



*An Infection Control Module: **Standard Precautions***

INSTRUCTIONS FOR THE SUPERVISOR

Step One:

- Make a copy of the Instructions for the Learner page. Return your original to the sheet protector. Add the following information to the copy:
 1. The name (or position) of the person to whom the aides should direct questions.
 2. The name (or position) of the person to whom the aides should turn in their quizzes.
 3. The date by which the quiz page should be turned in.
 4. The name (or position) of the person who will initial the aides' Inservice Club Membership Cards.
- Use this copy as your "master" as you make up the inservice packets.

Step Two:

- Have the following copied for each learner:
 1. The **Instructions for the Learner** page.
 2. The **11 Page** Inservice newsletter.
 3. OPTIONAL: Your workplace policy on handwashing and handling exposures to bodily fluids.
 4. The **Quiz** page.

Step Three:

For Self-Study Use

- Distribute as desired—in employee mailboxes; folded in paychecks, etc.
- You may want to post the Quiz Answer Sheet in a prominent spot.

For Group Use

- Read over the Suggested Participatory Activities, the Suggested Teaching Tips and the Suggested Discussion Questions.
- Select the activities you want to use during your inservice hour.



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SUGGESTED PARTICIPATORY ACTIVITIES

ACTIVITY # 1: THE DO OR DON'T QUIZ

- Make copies of the Do or Don't Quiz included in this inservice and hand out to participants.
- Have them mark their answers then review it with the answer key.
- Discuss any items which were answered incorrectly.

ACTIVITY #2: PROTECTIVE EQUIPMENT RELAY RACE

- Divide your group into teams of 4 people each. Or, if your group is large, ask for volunteers to make up at least *two teams* of 4 people each.
- Set up a "station" across the room for each team that contains a supply of gloves, gowns, masks, etc.
- Line up your teams and give them the following instructions:
 - Player One: Prepare yourself for giving a bath to a patient with chickenpox/shingles.
 - Player Two: Prepare yourself for helping a nurse suction a patient with pneumonia.
 - Player Three: Prepare yourself to empty a bedpan.
 - Player Four: Prepare yourself to transfer a patient with scabies from the bed to a wheelchair.
- Have the teams race. The first team to finish correctly wins.
- Have each player of the winning team explain how she/he decided what to put on.
- Now, have each player take off the gloves, gown, mask, etc. the proper way!

ACTIVITY #3: INFECTION CONTROL DETECTIVES—A TEAMBUILDING ACTIVITY!

Explain to the group that it takes a whole team, working together with the common goal of complete "infection control" to break the chain of infection. Use this activity to reinforce the concepts learned in this inservice, and to enhance collaboration, cooperation and communication among your team.

- Have everyone work as a group or break larger groups into teams. Announce that everyone is now an official epidemiologist, or "infection control detective"!
- Give each group a copy of the "Memo" included in this packet. This outlines the problem.
- Now, challenge the group (or groups) to come up with some solutions.
- Solutions to the problem may vary. So, be sure to explain that this is a real world problem that doesn't have a single "right" solution. The most logical conclusion will be if your team recognizes that the infections are all "contact" transmissions and that handwashing education is probably needed.
- The point of the exercise is to get the group thinking about infection control from the "big picture" view and to help them understand that they each have an important role to play.



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SUGGESTED TEACHING TIPS

TEACHING TIPS

- Make an overhead of the Quiz Answer Sheet, and the Do and Don't Quiz answer sheet.
- Take advantage of this inservice time to go over your workplace policies on handwashing and handling exposure to bodily fluids.
- Take some time to allow participants to discuss their reaction to:
 - The "Get Out" box on page 6.
 - The "Connect It Now" box on page 7.
 - The "Next Step" box on page 9.
- Create a display table with various infection control items like gowns, gloves, masks, biohazard bags, etc. Make sure everyone on your staff knows how to find these items when needed.
- The CDC has facilities in Alaska, Georgia, Ohio, Colorado, West Virginia, Pennsylvania, North Carolina, Washington and Washington, DC. If there is a facility near you, you may be able to get a CDC employee to come and do a follow-up inservice with your staff. The address for the main headquarters of the CDC is 1600 Clifton Road NE, Atlanta, GA 30333.

RESOURCES

The following resources were used in developing this inservice. You might want to check them out for further information:

- www.cdc.gov
- www.osha.gov
- www.icna.co.uk/default.asp
- info.med.yale.edu/ynhh/infection/welcome.html
- Basic Infection Control for the Health Care Professional by Michael Kenamer
- Mosby's Essentials for Nursing Assistants by Sheila A. Sorrentino, et al

PLEASE NOTE:

Your staff may enjoy the following related In the Know inservices:

- Client Safety Tips
- Home Care Safety Tips
- Infection Control in the Home
- A Tuberculosis Update
- And Infection Control Update
- Handwashing
- Understanding Drug Resistant Bacteria
- Understanding MRSA
- Protecting Your Clients During Flu Season

If your In the Know library doesn't include these titles, they are available for purchase by calling our toll-free number:

877-809-5515



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SUGGESTED DISCUSSION QUESTIONS

DISCUSSION QUESTION #1

Handwashing is the single most important thing you can do to prevent the spread of infections. Can you think of *at least* six times during your day when you should wash your hands? (Have participants call out answers and write them on an overhead or flipchart to keep track).

Possible answers include:

1. When visibly contaminated.
2. Before and after every client contact.
3. After removing gloves.
4. Before eating, drinking or applying makeup.
5. After using the bathroom.
6. Just before leaving work to go home.

DISCUSSION QUESTION #2

Study after study reveals that healthcare workers in general, and nurses and nursing assistants in particular, have a very high rate of non-compliance with standard precautions guidelines. This means that in spite of all the teaching and preaching about the dangers of spreading infections, nurses and nursing assistants continue to ignore handwashing guidelines and fail to use personal protective equipment properly. Why do you think this is the case? And, what do you think can be done to change the situation?

HERE ARE MORE QUESTIONS THAT MAY SPUR SOME INTERESTING DISCUSSION:

- In this inservice you learned that following Standard Precautions is regulated under federal law and mandated in all US healthcare settings. However, there is no direct enforcement or consequence for failing to follow these guidelines. Do you think more strict enforcement of the guidelines would make healthcare settings safer places for clients? How would you feel if you could be charged with a federal offense for failing to wash your hands properly at work? What if you could lose your job for ignoring contact precautions?
- If you noticed that a co-worker never washed his or her hands between clients, what would you do—and why?

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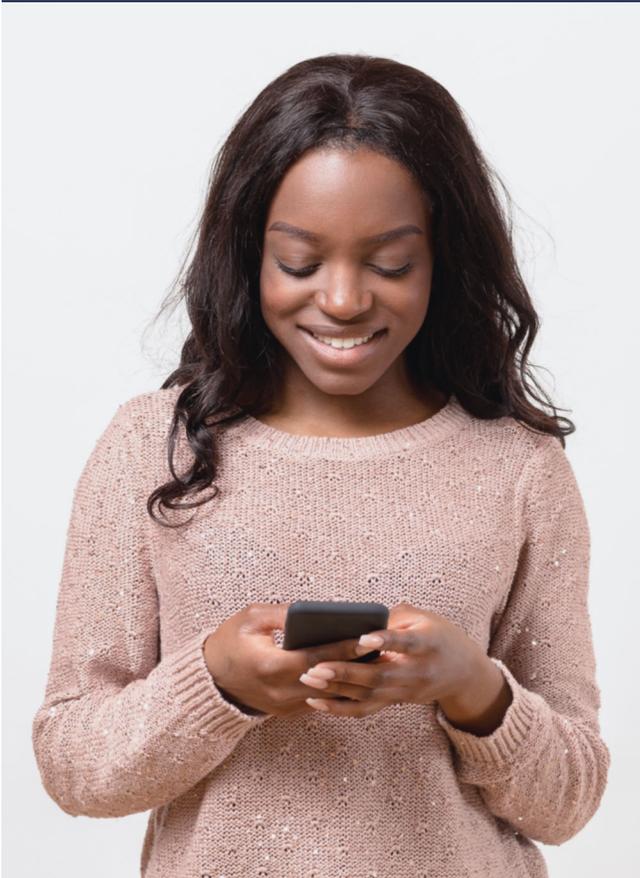
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QUIZ ANSWER KEY

1. Standard Precautions protect:

D. All of the Above.

2. The Chain of Infection starts with:

A. An infectious agent. Remember, you can break this part of the chain by CLEANING! Cleaning the environment removes infectious agents. Without infectious agents . . . there is no chain of infection!

3. A client is on contact precautions for MRSA. What personal protective equipment will you need to care for this client?

B. Gown and gloves. Contact precautions are used when the person has an infection that is transmitted through direct or indirect contact. Gown and gloves should be put on before entering the care area and removed prior to leaving the area. Hands must be washed after removing the gown and gloves.

4. A client with the flu should be placed on:

B. Droplet precautions. Droplet precautions require you to wear a mask whenever you are within 3 feet of the clients.

5. False

Wearing gloves should never take the place of washing hands!

6. True

Sadly, most healthcare workers do not wash their hands as often as they should. There are many reasons for this. And, the reasons should be addressed so a suitable solution can be found.

7. True

Standard precautions are regulated by OSHA. OSHA regulations are federal laws. So, following standard precautions is federally mandated in all US healthcare settings.

8. False

It's **NEVER** okay to share equipment between two clients on contact precautions—ESPECIALLY if they have different infections.

9. False

Bodily fluids like urine and vomit should be **FLUSHED DOWN THE TOILET**.

10. Fill in the Blank

The most common way infections are spread in the healthcare setting is by the **HANDS** of healthcare workers.



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THE DO OR DON'T QUIZ

DIRECTIONS: For each question below, mark "Do" or "Don't".

	DO	DON'T
1. Wash your hands between every client.	_____	_____
2. Use the same pair of gloves on more than one client as long as you rinse them off between clients.	_____	_____
3. Use Standard Precautions on all clients where you have contact with body fluids or broken skin.	_____	_____
4. Wear gloves in place of handwashing.	_____	_____
5. Use the same pair of gloves when performing tasks on different body sites on the same client.	_____	_____
6. Use a dirty gown again as long as you have washed your hands.	_____	_____
7. Wear eye protection and gown if you may be splashed with body fluids	_____	_____
8. Put a mask on clients on airborne or droplet precautions if they have to be around uninfected people for a short period of time.	_____	_____
9. Move a client on airborne or droplet precautions from the room if it isn't absolutely necessary.	_____	_____
10. Put clients on additional precautions in the same room with people who have the same disease.	_____	_____
11. Recap a used needle if you find it.	_____	_____
12. Put used needles only in puncture-resistant containers.	_____	_____
13. Change gloves immediately if they are torn.	_____	_____
14. Remind your coworkers to use Standard Precautions.	_____	_____
15. Multi-task and take shortcuts in your work whenever possible.	_____	_____



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THE DO OR DON'T QUIZ—ANSWER KEY

DIRECTIONS: For each question below, mark “Do” or “Don’t”.

	DO	DON'T
	X	
1. Wash your hands between every client.	_____	_____
2. Use the same pair of gloves on more than one client as long as you rinse them off between clients.	_____	X
3. Use Standard Precautions on all clients where you have contact with body fluids or broken skin.	X	_____
4. Wear gloves in place of handwashing.	_____	X
5. Use the same pair of gloves when performing tasks on different body sites on the same client.	_____	X
6. Use a dirty gown again as long as you have washed your hands.	_____	X
7. Wear eye protection and gown if you may be splashed with body fluids	X	_____
8. Put a mask on clients on airborne or droplet precautions if they have to be around uninfected people for a short period of time.	X	_____
9. Move a client on airborne or droplet precautions from the room if it isn't absolutely necessary.	_____	X
10. Put clients on additional precautions in the same room with people who have the same disease.	X	_____
11. Recap a used needle if you find it.	_____	X
12. Put used needles only in puncture-resistant containers.	X	_____
13. Change gloves immediately if they are torn.	X	_____
14. Remind your coworkers to use Standard Precautions.	X	_____
15. Multi-task and take shortcuts in your work whenever possible.	_____	X



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INFECTION CONTROL DETECTIVES: MEMO

SUNSHINE CENTER HAPPY HOME FOR SENIORS

To: The Infection Control Detectives
From: Candy Barr RN, Nurse Manager
Date: August 23, 2011
Re: Increase in Healthcare Associated Infections for the past quarter

The healthcare associated infection rates of our residents for the past quarter have more than *doubled* from the usual 10 percent to 25 percent. It is clear that we have a breach in infection control. I have listed the infections and their rates below.

Having all these infections causes many problems. Our residents are not receiving the care they deserve, the length of stay has increased and we could lose our accreditation.

By the end of the day today, I expect you to have had meetings with all of the employees to discuss this crisis and report back to me with solutions. We will meet in my office at 4pm today.

Please contact me if you have any questions at (212) 555-7111. Thank you in advance for responding to this most urgent matter.

HEALTHCARE ASSOCIATED INFECTION RATES FOR 2ND QUARTER:

- E. coli—3% increase (10 residents)
- MRSA—6% increase (20 residents)
- Surgical wound infections—3% increase (8 residents)
- Hepatitis A—2% increase (2 residents)

DECIDE WITH YOUR TEAM:

- You've been asked to interview the staff. What exactly do you want to ask them, and why?
 - Look at the infections and decide how each is transmitted. Based on this information—what infection control measure is most likely being ignored?
 - Do you need to see the charts to find out exactly which members of the healthcare team cared for each client with a new infection? Why or why not?
 - What solution do you propose to prevent further outbreaks?
 - How will you present or "teach" your solution to the staff?
-



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EVALUATION

Employee Name _____

Date _____ Self-Study Inservice Group-Study Inservice

1. Put a checkmark in the box that best describes how you feel about each learning objective.

LEARNING OBJECTIVE	I am able to do this.	I might be able to do this.	I can't do this.	I'm not sure.
<i>Describe standard precautions and discuss why they are so important in the healthcare setting.</i>				
<i>List at least five of the "Top Ten" standard precaution guidelines.</i>				
<i>Discuss the difference between standard precautions and transmission-based precautions.</i>				
<i>Explain how healthcare workers can break the chain of infection.</i>				
<i>Demonstrate proper infection control precautions in your daily work.</i>				

2. Did you learn anything new that will help you in your job? Yes No

If yes, please explain: _____

3. If you have questions about the inservice information that did not get answered, note them here:

4. Other comments? _____
