

Observing Standard Precautions



INFECTION CONTROL

Main way to Spread Pathogens



- Blood
- Body Fluids

Blood-borne Pathogens Standard



- Established in 1991 by Occupational Safety and Health Administration (OSHA)
- Employer faces civil penalties if the regulations are not implemented by the facility

Blood-borne Pathogens(BBP) Standard Regulations



- Written exposure control plan
 - Update annually
 - This is to minimize or eliminate employee exposure to BBP
- Identify what employee's have the possibility to come in contact with BBP
- Provide HEP B vaccine free of charge to all employees and have release form for employees who chose to NOT get the vaccine
- Provide Personal Protective Equipment (PPE)
- Provide adequate hand washing stations and supplies

BBP Standard Regulations



- Make sure worksite is maintained clean and sanitary
 - Follow measures for immediate decontamination of any surface
 - Dispose of infectious waste correctly
- Enforce Rules of : No eating, drinking, smoking, applying cosmetics in any areas that can potentially be contaminated by blood or other infectious materials
- Provide appropriate color-coded labeled containers for contaminated sharps
- Post signs at the entrance to work areas with occupational exposure to biohazardous materials

BBP Standard Regulations



- Provide confidential evals and follow-ups for any employee exposed
 - Accidental needle stick
 - Splashing of blood or body fluids on the skin, eye
- Provide training about the regulations and all potential biohazards to all employees at NO cost during working hours, and provide additional training when procedures change

Needlestick Safety and Prevention Act



- Nov. 2000 passed by congress
 - Passed because CDC estimated 800,000 needlesticks occur each year
- Employees are required to
 - Use effective and safer medical devices
 - Incorporate changes in annual update of exposure control plan
 - Solicit input from nonmanagerial employees who are responsible for direct patient care
 - Maintain a sharps injury log



Employers are required to oversee that employees follow standards and precautions

Handwashing



- Major aspect of standard precautions
- Most important method used to practice aseptic techniques
- Hands are a perfect medium for the spread of pathogens
- Thorough handwashing
 - Prevent and control spread of pathogens from one person to another
 - Protect the health care worker from disease and illness

Times hands should be washed



1. When you arrive and before you leave facility
2. Before and after every patient contact
3. Anytime the hands become contaminated during procedure
4. Before applying and immediately after removing gloves
5. Before and after handling any specimen
6. After contact with any soiled or contaminated item
7. After picking any item up from the floor
8. After personal use of bathroom
9. After you cough, sneeze, or use a tissue
10. Before and after any contact with your mouth or mucus membrane (eating, drinking, smoking, contact lenses, applying cosmetics)

Principles of proper handwashing



- Use soap as a cleansing agent
 - Removes pathogens
 - ✦ Get trapped in suds and rinsed away
 - Use liquid soap, bar soap can contain microorganisms
- Use warm water
 - Less damage to skin than hot
 - Creates a better lather for soap
- Use friction to help rub off pathogens from skin surface
- Clean all surfaces on the hands
 - Palms, backs and tops of hands, and areas between the fingers

Principles of proper handwashing



- Point fingertips downward while washing hands
 - Prevent from getting on forearms
 - Water on forearms could run down to contaminate clean hands
- Use dry paper towels to turn faucet on and off
 - Prevent contamination of hands from pathogens on faucet
 - Pathogens travel quickly through a wet towel
- Clean nails because they harbor dirt and pathogens
 - Clean with blunt end of orange or cuticle stick (pointed end can injure nail beds)
 - Scrub with a brush to remove dirt and pathogens
 - If brush or cuticle stick are not available, rub nails against palm of opposite hand

Gloves



- **Should be worn**
 - Whenever contact with blood, body fluids, etc.
 - When handling or cleaning any contaminated items or surfaces
 - Performing any invasive procedures
 - Performing venipuncture or blood tests
- **Gloves must be changed after contact with each patient**

Gloves



- Care must be taken while removing gloves to avoid contaminating skin
- Hands must be washed immediately after removal
- **MAY NOT BE WASHED OR DISINFECTED FOR REUSE**

Demo and Practice

<https://www.youtube.com/watch?v=S4gyNAsPCbU>

Gowns



- Must be worn during any procedure that is likely to cause splashing or spraying of fluids
- Help to prevent contamination of clothes and uniform
- Contaminated gowns must be handled according to agency policy and local and state laws
- **HANDS MUST BE WASHED IMMEDIATELY AFTER REMOVAL OF GOWN**



Masks and Eye Protection



- Must be worn during procedures that may produce splashing or spraying of fluids
 - Irrigation of wounds, dental procedure, delivery of baby, surgery
- Prevent exposure of the mucous membranes of the mouth, nose, and eyes to the pathogens
- Masks used ONCE and discarded
 - Should be changed every 30 min or when they become damp or wet
 - Remove by grasping the ties or elastic straps
 - **HANDS MUST BE WASHED IMMEDIATELY AFTER REMOVAL**
- Protective Eye Wear
 - Should provide protection for the front, top, bottom, and sides of eyes
 - If not disposable, must be cleaned and disinfected before it is reused



What Type of PPE Would You Wear?

- **Giving a bed bath?**
 - Generally none
- **Suctioning oral secretions?**
 - Gloves and mask/goggles or a face shield – sometimes gown
- **Transporting a patient in a wheel chair?**
 - Generally none required
- **Responding to an emergency where blood is spurting?**
 - Gloves, gown, mask/goggles or a face shield
- **Drawing blood from a vein?**
 - Gloves
- **Cleaning an incontinent patient with diarrhea?**
 - Gloves w/wo gown
- **Irrigating a wound?**
 - Gloves, gown, mask/goggles or a face shield
- **Taking vital signs?**
 - Generally none

Sharp Objects



- Use extreme care when handling
- Use safe needles and needleless devices when possible
- Needles
 - Must never be bent or broken after use
 - Must be left uncapped and attached to the syringe
 - Placed in a leak-proof puncture-resistant sharps container immediately after use
 - Container must be labeled with a red biohazard symbol



Sharp Objects



- Surgical blades, razors, and other sharp objects must be discarded in sharps container
- Disposal of Sharps container
 - Must not be emptied or reused
 - Federal, state and local laws have regulations for the disposal of container
 - ✦ In some areas, full container is placed in special oven and melted
 - Remaining material is packaged as biohazard or infectious waste
 - Disposed of according to legal requirements for infectious waste

Spills or Splashes of Body Fluids



- Wiped up immediately
- Gloves must be worn while wiping up the area with a disposable cleansing cloth
- Cleaned with a disinfectant solution
- The surrounding area (furniture and equipment) must be cleaned and disinfected
- For large spills absorbent powder must be used
 - Soaks up fluid
 - Then swept up and placed in infectious waste container

Resuscitation devices



- Used to avoid the need for mouth to mouth resuscitation
- Should be in convenient locations and readily accessible



Waste and linen Disposal



- Wear gloves when handling
- Follow agency policy
- Examples: contaminated dressings, gloves, bedpans, etc
 - All must be placed in special infectious waste or biohazardous material bags
- Disposed of as infectious waste according to law
- Other trash is frequently placed in plastic bags and incinerated
- Health care worker must dispose of waste in the proper container and know the requirements for disposal
- Soiled linen
 - Placed in laundry bags to prevent contamination
 - Wear gloves while handling
 - Bags need to be clearly labeled and color coded
 - Usually soaked in disinfectant before be laundered

Reporting of Cuts and Injuries



- Most health care agencies require their employees to immediately report any cut or injury, needlestick, or splashing of fluids
- Agency policy is then followed to deal with the injury or contamination
- Every health care facility must have a policy for documenting any exposure incident
 - Record the care given
 - Note follow-up to the exposure incident
 - Identify ways to prevent a similar incident

SUMMARY



- Standard precautions must be followed at all times by all health care workers
- Observing these precautions can help break the chain of infection
- Allow health care workers to protect themselves, their patients, and all other individuals