Meet the Team:

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Thank You to Our Partners

- Georgia Department of Public Health
- University of Georgia
Trainings

• There will be two training sessions per year focused on relevant infection prevention topics, updates and shared best practices.

• Stay tuned for dates in:
  – October 2022
Intro to Infection Prevention

• Good infection prevention and control practices are key to maintaining a good, safe and healthy environment for residents and staff.

• The goal of infection prevention is to prevent the transfer of microorganisms and therefore prevent infection.
Goals

- Understand how infections are spread
- Understand how to apply basic principles and practices to prevent the spread of infection
- Understand when to use additional precautions
- Understand when and how to safely use personal protective equipment (PPE)
How Infections Are Spread

CHAIN OF TRANSMISSION

Infectious Agent
- Bacteria
- Fungi
- Viruses

Susceptible Host
- Immunosuppression
- Diabetes
- Burns

Reservoirs
- People
- Water

Ports of Entry
- Mucus membrane
- Respiratory

Modes of Transmission
- Contact
- Droplet
- Airborne

Ports of Exit
- Blood
- Secretions
Preventing Spread of Infection

• **Immunization**
  – Staff vaccines
    - COVID-19 vaccine
    - Influenza vaccine
    - Measles, Mumps, Rubella (MMR)
    - Varicella
    - Hepatitis B
    - Pertussis
    - Meningococcal
    - Tetanus/diphtheria
Preventing Spread of Infection

- **Immunization**
  - Resident vaccines
    - Assess upon admission and at least annually thereafter
Standard Precautions

• Established for the safety of healthcare personnel and is basic practice that all employees in healthcare setting should adhere to

• Assume that every person is potentially infected or colonized therefore protect yourself when anticipating contact with blood, body secretions & excretions, non-intact skin or lesions and mucous membranes
Standard Precautions

• **Includes:**
  – Hand hygiene
  – Proper use of Personal Protective Equipment (PPE) such as gloves, gown, mask and eye protection
  – Safe injection practices
  – Respiratory hygiene/cough etiquette
Standard Precautions

• **Hand Hygiene**
  – After contact with blood, body fluids, secretions, excretions, contaminated items
  – Immediately after removing gloves
  – Between resident contacts
  – Before and after food preparation and service
Standard Precautions

• **Needles and other sharps**
  - "One needle-one syringe-only one vial" rule
  - Use safety engineered products
  - Dispose of used needles and other contaminated sharps per OSHA requirements (OSHA's Bloodborne Pathogens Standard **29 CFR 1910.1030**)

  *(OSHA's Bloodborne Pathogens Standard (29 CFR 1910.1030)*
Standard Precautions

• **Respiratory hygiene/cough etiquette**
  – Cover mouth/nose when sneezing or coughing
  – Use tissue and dispose in no-touch receptacle
  – Perform hand hygiene contaminating hands with respiratory secretions
  – Wear surgical mask if unable to follow basic respiratory hygiene practices
  – Maintain separation between residents' beds if possible
Preventing Spread of Infection

• **Surveillance**
  – Continually assess residents and staff for signs and symptoms of illness.
  – Staff should avoid coming to work if they are sick.
  – Be familiar with additional precautions to take for residents diagnosed with infections that are easily transmissible.
  – Be on the lookout for potential outbreaks within your facility.
What Is Considered an Outbreak?

• How many cases make an outbreak?
• “An increase in cases above what is normally expected.”
• What is normally expected in your area/facility for the following?
  – Norovirus
  – C. diff
  – MRSA
  – Invasive Group A Strep
Preventing Spread of Infection

• Hand Hygiene
  – The most important way to prevent spread of infection.
  – The act of hand cleaning to remove visible soil or killing of germs from the hands.
  – Can be done through hand washing with soap and water or an alcohol-based hand rub.
Indications for Hand Hygiene

- WHO five moments for hand hygiene
- Soap and water is recommended:
  - When hands are visibly soiled
  - Before eating
  - After using the bathroom
  - After exposure to spore-forming bacteria or during GI outbreaks (C. difficile or Norovirus)
Routine Handwashing

• When developing a hand hygiene program, we must consider:
  – Product selection
  – Dispenser location
  – Indications
  – Technique
Product Selection

• How much alcohol content is necessary?
  – 60-95% is the normal range
  – Higher alcohol content can dry the skin
  – Many products contain emollients to moisturize the skin

• Should hand soap be antimicrobial?
  – This is not necessary; hand soaps should be fragrance-free lotion soap in most settings
Technique and Competency

• ABHR
  – Volumen dispensed should take 15-20 seconds to rub in and dry
  – Some dispensers have adjustments for volume dispensed

• Soap and water
  – Wet hands
  – Apply soap and lather for 20 seconds, covering all surfaces and under rings
  – Rinse thoroughly
  – Dry using a disposable towel
  – Turn off faucet with dry towel
Hand Hygiene

- Most frequently missed
- Frequently missed
- Less frequently missed
Staff Education

• Staff education about the role of hand hygiene in preventing infections is a priority for health care organizations

• Free training and promotional materials
  – www.cdc.gov/handhygiene/training.html

• Education does not ensure adherence
Adherence Considerations

- Multimodal and multidisciplinary strategies must be used to improve adherence to hand hygiene.
  - Administrative support
  - Convenient and acceptable products and dispensers
  - Monitoring and feedback
  - Role modeling of desired HH practices
  - Motivational or incentive programs
  - Behavioral and motivational components
Preventing Spread of Infection

• **PPE**
  - Physical barrier used to prevent transmission of germs between residents and staff
    - Protects airways, skin, clothing and mucous membranes
  - Selection of PPE is dependent on potential anticipated risk
  - Should be removed immediately following use and disposed of appropriately
  - Ensure PPE is readily accessible and available for all staff
Preventing Spread of Infection

- **PPE**
  - Gloves
  - Gown
  - Masks
  - Eye protection
Preventing Spread of Infection

• PPE
  – Gloves and gowns
    • Used for activities that involve direct care where the caregiver’s skin or clothes may come in direct contact with the resident or items in the resident's room or bed
    • Upon completion of patient care activities, remove, discard and perform hand hygiene immediately
Preventing Spread of Infection

• **PPE**
  – Masks and Eye Protection
    • Used for activities that involve direct care where there is a risk of encountering infectious droplets
Transmission-Based Precautions (TBP)

- Implemented for residents with a known or suspected infectious agent such as:
  - COVID-19, Influenza, Norovirus, MRSA, VRE, C.DIFF, C.AURIS, ESBL
Transmission-Based Precautions

• Three main types of TBPs:
  – Contact precautions
  – Droplet precautions
  – Airborne precautions
Transmission-Based Precautions

• Other types of TBPs:
  – Enhanced barrier precautions
  – Enteric precautions
  – Special droplet contact*
  – Droplet contact and airborne contact

*Could be named differently at each facility
Sample Signage

CONTACT PRECAUTIONS
Visitors must report to Nursing Station before entering.

- Perform hand hygiene before entering and before leaving room
- Wear gloves when entering room or cubicle, and when touching resident's intact skin, surfaces, or articles in close proximity
- Wear gown when entering room or cubicle and whenever anticipating that clothing will touch resident items or potentially contaminated environmental surfaces
- Use resident-dedicated or single-use disposable shared equipment or clean and disinfect shared equipment (BP cuff, thermometers) between residents

Precauciones Ambientales
Los visitantes deben presentarse primero al puesto de enfermería antes de entrar.
- Lávese las manos con agua y jabón.
- Póngase guantes al entrar al cuarto.

CONTACT PRECAUTIONS
Visitors must report to Nursing Station before entering.

- **SPECIAL ENTERIC**
  - Perform hand hygiene before entering and before leaving the room. **Must wash with soap and water for 15-20 seconds.**
  - Wear gloves when entering room or cubicle, and when touching resident's intact skin, surfaces, or articles in close proximity
  - Wear gown when entering room or cubicle and whenever anticipating that clothing will touch resident items or potentially contaminated environmental surfaces
  - Use resident-dedicated or single-use disposable shared equipment or clean and disinfect shared equipment (BP cuff, thermometers) between residents

Precauciones Ambientales
Los visitantes deben presentarse primero al puesto de enfermería antes de entrar.
- Lávese las manos con agua y jabón.
- Póngase guantes al entrar al cuarto.
Sample Signage

**DROPLET PRECAUTIONS**
Visitors must report to Nursing Station before entering.

- Perform hand hygiene before entering and before leaving room
- Wear mask when entering room
  - Visitors and health care workers

**AIRBORNE PRECAUTIONS**
Visitors must report to Nursing Station before entering.

- Perform hand hygiene before entering and before leaving room
- Wear N95 respirator when entering room
  - See nurse for instructions on proper use
- Keep door closed
- Dietary may not enter

**Precauciones de Gotas Diminutas**
Los visitantes deben presentarse primero al puesto de enfermería antes de entrar.
- Lívese las manos.
- Póngase mascarilla al entrar al cuarto.

**Precauciones Ambientales**
Los visitantes deben presentarse primero al puesto de enfermería antes de entrar.
- Lívese las manos.
- Póngase mascarilla N95 confitro al entrar al cuarto.

Disclaimer: This sample sign is provided as an example of what a facility could consider and may be modified or necessary to meet a specific LTC facility's needs. Any signage used must be compliant with CMS-FY 2011 notice 483.56(a), state requirements, and facility policy.
Transmission-Based Precautions

SEQUENCE FOR DONNING PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required; e.g., Standard and Contact, Droplet or Airborne Infection Isolation.

1. Gown
   - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
   - Fasten in back of neck and waist

2. Mask or Respirator
   - Secure ties or elastic bands at middle of head and neck
   - Fit flexible band to nose bridge
   - Fit snug to face and below chin
   - Fit-check respirator

3. Goggles or Face Shield
   - Place over face and eyes and adjust to fit

4. Gloves
   - Extend to cover wrist of isolation gown

Use Safe Work Practices to Protect Yourself and Limit the Spread of Contamination

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

Adapted from Centers for Disease Control and Prevention. Available at: http://www.cdc.gov/HPA/pdfs/ppe/pepower44.pdf
Transmission-Based Precautions

SEQUENCE FOR REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

Except for respirator, remove PPE at doorway or in anteroom. Remove respirator after leaving patient room and closing door.

1. Gloves
   - Outside of gloves is contaminated!
   - Grasp outside of glove with opposite gloved hand; peel off
   - Hold removed glove in gloved hand
   - Slide fingers of ungloved hand under remaining glove at wrist
   - Peel glove off over first glove
   - Discard gloves in waste container

2. Goggles or Face Shield
   - Outside of goggles or face shield is contaminated!
   - To remove, handle by head band or ear pieces
   - Place in designated receptacle for reprocessing or in waste container

3. Gown
   - Gown front and sleeves are contaminated!
   - Unfasten ties
   - Pull away from neck and shoulders, touching inside of gown only
   - Turn gown inside out
   - Fold or roll into a bundle and discard

Perform hand hygiene immediately after removing all PPE

Adapted from Centers for Disease Control and Prevention. Available at: http://www.cdc.gov/HAI/pdfs/polymerase118.pdf.
Cleaning, Disinfection of the Environment

• Staff who perform cleaning activities should also wear PPE:
  – For protection from microorganisms
  – To ensure their safety while handling chemicals
  – To prevent transmission of microorganisms between resident environments
Cleaning, Disinfection of the Environment

• Cleaning versus Disinfection
  – Cleaning is the physical removal of dirt, body fluids and other organic matter.
  – Disinfection is the act of destroying the number of "bugs" on a surface.
  – A surface cannot be disinfected unless it has been cleaned.
Cleaning, Disinfection of the Environment

• WHY is cleaning and disinfection of the environment so important?
  – The physical environment in a facility can be a reservoir for infectious agents, such as bacteria, fungus and viruses.
  – Cleaning, disinfecting and storing equipment and supplies is important in preventing the transmission of potential pathogens.
Cleaning, Disinfection of the Environment

• **WHAT** items must be cleaned?
  – Ideally, ALL surfaces should be cleaned according to an established schedule. For example:
    • Any items or equipment used/shared between patients
    • Common high-touch surfaces, such as call lights, remote control devices, over-bed tables and nightstands, rails, sinks, toilets and bathroom fixtures, telephones, light switches, doorknobs, handrails and other handles, etc.
    • Walls, floors and blinds
    • Carpets
    • Hard surfaces in the facility
    • Horizontal surfaces
Cleaning, Disinfection of the Environment

• **WHAT** products do I use to clean?
  – As much as possible, use hospital-grade cleaners and disinfectants.
  – Microfiber is recommended over cotton fiber.
  – Follow the manufacturer's directions for use (read the label).
  – Ensure correct dilution of disinfectants/germicides, recommended contact times and appropriate environmental conditions as these affect how well the product works.
Cleaning, Disinfection of the Environment

- **WHEN** should cleaning occur?
  - Clean any equipment, items or surfaces used between patients.
  - Clean any visibly soiled items as soon as possible.
  - Clean high-touch surfaces at least daily and more often as needed during outbreaks. The same applies to emptying trash.
  - Walls, floors and other surfaces should be cleaned according to the established Environmental Services (EVS) schedule.
Cleaning, Disinfection of the Environment

• **WHEN** should cleaning occur?
  – Deep cleaning should occur once a resident is discharged or transferred
    • All surfaces that came in contact with the resident or may have been contaminated must be cleaned and disinfected prior to the next resident.
    • Unused items, such as toilet paper and towels, should be discarded if disposable or cleaned if reusable.
    • All linen, both used and unused, must be sent to the laundry.
Cleaning, Disinfection of the Environment

• **WHEN** should cleaning occur?
  – Deep cleaning should occur after a resident is discharged or transferred.
    • Pillows and mattresses should be inspected. Replace if any holes or tears are found.
    • Use PPE, including a gown, when performing deep cleaning. All PPE must be removed and discarded upon exiting the cleaned room.
Cleaning, Disinfection of the Environment

- **WHERE** should cleaning products and supplies be stored?
  - Chemicals must be securely stored when not in use.
  - All cleaning supplies should be stored in their original containers when possible. If stored in secondary containers, they should be adequately labeled with contents.
  - Facility should try to be familiar with precautions associated with the chemicals they use.
Other Considerations

- Trash
- Medical waste
- Laundry and linen handling and storage
- Handling and storage of equipment and supplies
- Enhanced cleaning during an outbreak
Other Considerations

• **Needles and other sharps**
  – "One needle-one syringe-only one vial" rule
  – Use safety engineered products
  – Dispose of used needles and other contaminated sharps per OSHA requirements (OSHA's Bloodborne Pathogens Standard (29 CFR 1910.1030))
Other Considerations

- **Respiratory hygiene/cough etiquette**
  - Cover mouth/nose when sneezing or coughing
  - Use a tissue and dispose in no-touch receptacle
  - Perform hand hygiene when hands become contaminated with respiratory secretions
  - Wear a surgical mask if unable to follow basic respiratory hygiene practices
  - Maintain separation between residents' beds if possible
Additional Precautions

• Visitors
  – Use hand hygiene prior to and after visiting the resident.
  – Additional PPE, such as masks and gloves, can be used when warranted.
  – Sick visitors should not be allowed to visit.
Respiratory Protection Program

• If the use of a respirator is required in the course of a staff member’s work, a respiratory protection program (RPP) is required by OSHA's respiratory protection standard.

• The OSHA Respiratory Protection Guidance resource is helpful for facilities such as ALFs and PCHs to develop their RPP.
Hierarchy of Controls

- Eliminate or control hazard/all serious hazards
- Use interim controls while you develop and implement long-term solutions
- Select controls according to a hierarchy that emphasizes engineering solutions first, followed by those that are less effective
- Avoid controls that could indirectly introduce new hazards, such as exhausting contaminated air near fresh air intakes
What Elements of a RPP Are Required?

- When respirators are required, employers must implement a written, worksite-specific RPP.
- Program must include the following elements:
  - Medical evaluation
  - Fit testing
  - Training
  - Documentation
RPP

• Refer to OSHA’s Small Entity Compliance Guide for the Respiratory Protection Standard for a better understanding of OSHA’s Respiratory Protection standard.

• www.osha.gov
RPP Elements

• Assign a trained program administrator.
  – IP, nurse administrator or consulting service

• Implement and maintain a written RPP detailing worksite procedures and elements required for respirator use and hazards.
  – Medical evaluation, fit testing, training, maintenance
RPP Elements

• Conduct a risk assessment to identify which workers are at risk to specific hazards.
  – e.g., Tuberculosis, COVID-19, hazardous chemicals
  – Include any staff working closely with residents or others with suspected or confirmed COVID-19 or other identified hazards

• Implement procedures for the selection of appropriate respirators for hazards.

• Select from NIOSH-approved respirators and understand the risks of counterfeit products during the time of high demand.
RPP Elements

• Consider alternatives during times of supply shortages.

• Choose eye and face protection that can be safely worn together and not interfere with the respirator seal.

• Implement procedures for medical evaluations of workers who are required to wear respirators.

• Ensure OSHA-approved fit tests are completed for all who are required to wear respirators.
RPP Elements

• Establish procedures and schedules for maintaining and storing respirators that are not single-use.
  – Procedures for cleaning, disinfecting, storing, repairing, and discarding
  – Procedures in accordance with CDC guidelines for standard (single use), contingent, and crisis use

• Provide training tailored to the language and education levels of workers required to wear respirators.

• Train staff on donning, seal check, workplace hazards, and use and removal of a respirator.

• Conduct workplace evaluations to ensure the RPP is appropriately implemented and up-to-date and that respirators are correctly used.
Fit Testing

• Use only OSHA-approved fit testing protocols found in 29 CFR 1910.134, Appendix A.
Face Coverings, Face Masks Used for Source Control, Surgical Masks and Respirator

• As a part of the RPP, it's important to understand the different PPE available for use and entities offering authorization for such products and devices.
• This understanding ensures the appropriate selection and uses for the various products.
• Other PPE and eye and face protection is covered in the OSHA General PPE Standard (29 CFR 1910.132) and Eye and Face protection standard (29 CFR 1910.133).
Source Control

- Refers to the use of a product or device to cover a person's mouth and nose to reduce the spread of respiratory secretions and aerosols from breathing, talking, sneezing, etc.
- Source control is used as an infection prevention strategy in many disease processes, such as influenza, tuberculosis and COVID-19, which are transmissible prior to symptom onset or diagnosis.
References

• OHSA Respiratory Protection Guidance for the Employers of those working in Nursing Homes, Assisted Living, and Other Long-Term Care Facilities during the COVID-19 Pandemic
Questions?
Thanks Again...

- Georgia Department of Public Health
- University of Georgia
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