

Infection Control in Adult Care Homes

Section 3 (Part 1)

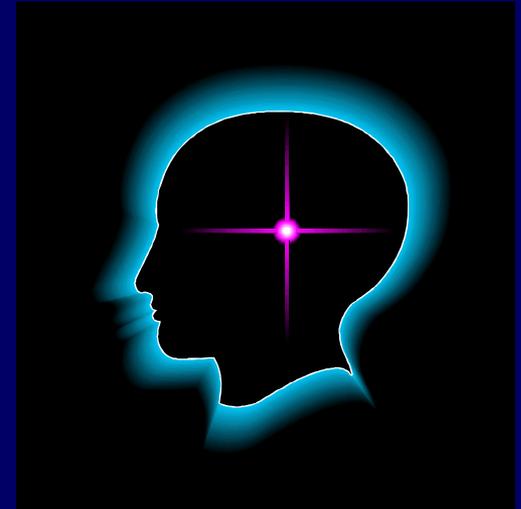
Breaking the Chain of Infection
Activities and Skills

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 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

Centers for Disease Control and Prevention

The CDC

- 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



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



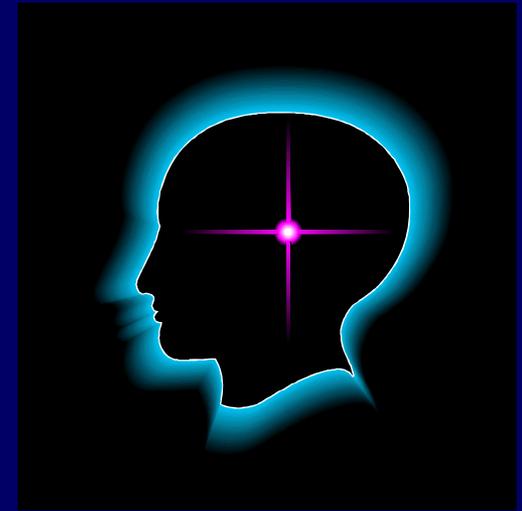
Why must Standard Precautions be used with **EACH** and **EVERY RESIDENT**?



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

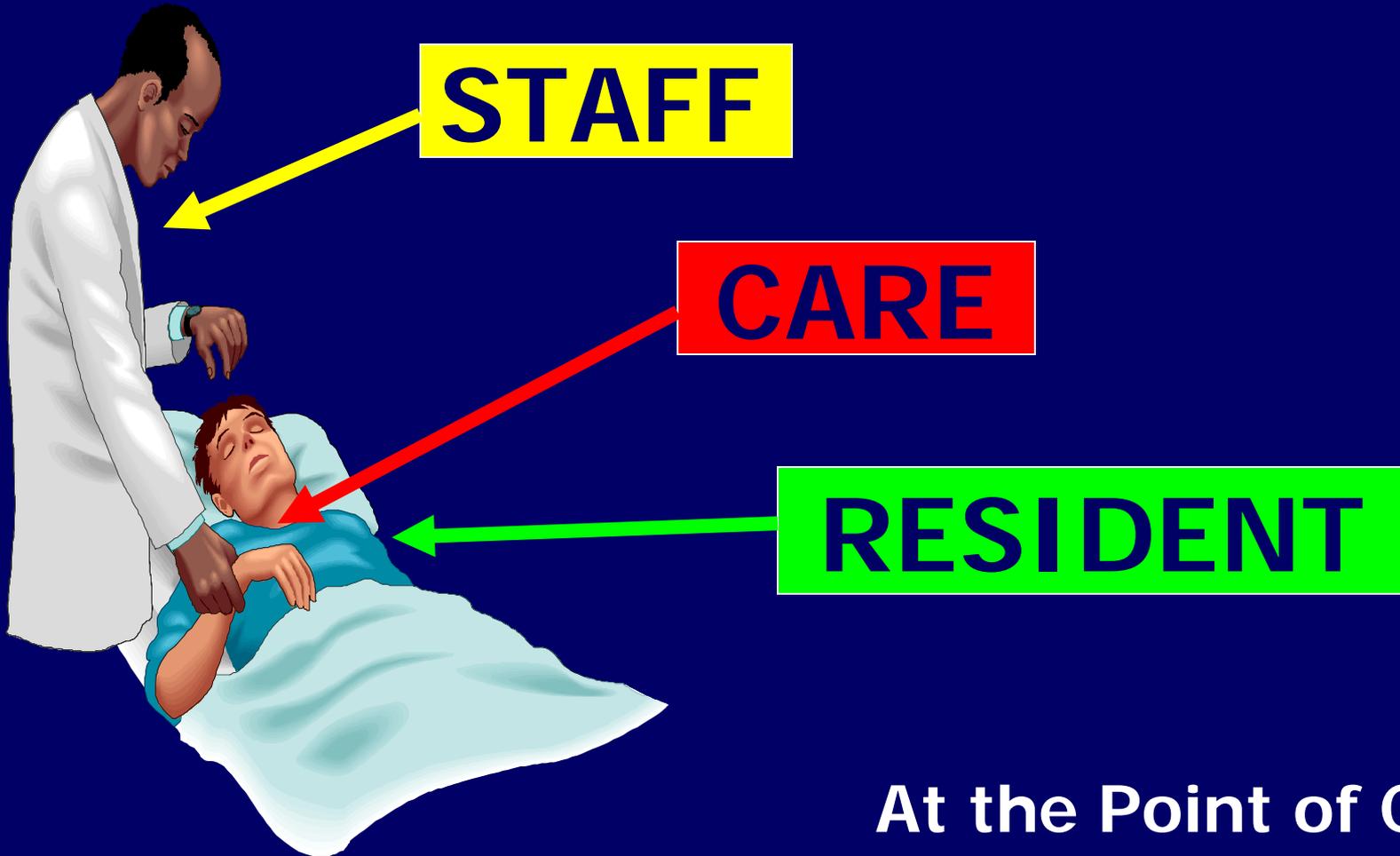


Performing Hand Hygiene



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

Staff Should Perform Hand Hygiene...



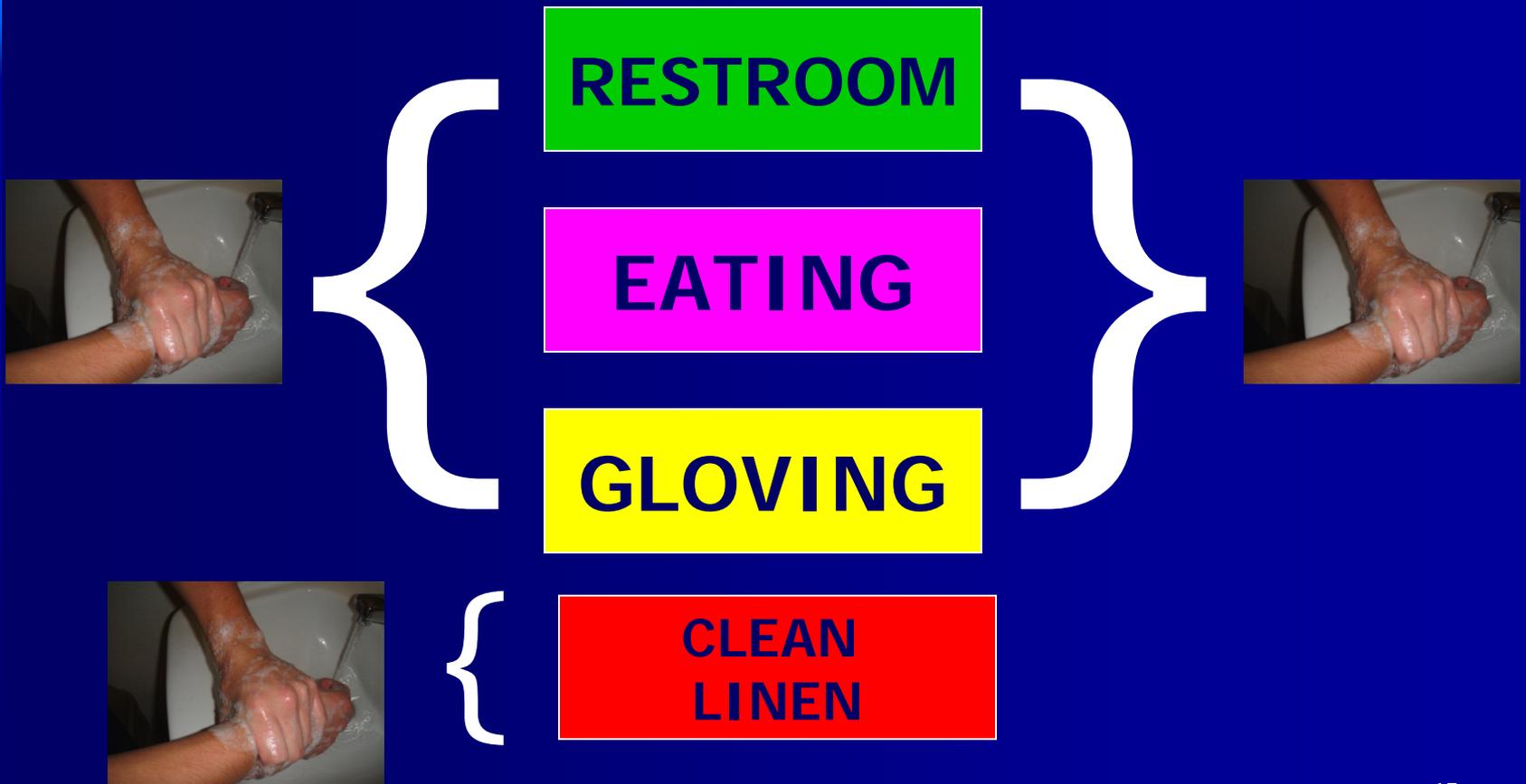
At the Point of Care

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**

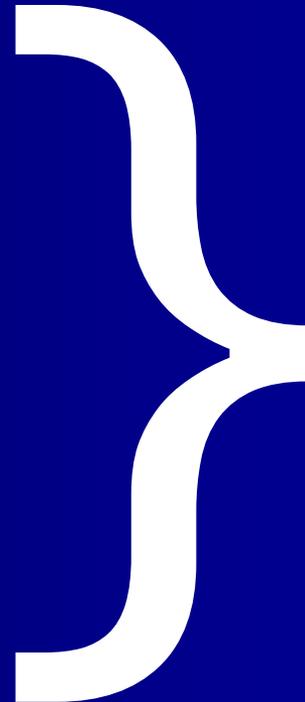
Perform Hand Hygiene

**BLOWING
NOSE**

**SNEEZING
IN HAND**

**TOUCHING
HAIR**

**TOUCHING OTHER
BODY PARTS**



W

H

E

N



**DO YOU
HAND WASH?**

W

H



E

MAY YOU

N

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

Correct Handwashing

- 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

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



**Correct
Handwashing**

Correct Handwashing

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



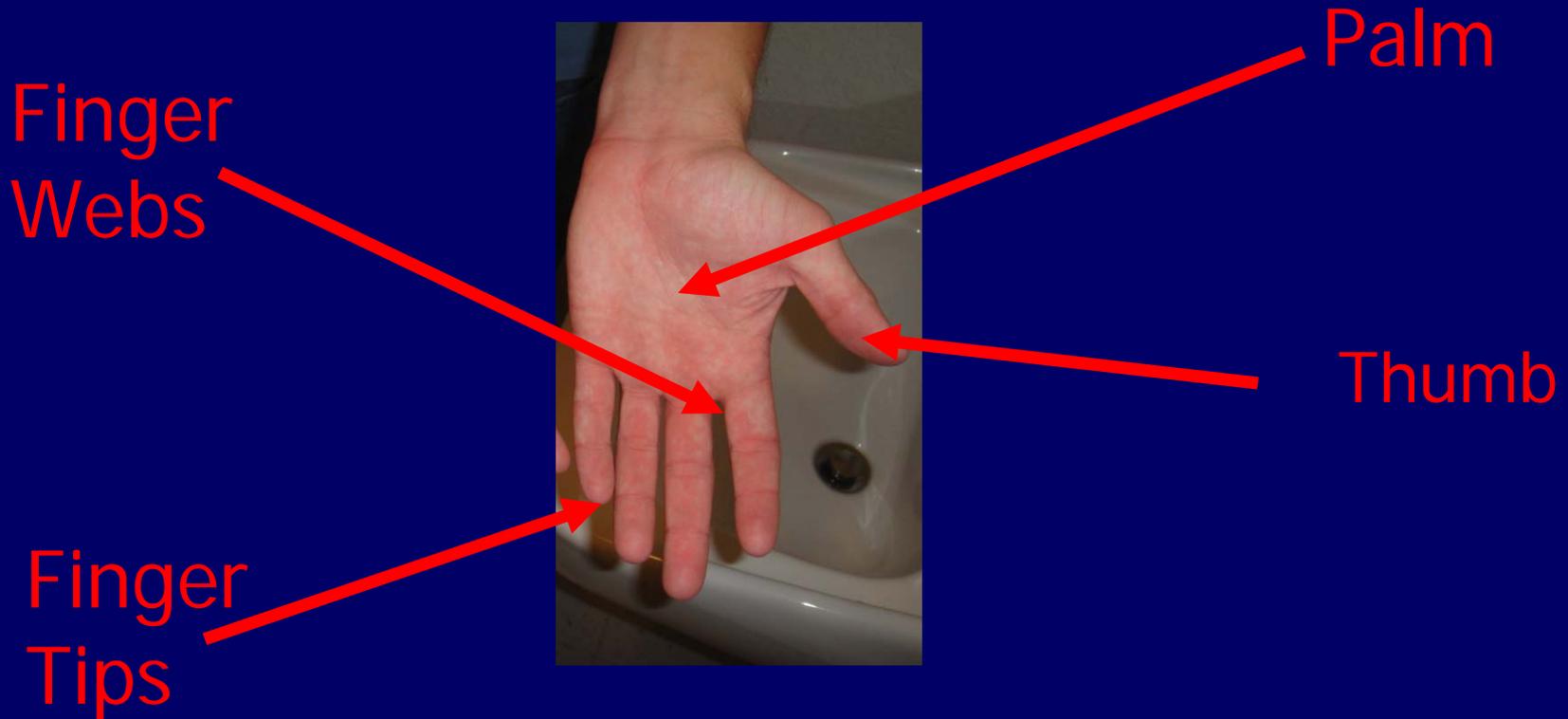
Correct Handwashing

- 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:



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



Correct Alcohol-based Rub



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

Hand Positions



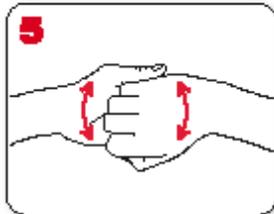
2 Rub hands palm to palm



3 right palm over left dorsum with interlaced fingers and vice versa



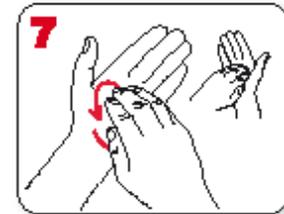
4 palm to palm with fingers interlaced



5 backs of fingers to opposing palms with fingers interlocked



6 rotational rubbing of left thumb clasped in right palm and vice versa



7 rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

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