Section G

Infection Control

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Objectives:

At the completion of this section, the student should be able to:

1. Understand the importance of hand hygiene, demonstrate hand washing techniques, demonstrate alcohol-based hand rub technique, and demonstrate the proper way of putting on and taking off clean gloves.
2. If applicable, the student should be able to understand the importance of standard precautions for assisted glucose monitoring and administering injections.

Advance Preparation - In General

- Review curriculum and presentation materials and activity
- Add examples or comments
- If no student manual used, prepare copies of handouts for section for each student

Supplies

- Handouts
  - G-1 – WHO's How to Hand Rub? How to Hand Wash?
  - G-4 – Injection Safety Diabetes and Viral Hepatitis

- Supplies for Hand Hygiene Activity
  - Alcohol – based hand rub product
  - Soap, Paper Towels and Accessibility to Sink

- Gloves (Different sizes) – for Activity

- Sharps Container, Syringes, Single use Lancets, Reusable Lancing Device, Glucose Monitoring Device and any agents for cleaning and/or disinfecting per manufacturer (if student will be performing assisted glucose monitoring and injections)

Advanced Preparation - Activities

- Hand Hygiene
- Glove Sizing and Gloves, Gloves, Gloves

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Content
☑ **TEACHING TIP: Infection Control Course** Determine whether students have had the Infection Control Course required for adult care home staff. If not, the student should complete the training as soon as possible. Information on infection control in this course is minimal. Ask if students know what Standard Precautions are. Explain.
Important Infection Control Concepts During Administration of Medication • Use sanitary technique when pouring or preparing medications into appropriate container • Do not touch or handle medications, but pour medication from the original medication container into a new, appropriate medication container; give the new container to resident • Never use your own hands to administer medications and never require resident to have to use his/her own hands to receive medications
Standard Precautions • Observe Standard Precautions • Wear gloves when there may be exposure to bodily fluids or mucus membranes, such as the vagina, rectum, inside of the nose, and the eyes • Wash hands with soap and water; or with an alcohol-based hand rub if hands are not visibly soiled or if there has been no contact with bodily fluids • Wash hands before and after removal of gloves • Wash hands before and after using shared medical equipment • Gloves should be worn and hand hygiene must be performed when transdermal products, i.e., Nitroglycerin or Durgesic patches, are applied or removed **Syringes, Needles and Vials** • Cleanse the tops of medication vials with 70% alcohol before inserting a needle into the vial

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• Never administer medications from the same syringe to multiple patients, even if the needle is changed • Do not reuse a syringe to enter a medication vial or solution • Do not administer medications from single-dose or single-use vials, ampules, bags or bottles to more than one resident • Multi-dose vials should be used for a single resident, whenever possible • Dispose of used syringes and needles at the point of use in a sharps container that is closable, puncture-resistant, and leak-proof • Never recap, bend or break needles
☑ **TEACHING TIP: 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. ☑ **ACTIVITY: Hand Positions During Hand Hygiene (Optional**) Distribute WHO's How to Hand Rub? How to Hand Wash? Handout to students. While referring to the WHO's 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

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• 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
 	
Your Hands – Other Important Points
 	
• There are other things you can do to prevent the spread of infection
 	
• Fingernails
  o Keep nails short and clean
  o Do not wear fake nails, gel nails or nail extensions, because they can hide harmful germs
 	
• Jewelry
  o Leave at home because harmful germs can stick to jewelry
 	
The student will have to demonstrate competency with Hand Wash and Hand Rub

Gloves
 	
• Most common type of Personal Protective Equipment worn with medication administration
 	
• Description
  o Non-sterile (clean) gloves made using different materials, such as vinyl or latex; if allergic to latex, wear non-latex gloves
  o Come in different sizes
 	
Gloves – Rules
 	
• Should be worn once and then thrown away
 	
• When wearing gloves, always work from (or touch) a clean area, before touching contaminated (or dirty) area
 	
• Change gloves if hands are going to move from a body part that is contaminated (dirty) to a body part that is not contaminated (clean)
 	
• Change gloves right away if dirty or torn
 	
• Take gloves off carefully and do not touch skin or clothes with dirty sides of gloves

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• Do not touch anything with dirty gloves that anyone may touch without gloves, like a doorknob
 	
• Should be comfortable – not too loose or not too tight
 	
Gloves – When to Wear
 	
• Wear gloves any time you will or think you will come into contact with blood or body fluids (urine, stool, spit, mucus coughed up)
 	
• Wear gloves any time you will or think you will come into contact with non-intact skin (opened up skin, such as sores or cuts)
 	
• Wear gloves any time you will or think you will come into contact with mucus membranes (linings of natural body openings)
  o Inside or outside of the rectum
  o Inside of the mouth
  o Inside of the nose
 	
• **Examples of when to always wear gloves:**
  o When you might touch blood, body fluids, non-intact skin, or mucus membranes
  o Providing or assisting with mouth care
  o Wiping a nose that is draining
  o Providing perineal care (the genitals and the buttocks)
  o Caring for a resident with cuts and sores
  o Performing a finger-stick blood sugar
  o Touching a surface or equipment that is contaminated or may be contaminated
  o If staff has open sores or cuts on own hands
 	
Gloves – How to Put On (Don)
 	
• Select correct size and type
 	
• Insert hands into gloves
 	
• Interlace fingers and smooth out folds creating a comfortable fit; and
 	
• Carefully look for tears, holes, or discolored spots
 	
• Special notice: when gloves and gown must be worn, ensure that each glove is extended over the gown cuff

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Gloves – How to Remove • Grasp outside edge of one glove near wrist • Peel glove away from hand turning glove inside-out, with contaminated side on the inside • Discard • Wash hands • Being careful not to touch outside of the glove, peel off second glove from inside, creating a bag for both gloves • Hold the removed glove in the opposite gloved hand • With ungloved hand, slide one or two fingers under the wrist of the other glove
☑ **ACTIVITIES: Gloves** (Optional- if students has completed 5-Hour training program) Follow instructions for Activity: Glove Sizing Follow Instructions for Activity: Gloves, Gloves, Gloves The student will have to demonstrate competency with putting on and removing gloves
☑ **TEACHING TIP: Handout G-4: Injection Safety Diabetes and Viral Hepatitis** Distribute the handout to each student and review infection prevention for assisted glucose monitoring and insulin injections
Proceed to Section H