

TRAINING MODULE: STANDARD PRECAUTIONS / TRANSMISSION-BASED PRECAUTIONS

Hand Hygiene: Is one of the most effective ways to prevent the spread of infection. It should be performed often and correctly to prevent the spread of infection to you from the patient or contaminated items in the patient's room and to prevent transferring any organisms or infection from yourself to the patient. You should decontaminate hands after touching the patient, after removing gloves, after touching contaminated items in the room. There are two ways to perform hand hygiene; soap and water or alcohol hand rub.

Soap and water: You should use soap and water for hand hygiene in the following situations:

- Before eating meals
- After using the restroom
- When gloves or hands are visibly soiled with blood or body fluids
- If the patient in your custody has a severe diarrhea
- As a substitute for alcohol hand rub

How to use soap and water: Entire procedure should take 40-60 seconds

- Turn on warm water and wet hands
- Apply enough soap to cover surfaces and scrub for at least 15 seconds
- Rinse hands well
- Dry hands with clean paper towels
- Turn off faucet with clean paper towel

Alcohol hand rubs are very effective and should be used for all other instances

How to use alcohol hand rubs: Entire procedure should take 20-30 seconds

- Apply enough product to thoroughly cover surfaces of both hands and require a least 15 seconds to dry
- Rub hands together, covering all surfaces
- Hand Hygiene posters are in patient care areas for reference
- Always perform hand hygiene regardless if gloves were worn or not

Personal Protective Equipment: The hospital will supply personal protective equipment (PPE) for you to wear as needed when assigned to and staying with our patient in the hospital. Commonly worn PPE includes gloves, gowns, fluid-resistant masks, eye protection or goggles, N-95 respirators, hair covers and shoe covers.

- **Gloves:** Various sizes of latex-free gloves are available in the patient room and on the isolation door hangers. Gloves should be worn whenever there is potential contact with the patient's blood or body fluids, when assisting a patient, or when the patient is on Contact Precautions. Hand hygiene should be performed before and after glove use.
- **Gowns:** Gowns are worn to protect contamination of clothing. Worn when the patient is on Contact Precautions.

- Fluid-resistant mask: Mask is worn to protect and prevent the patient's large-particle respiratory droplets from landing on the mucous membranes of your mouth. Worn when patient is on Droplet Precautions.
- Eye protection: Goggles or face shields are worn to protect the mucous membranes of the eyes during procedures that may splash or splatter into your eyes. Also worn when within three feet of a patient on Droplet Precautions.
- N-95 respirators: Worn to protect you from breathing the contaminated air of a patient diagnosed or suspected of having an airborne disease such as Tuberculosis. To be able to wear a respirator, you must be "fit-tested" (per OSHA) for a respirator by qualified hospital personnel to determine the proper size and fit of a respirator. Respirators are worn to go in the room of a patient on Airborne Precautions and must remain on the face until coming out of the room and shutting the patient's door.
- Shoe and hair covers: Worn as needed to protect your hair or shoes from contamination from body fluids or infectious agent a patient may have.

• **Standard Precautions** should be used for all patients and consists of performing Hand Hygiene and wearing any PPE needed to protect yourself from the patient's blood or body fluids or infectious agent.

Contact Precautions requires the wearing of a gown and gloves when with the patient and/or in the patient's room. This protects you from organisms that are spread via direct contact (skin to skin) or indirect contact (touching contaminated items in the patient's vicinity).

Droplet Precautions requires the wearing of a fluid-resistant mask when with the patient and/or in the patient's room and adding eye protection when within three feet. This protects you from the patient's infectious respiratory droplets landing on the mucous membranes or your mouth, nose and eyes.

Airborne Precautions requires the donning of a respirator (once you have been fit-tested) before entering the patient's room to protect from breathing their airborne infectious microorganisms in their room.