S-20) Hand Hygiene – How**
- 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

**S-21) Handwashing**
- 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

**S-22) Handwashing**
- Apply one teaspoon of hand soap to the palm
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#### (S-23) Handwashing
- 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?

#### (S-24) Handwashing – 20 Seconds
- Hum “Happy Birthday Song” twice from start to finish

#### (S-25) Handwashing
- Handwashing motions include palm to palm, backs of hands, between fingers, wrists, fingers, thumbs, and under nails

#### (S-26) Handwashing
- Rinse hands well pointing fingers down lower than the wrists, but not touching sink
- Use one dry paper towel to dry hands

#### (S-27) Handwashing
- Use a new paper towel to turn off water
- Throw paper towels in trash

#### TEACHING TIP #7: Alcohol-based Hand Rub

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.

#### (S-28) Areas of the Hand Most Often Missed During Handwashing
- 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

#### (S-29) Alcohol-based Hand Rub
- Apply product to cupped hand
- Amount based on manufacturer’s directions

#### (S-30) Alcohol-based Hand Rub
- Rub hands together, using friction

#### (S-31) Alcohol-based Hand Rub
- Hand rub motions include palm to palm, backs of hands, between fingers, wrists, fingers, thumbs, and under nails
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#### (S-32) Correct Alcohol-based Rub
- Continue rubbing until your hands feel dry. This should take at least 15 seconds

#### (S-33) ACTIVITY #3 (Page 6-5): Hand Positions During Hand Hygiene

Distribute WHO’s How to Hand Rub? How to Hand Wash? Handout to students.

After requesting students to stand up, tell students:
- 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.

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:
- 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

#### (S-34) Your Hands – Other Important Points
- There are other things you can do to prevent the spread of infection
  - Fingernails
    - Keep nails short and clean
    - Do not wear fake nails, gel nails or nail extensions, because they can hide harmful germs
  - Jewelry
    - Leave at home because harmful germs can stick to jewelry

#### (S-35) Your Hands – Other Important Points
- Lotions
  - May be used to keep hands soft and skin intact to prevent chapping or cracking
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- Use unscented type
- When at work, only use facility provided lotion – why?
- Some lotions make medicated soaps less effective and break down latex

**ACTIVITIES #4 and #5 (Pages 6-6,7,8): Hand Hygiene Check-offs**

Refer to the instruction sheet for these activities.

**ACTIVITY #6 (Page 6-9): Germs, Germs, Germs**

Refer to the instruction sheet for this activity.