

Emergency First Responder

Infection Prevention & Control



Objectives

By the end of this session you should be able to:

- Demonstrate the principles of infection prevention and control



Standard Precautions

Protection for the Responder and Patient against direct or indirect exposure

- **Exposure:** contact with potential infectious (contaminated) source
- **Direct Exposure:** infection by physical contact with the source (person)
- **Indirect Exposure:** infection by contact with an object which was contaminated by the source



Standard Precautions

The role of Standard Precautions is to interrupt the transmission by minimising the potential for contact

- Hand Washing
- Gloves
- Masks
- Gowns/Aprons
- Goggles
- Vaccinations



Personal Protection against Infection

- Washing Hands
 - before and after patient contact
- Gloves
 - Touching blood, body fluids, secretions, excretions, and contaminated items
 - Change gloves between patients
 - Do not wear torn gloves



Effective Hand Washing

- Remove all jewellery and watches
- Rinse both hands in warm water
- Add soap and create a lather for at least 15s
- Clean all surfaces of hands, paying particular attention to thumbs, fingertips and wrists
- Rinse all lather from hands
- Dry using a clean towel/hand dryer
- Total cleaning time should be at least 30s





Handwashing



Hand Sanitizers



- Hand sanitizers may be used when hands are visibly clean
- Hand sanitizers may not be used when hands are visibly dirty



Masks



- Barrier protection for CPR
- Patients with high risk respiratory infections (e.g. Tuberculosis, H1N1)



Goggles



- Eye protection from
 - blood, bodily fluids, chemical spray, splatter



Gown/Apron

- Protects Responder's clothing from
 - contamination of blood, body fluids, secretion, or excretions
- Maintains cleanliness of environment for patient (e.g. Pregnant patient)



Sharps Bins



- Practice care when handling sharps
- Seal when contents reached the marked line on the box



Vaccinations

- Vaccinations are a means of exposing the immune system to an organism
- To allow the immune system to mount a response (antibodies)
- With a view that the immune system will be more efficient at defending the body against invasion by the organism at a later time should you be exposed
- Vaccination does NOT offer 100% protection



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Vaccinations

- HIV
 - No vaccination available
- Hep A
 - Vaccination available
- Hep B
 - Vaccination available
 - 3 doses and titre level
 - +/- booster at 5 yrs
- Hep C
 - No vaccination available
- TB
 - Vaccination available (BCG)



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Cleaning and Disinfection

- Clean
 - Macroscopic: to cleanse so as to be free from dirt (foreign matter) or pollution
 - Dirt free but NOT germ free
- Disinfection
 - Microscopic: to cleanse so as to destroy or prevent the growth of disease-carrying micro-organisms
 - Dirt free AND germ free



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"Single use only"

An item of equipment which may only be used once:

- Symbol:
 - Second use not permitted



Dispose of all single use equipment after use as appropriate (clinical waste bags/sharps bins)



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Summary

- Standard Precautions
- Clean versus Disinfected
- Importance of vaccinations



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