PRESENTER'S GUIDE

"INFECTION CONTROL IN HEALTHCARE ENVIRONMENTS… FOR MEDICAL PERSONNEL"

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OUTLINE OF MAJOR PROGRAM POINTS

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The following outline summarizes the major points of information presented in the program. The outline can be used to review the program before conducting a classroom session, as well as in preparing to lead a class discussion about the program.

- **Healthcare facilities are very busy places, with lots of people sharing a limited amount of space. Every time someone enters a healthcare environment, there is a chance that they can introduce harmful organisms, such as…**
  — Bacteria.
  — Fungi.
  — …and viruses.

- **If harmful organisms are not eliminated quickly, they can infect someone else.**
  — The infection could then easily be spread to a number of other people.

- **Fortunately, we can stop the spread of infection if pathogens are removed from the environment by…**
  — Cleaning and sterilizing all equipment and surfaces throughout the day.
  — Using the correct cleaning product the right way for each cleaning job.
  — Frequently cleaning and disinfecting high-touch surfaces such as door handles, light switches and elevator buttons.
  — Properly disposing of waste by consulting guidelines available from state and local health departments, the facility's Medical Waste Department and OSHA and the EPA.

- **You can pick the right cleaning product to use for each job by consulting the product's label or Safety Data Sheet (SDS). There you will find…**
  - — Whether a cleaning product should be diluted.
  - — How to use a cleaning product properly and safely.
  - — A list of any personal protective equipment (PPE) that you need to wear when you're working with it.

- **One of the simplest and most effective ways to help control infection is to wash your hands.**
  - — If you do it properly 99% of the harmful organisms that are on your hands will be eliminated.

- **To effectively stop the spread of infection, you need to know when to wash your hands, including after you…**
  - — Come in contact with bodily fluids.
  - — Use the restroom.
  - — Cough, sneeze or blow your nose.
  - — Touch contaminated surfaces or objects.
  - — Touch your face, nose or mouth.
  - — Handle waste or soiled materials.

- **Sometimes, it might be necessary to wash your hands both before and after a task, such as when you…**
  - — Have contact with patients.
  - — Administer medications.
  - — Handle medical equipment.

- **You also need to know the proper technique to use for your handwashing to be effective.**
  - First, wet your hands with clean, running water. Apply soap and rub your hands together to create a rich lather.
  - Make sure to cover your hands with soap, including the backs, the palms, between the fingers, under the nails, the fingertips, thumbs and wrists.
  - Rub your hands with the soap for at least 20 seconds.
  - Rinse the soap off under clean, running water. Turn off the faucet with a paper towel to keep your hands clean.
  - Use a paper towel or air dryer to dry your hands thoroughly, starting at your fingers and working your way up to your wrist.

- **While it won't replace thorough handwashing, especially for removing dirt and grease, you may need to use an alcohol-based sanitizer after and between handwashing.**
  - To be effective a sanitizer needs to have an alcohol concentration of 60%-95%.

- **In addition to washing your hands, there are other precautions that you can take to protect yourself and others from infection including…**
  - Using personal protective equipment such as gloves, masks, gowns and googles.
  - Practicing good personal hygiene at home such as showering, washing your clothes frequently and keeping your nails trimmed and clean.
  - Keeping your vaccinations up to date.

- **A number of government agencies have created regulations and guidelines regarding how to control infection that all healthcare facilities need to follow, including…**
    - The U.S. Occupational Safety and Health Administration's Bloodborne Pathogens (BBP) Standard that requires facilities to develop and implement an Exposure Control Plan.
    - The Centers for Disease Control's (CDC) guidelines for controlling infection in healthcare environments.
    - The infection control standards of your state and local health departments.

- **The CDC's guidelines for controlling infection in healthcare environments outline…**
    - The processes and procedures that you should use when you are cleaning and disinfecting surfaces and equipment.
    - How and when to wear personal protective equipment.
    - How you should dispose of different types of waste.
    - Controlling the air quality in your facility to prevent the spread of infection.
    - How to maintain good water quality.
    - Safe injection practices (such as requiring the use of a new, sterile needle and syringe for each patient) and proper disposal of the needle and syringe.

- **Many of the patients that you see throughout the day are already sick.**
    - So to keep everyone infection-free you must screen patients before they enter your facility to see if they have an infection or are at a high risk of spreading one.

- **Screening patients helps identify people who…**
  - Have symptoms that could be linked to infection.
  - Have been exposed to infectious diseases.
  - Have any recent travel history that would indicate that they could have a high risk of spreading an infection.

- **To help protect patients, most medical facilities provide single-use, disposable equipment that is meant to be used for one patient, then discarded, including…**
  - Needles.
  - Catheters.
  - IV tubing.
  - …and wound dressings.

- **Patients with open sores are even more vulnerable than others for infection, since when the skin's natural barrier is broken, it makes it easier for bacteria, viruses and other organisms to enter the body. To prevent this…**
  - It is extremely important that you dress a wound properly, using clean, sterile bandages.
  - The patient should be monitored for signs of infection, such as increased redness, swelling or pain, until the sore has healed.

* * * SUMMARY * * *

- **When you work in a healthcare facility, keeping everyone healthy and safe from infection is always your number one priority.**

- **If you and your coworkers follow the proper procedures, you can help control the spread of bacteria, fungi and viruses, and ensure a safe and healthy environment for everyone.**

- **One of the easiest and most effective ways to remove pathogens from the environment is by ensuring that all equipment and surfaces are cleaned and sterilized throughout the day with the correct cleaning products**.

- **Thorough and frequent handwashing is also a simple and effective way to help control infection.**

- **Regulations from OSHA, the CDC and state and local governmental agencies can show you how to stop infection from spreading in your facility.**

- **Single-use, disposable equipment such as needles, catheters, IV tubing and wound dressings can help reduce the spread of infection.**

- **Screening sick patients before they enter your facility can identify infection risks.**

- **When everyone works together to stop the spread of infection, you can make your facility a safer and healthier place!**