Infection Control in the Health Care Setting

By: DeAnna Looper RN, CHPN, CHPCA
Chief Corporate Clinical Consultant, Legal Nurse Consultant, HPNA Approved Educator, ELNEC Certified Trainer, Certified Grief Recovery Specialist.
Learning Objectives

• Describe the adverse affects of infections

• Describe common types of infections

• Describe the causes of infections

• Describe risk factors for infections

• Describe common signs & symptoms of infections

• Describe ways to reduce infections
Adverse Affects of Infections

- Impede quality of life
- Increase in pain levels
- Lead to serious illness
- Financially crippling
Infections in LTC Facilities

- 1.6 to 3.8 million infections occur annually in LTC.
- Rates of death in residents 0.04 to 0.71 per 1000 resident days.
- Pneumonia is the leading cause of death.
- Infections are the leading reason for transferring residents to hospitals.
- Financial loss to the LTC facility.
Microorganisms that cause Infections

- **Bacteria**
  - Staphylococcus – common in wounds
  - Streptococcus – common in respiratory tract
  - E-Coli-commonly caused by food contamination

- **Virus**
  - Colds, Influenza, HIV, Hepatitis

- **Fungus & parasites**
  - Yeast, skin and nail infections
Spreading of Infections

- Chain of Infection
  (How it is passed)
- Causative Agent
- Reservoir of the Agent
- Portal of Exit
Spreading of Infection

- Route of Transmission
- Portal of Entry
- Susceptible Host
Common Risk Factors

- Poor nutritional status
- Emotional stress
- Very young
- Very old
- Weakened by illness or chronic disease
- Medications
Early Signs of Infection

- Fever
- Malaise
- Elevated white count (on routine CBC)
- Complaints from resident/patients of “not feeling well”
- Loss of appetite
Localized Signs and Symptoms

- Redness/discholoration
- Warmth/heat
- Streaking (not the one Ray Stevens referred to)
- Draining or pus / Color of the drainage
- Swelling, pain, or tenderness
- Foul odor
Systemic Signs and Symptoms

- Nausea and vomiting
- Diarrhea
- Labored breathing
- Sweating / Chills
- Enlarged Lymph Nodes
- Mental Status Changes
Preventing or Reducing Infections

• Standard precautions—Follow universal precaution methods
  • Alcohol Gel stations in addition to hand washing
  • Use disinfection cleaning procedures
• Healthy staff
• Hand washing
Preventing or Reducing Infections

- Encourage staff with an illness to stay home
- Cover mouth when cough or sneeze
The Golden Ticket

- Hand washing is the “Golden Ticket” to preventing infections.
- Wash with soap and water whenever your hands are visibly soiled.
- Wash hands before and after eating, drinking, smoking or even placing a piece of chewing gum in mouth.
Hand Washing – The Golden Ticket

- Before and after using the restroom
- After removing gloves
- At the start and finish of your shift
- Touching contaminated equipment
Hand Washing 101

• Wet first with warm water

• About 5cc of soap (half dollar size)

• Rub hands together for 15-30 seconds

• Cover all surfaces of the hands and fingers
• Rinse thoroughly
• Dry with paper towels
• Use paper towel to
  • turn off water and
  • to open the door
• Discard in nearest trash can
Hand Sanitizer Use 101

• Apply 2-3 ml of an alcohol sanitizer (quarter size)
• Rub hands together
• Cover all surfaces of your hands and fingers
• Include areas around and under fingernails
• Continue rubbing hands together until alcohol dries 10 – 15 seconds
Remember Your PPE

• Gloves
• Gowns
• Eye wear
• Splash shields
• Shoe and hair covers
Q & A
References

• WHO World Health Organization. “Save Lives-Clean your hands”

• Encyclopedia Britannia. “Definitions”

• CDC –Centers for Disease Control. “Handwashing: Clean Hands Save Lives”
References


References


• Retrieved: 23 July 2013