Objectives

• The purpose of this training is to learn your role in infection prevention

• Understand what standard precautions are and how to properly apply them
Standard Precautions

Definition: Steps taken to reduce the risk of exposure to blood and other potentially infectious materials.

Exposure Risk for Volunteers:

**Category A:** Positions that require tasks that involve exposure or reasonably anticipated exposure to blood or other potentially infectious material.

**Category B:** Positions that do not require tasks that involve exposure to blood or other potentially infectious material.

See pages 20 & 21 in the Volunteer Handbook for Risk Categories in specific volunteer areas.
Standard Precautions

Treat all blood and body fluids as if they are infectious

Applies to everyone, all the time . . . . . .

• Whenever possible avoid contact with body fluids

• Assess the situation and protect yourself:
  – Use Personal Protective Equipment (PPE) – gloves, gowns, masks
  – Wear gloves when there is contact with body fluids, linens or belongings
  – Wear a mask if the patient is coughing
  – Wear eye protection and a gown if splashes are likely to occur

Always dispose of PPE properly before exiting a room
Hand Hygiene

Hand hygiene is the single most effective way to reduce the risk of spreading infection.

Disinfect your hands:

- **Before and after entering a patient’s room:**
  - Always “Wash in and Wash out!” when entering a patient room regardless of patient contact
  - Before and after removal of PPE
  - After contact or potential contact with body fluids
  - Before and after using the restroom
  - After handling soiled equipment or linens
  - Before handling food

**Hand Hygiene Techniques:**

- You may use the hospital approved alcohol hand disinfectant to disinfect your hands when they are not visibly soiled
- When hands are visibly soiled, or after using the restroom, be sure to wash with soap and water
Hand Hygiene

- Take home message:

  WASH IN AND WASH OUT!
Before Hand Hygiene

Your hands might look clean, but...

- Millions of bacteria are on your hands.
- Photo: Bacteria colonies that grew on a Petri dish after a nurse touched this plate.
What’s on your hands after hand hygiene?

• Not much
  – Proper hand hygiene kills most of the harmful organisms that can be carried on caregivers’ hands
Hand Hygiene, continued

- Wet hands first
- Dime-size amount of soap
- Rub for **15-20 seconds**!
- Cover all the surfaces of your hands and wrists
- Rinse well
- Dry completely with disposable towel
- Use towel to turn faucet off and open door
Hand Hygiene, continued

For those that have “hands on” patient contact:

• Artificial and jeweled nails are not allowed because of the risk of trapping germs under or on top of the nails, despite good hand washing

• Natural nails must be kept short and clean

• Nail polish is okay, but cannot have any chips
Preventing Influenza

- Get your flu shot every year
- Don’t come to volunteer if you are ill
- Cover coughs and sneezes
- Avoid sick contacts – stay at least 3 feet away
- Hand shakes, hugs, kisses...at your own risk
- Hand hygiene
- Get enough rest
- Eat well-balanced meals
Respiratory Etiquette

- Cover cough/sneeze with tissue or your upper sleeve/elbow
- Use the nearest trash can to throw tissue away
- Perform hand hygiene
- Offer tissue, masks and hand sanitizer to coughing patients or visitors
Food and Beverages

• Food is never allowed in patient care areas. Food is only to be eaten in staff lounges, breakrooms or cafeterias.
• Beverages with a lid are allowed in certain areas. Please check with your supervisor for information on these areas.
Post-Exposure Follow up

Blood or body fluid exposure

• Wash exposed area immediately
• Report to the clinical supervisor in your assigned area
• Follow-up evaluation to exposure by the Emergency Department shall occur within two hours of the incident
Isolation Rooms

Isolation rooms will have a sign in a variety of colors (i.e., yellow, orange, pink and red) outside the door of the patient's room. It will have a sign on it.

Volunteers are not allowed to enter isolation rooms without the permission and training provided by Infection Prevention and Epidemiology.
Spills

Spills can lead to slips and falls. Please take the follow precautions:

• Be sure to put a lid on beverages carried through the hospital.

• Wipe up spills of a known, non-hazardous substance or call the Service Response Center X 43434.

• Do not wipe up anything when you don’t know what it is.
Other Reminders

• Cover wounds or scrapes with a bandage before coming to volunteer
  – You must be able to perform hand hygiene

• Make sure you are up-to-date on other immunizations
  – Tdap --Chickenpox
  – Measles, Mumps, Rubella -- Hepatitis B

• Don’t sit on a patient’s bed or a chair covered with their items. These areas will have a lot of germs on them.
Standard Precautions – The End

You have completed the Standard Precautions section of orientation please remember to complete the orientation quiz.

Thank you!