



Infection Control & Health and Safety

Keeping the bugs at bay in Home and Community-Based Settings

Introduction to Infection Control

The chance of spreading or contracting infectious disease increases when a group of people lives or works in a common setting.

Persons who work in these types of settings need to be knowledgeable of the health risks associated with their occupation; and how to prevent/minimize these risks.



Germs

Microorganisms are in the air we breathe and on everything we touch. Some microorganisms actually benefit us by fighting infections and helping digest our food. There are many different types of microorganisms. These include:


- Viruses (HIV/AIDS, HBV/Hepatitis viruses)
- Bacteria (Food Poisoning, Gangrene, Tuberculosis)
- Fungi (Yeast Infections, Athlete's Foot)
- Parasites (Lice, Ticks, Fleas, Pinworms)

In order to grow and reproduce, germs need heat, darkness, moisture, food and oxygen.


LIGHT, DRY, AIRY ENVIRONMENTS ARE A DETERRENT TO GERM GROWTH.

THE CHAIN OF INFECTION


The spread of infection may be thought of as a chain with three links:



THE SOURCE: Every person and object you come into contact with is a potential source of infection.



THE TRANSMISSION: The way a microorganisms gets from the source to the host.



THE HOST: Keep in mind that some clients and employees have increased susceptibility to infection. This means they are more likely to become ill after an exposure to germs.



Environment



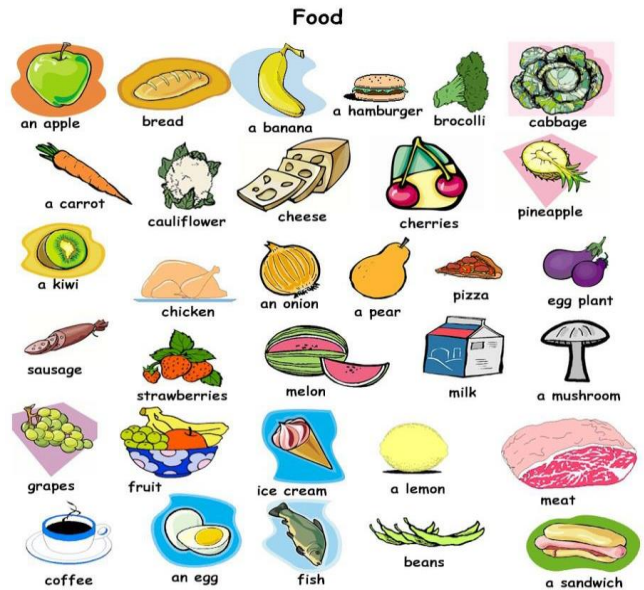
Animals



Group or community outings and gatherings



Food



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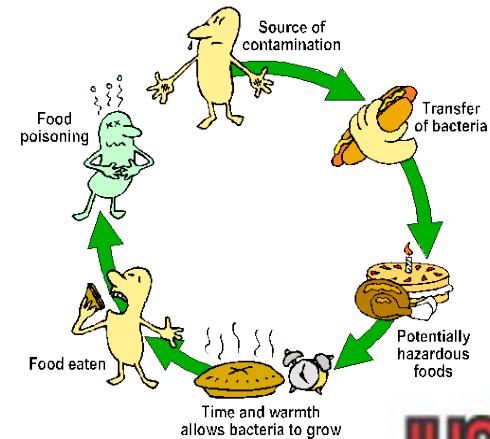
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4 means of transmission

Airborne: Spread by droplets—
Coughing or sneezing.



Vehicle: Infectious disease spread by contaminated food, water, drugs, blood or blood products, or bodily fluid



Vector: Disease carried by insects or vermin



Contact: Direct physical contact



JUST SAY
NO
DRUGS

Factors of Increased Susceptibility:

- ✓ Age: the very old and the very young.
- ✓ Certain medical treatments and therapies such as chemotherapy, radiation and certain drugs.
- ✓ Some diseases make some people more susceptible.
- ✓ Nutritional status.
- ✓ Overall health.



Break the Chain of Infection!!!!

START →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

HAND WASHING STEPS



2. Soap (20 seconds)



3. Scrub backs of hands, wrists, between fingers, under fingernails.



4. Rinse





The number one method for preventing the spread of infection is frequent, thorough hand washing.

Other methods include maintaining a clean and healthy environment, maintaining a clean and healthy body, sanitizing and disinfecting the environment and home, avoiding high risk behaviors.

Hand washing should occur frequently throughout your work shift. Times when hand washing is necessary are:

- Coming on or going off duty.
- Between working with clients.
- Before serving or feeding clients.
- Before and after you eat.
- When hands have been in contact with contaminated objects.
- After use of toilet or assisting a client with toileting.
- After blowing or wiping your nose.
- After contact with any bodily fluid.



Blood and Other Potentially Infectious Materials (OPIM)....



Blood and OPIM can carry viruses, bacteria and diseases. Two of the most well known blood-borne pathogens are HIV (the AIDS virus) and HBV (the Hepatitis B Virus).

HIV/AIDS and the Workplace: There is NO risk of HIV being spread through routine daily contact. Workers are not at risk of exposure to HIV through:

- ❖ Casual contact (shaking hands, working side-by-side).
- ❖ Sharing equipment or supplies (tools, telephones, furniture etc.).
- ❖ Restrooms, eating or cooking facilities or water fountains.
- ❖ The environment (air, water, insects).
- ❖ Donating blood for blood drives.



Hepatitis B and Hepatitis C



HEP B

Hep B is usually spread by contact with infected blood or blood products. It can also be spread in such ways as illicit injectable drug use, tattooing and body piercing. In addition to its presence in blood, Hep B may be found in other bodily fluids such as urine, tears, semen, vaginal secretions and breast milk.

Usual symptoms may be flu-like and include fatigue, muscle and joint aches, nausea, vomiting, loss of appetite, vague abdominal pain, occasional diarrhea, and jaundice.

There is no specific treatment and no known cure for Hep B. Immunizations against the Hep B virus is the only means of preventing infections. Once infection is established, therapy is directed toward relieving symptoms and making the person more comfortable.

HEP C

Hep C is an inflammation of the liver due to infection caused by a virus. The Hep C virus attacks and damages your liver. The liver is in the upper right side of the abdomen. The liver does many things to help your body function well. It makes enzymes and bile that help digest food and removes harmful material from the blood. The liver fights infections and stops bleeding. It also stores and gives energy when you need it. The liver also stores Vitamins A, D, E, K, B12, iron and copper.

Usual symptoms are fatigue, dark orange-colored urine, or clay-colored stools, fever, itchy skin, jaundice, joint pain, body aches, pain in the right side of the abdomen.

Treatments may include anti-viral medications. These medicines work by keeping the virus from spreading. This may prevent or decrease more swelling and damage to the liver. A liver transplant may be necessary if your liver stops functioning. Unlike Hep B, there is no available vaccine to prevent HCV.



SIGNS AND SYMPTOMS OF ILLNESS AND/OR INJURY

- ✓ Changes in behavior–Irritability, overly active, lethargic/sleepy, changes in awareness, changes in mood.
- ✓ Changes in vital signs–Blood pressure–elevated or decreased; Pulse–increased or decreased; Respiration–increased or decreased, difficulty breathing, wheezing, cough, congestion; Temperature–increased or decreased.
- ✓ Changes in appetite–Increased or decreased; refusal to eat foods typically enjoyed; difficulty swallowing; choking frequently; increased thirst.
- ✓ Changes in elimination–increase in frequency; nausea; vomiting; diarrhea; constipation; difficulty initiating urination or defecations; burning, pain, discomfort when urinating; concentrated urine.
- ✓ Changes in condition of wound–Redness; swelling; heat at wound site; drainage; pain; fever.
- ✓ Other signs/symptoms–Pain; discomfort; difficulty or refusal to ambulate; bruising, swelling or discoloration of the skin; break in skin integrity; drainage or discharge; cough; congestion; fever.





If a client is in a life threatening situation always call 911 first!!! After 911 has been called then contact the nurse.

Always REPORT any signs and symptoms of illness or injury to the nurse.



Question: ??

Tom usually comes home from day hab and takes a nap but today he is pacing back and forth across the living room and seems agitated.

Should you report this change in behavior to the nurse?

Yes or No

Answer?

- ▶ YES

As this is a notable and observable change in behavior – it is best practice to contact the nurse and allow her to assess the situation. Tom's agitation today could have an underlying physical cause.



Question:



- ▶ Maggie is walking and she trips and skins her knee. Should you report this to the nurse?

Yes or No

Answer:

- ▶ YES
- ▶ Always report an injury to the nurse.





And that's a wrap! >>