

# CNA TODAY

CDPH-HAI PROGRAM PROJECT FIRSTLINE



*Print this newsletter and display it in your break room!*

## *In this Newsletter*

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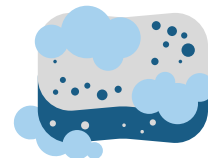


## Making a Splash: Bathing and Dressing Residents

The spread of many germs that live on the skin can be prevented or controlled through appropriate personal hygiene, including bathing. Personal hygiene also includes proper handwashing and facial cleanliness.

**Bathing** is defined as the cleaning of the body for the purpose of relaxation, cleanliness, and healing. Bathing can help stimulate blood circulation, prevent skin irritations and rashes, and also prevent the spread of hygiene-related diseases like athlete's foot and ring worm.

There are four main types of bathing that are utilized in skilled nursing facilities: showers, baths, bed baths, and partial bed baths. It is important to implement infection prevention practices during any type of bathing and all other resident care.



# Infection Prevention Practices

## *While Bathing a Resident*

- Bath time is the best time to inspect the skin
- Let the charge nurse know of any abnormalities such as redness, rash, skin breakdown, unusual bumps, or bad odors
- Always wash body from clean areas to dirty areas
- Change to a new washcloth when the one you are using gets soiled
- Ensure all creases/folds in skin are dry to prevent yeast infections
- Don't forget the feet!

## *While Performing Perineal Care*

- Work from clean to dirty areas
- Clean face, upper torso, and legs before perineal area
- Change bath water before and after care
- Place towel or pad under perineal area
- For females: Wash perineal area “front to back” to avoid a UTI
- For males: Clean under the foreskin if uncircumcised; otherwise, it may become infected. Be sure foreskin is gently pulled back in place after cleaning
- Gently dry the perineal area to prevent lingering moisture which may lead to skin infections (such as yeast)

## *While Performing Device Care*

- Perform hand hygiene and don gloves before handling any device
- Keep all wound dressings dry unless otherwise specified
- Ensure tracheostomy, feeding tubes, or other devices are secured
- For residents with urinary catheters, keep the urinary bag below the level of the bladder

## *While Handling Central Lines / IV-Lines*

- Keep central line or IV-line dressings dry
- Notify the nurse if any dressing becomes wet or has an odor

## *While Performing Urinary Catheter Care*

- Be sure urinary catheters are secured to resident
- Keep bag below level of the bladder



# FAQ Expressway

Frequently Asked Questions



**Q: My resident refuses to bathe. What should I do?**

**A:** Try to schedule bathing when the resident is least agitated. Be organized so the bath can be quick. Give sponge baths if the resident resists a shower or tub bath. During bathing, be relaxed and allow the resident to enjoy the bath. Offer praise.

**Q: Do I need to wear PPE when transferring a resident on isolation precautions for bathing?**

**A:** A resident on isolation precautions should never leave the room to go for a shower. All bathing and dressing should occur within the room itself. While bathing a resident on isolation in the room, wear PPE appropriate for transmission-based precautions. If you are unclear how this process works in your facility, check your facility's policy or check with the nurse on bathing a resident on isolation precautions.

**Q: Does the shower need to be cleaned between every resident, or at the end of the day?**

**A:** Yes, if residents share the shower area, the area should be wiped and cleaned between every resident. Additionally, EVS staff usually clean the area daily. Before giving a shower or bath, make sure the area is clean for your resident. Follow your facility's policy if you are unclear whose responsibility it is to clean the shower area between residents.

**Q: What is a dignity bag?**

**A:** A bag covering the catheter drainage/collection bag so it is not visible.

## Certificate Of Attendance

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**Q: Will I receive a certificate of attendance after your sessions?**

**A:** YES! After you attend a session, we will email you within 5-7 days with a link to a course evaluation. You will receive your Certificate of Attendance upon completion of the evaluation.

*For groups (registered under one email):*

*Participants will need to register with a unique email address to receive a post-session evaluation and Certificate of Attendance.*

*The person who registered the group for the training sessions should send a list of participants and their email addresses to*

*[projectfirstline@cdph.ca.gov](mailto:projectfirstline@cdph.ca.gov) from the registered email.*

*Once received, we will confirm attendance and reach out to each participant with next steps.*



## FAQ Expressway cont.

**Q: How often do I need to change the urinary catheter drainage container?**

**A:** We recommend changing out the container every 24 hours. Write the date on the container so you can keep track. Include the resident name to decrease the chance of using the wrong container for the wrong resident.

**Q: Can I use the same container to drain catheter bags between both residents in the same room?**

**A:** No. Using the same container for different residents increases the risk of cross contamination and the potential for spreading infection. Use a new container for each resident. Additionally, always perform hand hygiene after draining one resident's catheter bag and before draining the other resident's catheter bag.

**Q: What do I do if the catheter detaches from the tube by accident?**

**A:** Do not put it back together. A detached catheter is an opportunity for germs to get into the catheter. These germs can easily cause infection. Always let the nurse know if the catheter has become disconnected. Your facility should have a policy and procedure for how to handle this, which includes the proper way to disinfect the parts that connect BEFORE reconnecting them, and the responsible party. Review your facility's policy - it is best to know what to do before an incident like this occurs.

**Q: As a CNA, am I allowed to collect a specimen from a urinary catheter?**

**A:** No, CNAs are not allowed to collect urinary specimens, even if it's with a needleless device. This is not in a CNA's scope of practice; if you are asked to collect a specimen from a urinary catheter, talk to your infection preventionist to confirm your facility's policies.

**Q: If a husband and wife are sharing a room, do I need to perform hand hygiene between their care?**

**A:** Yes, even if patients in a given room live with each other, you should always perform hand hygiene. It is possible that one of the residents has an infection you are unaware of, so the best policy is to perform hand hygiene between all resident care.





## CNA Runway

"Certified Nursing Assistant" wasn't an occupation until around the time of World War I (1914-1918) when there was a high demand for care to treat soldiers who had been wounded in battle. Due to the massive amount of care needed, volunteer aides worked alongside nurses, treating soldiers and filling empty positions on reserves, bases, and even in some civilian hospitals. This was when CNAs were most recognized and commended for their strength and bravery as caregivers and advocates for their patients.

Throughout the next 100 years, CNAs have been continuously called to action, providing care and showing their dedication to their profession. CNAs are crucial, and though COVID-19 isn't a World War, it's yet another event that demonstrates how important you are to the health and safety of your residents. Project Firstline and the California Department of Public Health want to thank every California CNA for being a frontline healthcare hero! Emails have gone out to spotlight a nominated CNA in our newsletter. If you have received one please respond as soon as you can. We want to feature you!

## CNA Spotlight *Angelica Rose Pena*

We received over 250 CNA spotlight nominations; it is great to see CNAs supporting and recognizing each other in California! We want to thank all CNA for all their hard work as a healthcare hero!



Angelica Pena is our Spotlight CNA for this quarter! We'd like to thank her for her participation in our sessions and for her dedication to her residents. She brings her sense of humor and jokester personality to work to make her residents smile and escape for a little while. Having a sense of humor can make a big difference in the health of residents.

Angelica has been a CNA since 2012 and is currently working the AM shift in Tulare County as a CNA and a Quality Assurance Clerk. As you can imagine, this keeps Angelica pretty busy! Her inspiration for becoming a CNA is the satisfaction she gets from helping someone in need.

Her favorite part about going to work and being a CNA is how much a smile and a casual conversation means to some of her residents. By making an effort to have a simple conversation with her fun personality, she is helping heal physical and emotional needs, while at the same time making residents feel comfortable.

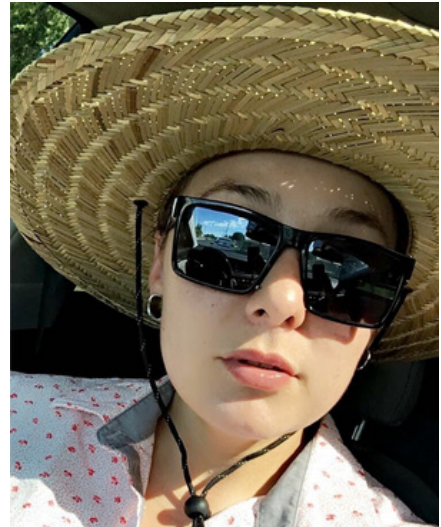


Work isn't just a time to chat and be fun with her residents. She also deals with residents who can range from absolute "sweetie pies" to the "grumpy folks" and she says that will always come with the job. She believes that you need to take the good with the bad, but the good is what keeps her coming back!

Being a CNA is challenging and very demanding, both physically and emotionally. To reduce the stress, Angelica always has her "positive chill pants on" while working and makes sure to take a few minutes when she needs to relax and get a little break.

When asked "What do you wish you would've known before starting your job?", Angelica stated "Attachment is inevitable, and some patients will feel like your family because most of us spend more time here than home."

We asked Angelica for some advice she could give to a brand-new CNA. Her spirit and compassion come across in her answer: "Always work with your heart. Our patients need that most. Treat a person how you would want yourself or your loved ones to be treated. Don't follow the crowd and do your job halfway; go above and beyond always."



When Angelica is not at work, she sleeps and catches up on her shows, or spends time with her family. She has fun making dinner for her family and spending time with them, as "COVID really showed us all how our time can be limited." Angelica's favorite ice cream is vanilla, and she's just finished watching "You" and will re-watch "True Blood" sometime soon.

Thank you for being a positive inspiration, Angelica. Your empathy, kindness, and humor are admirable, and we are grateful knowing that you're taking care of so many people in need.

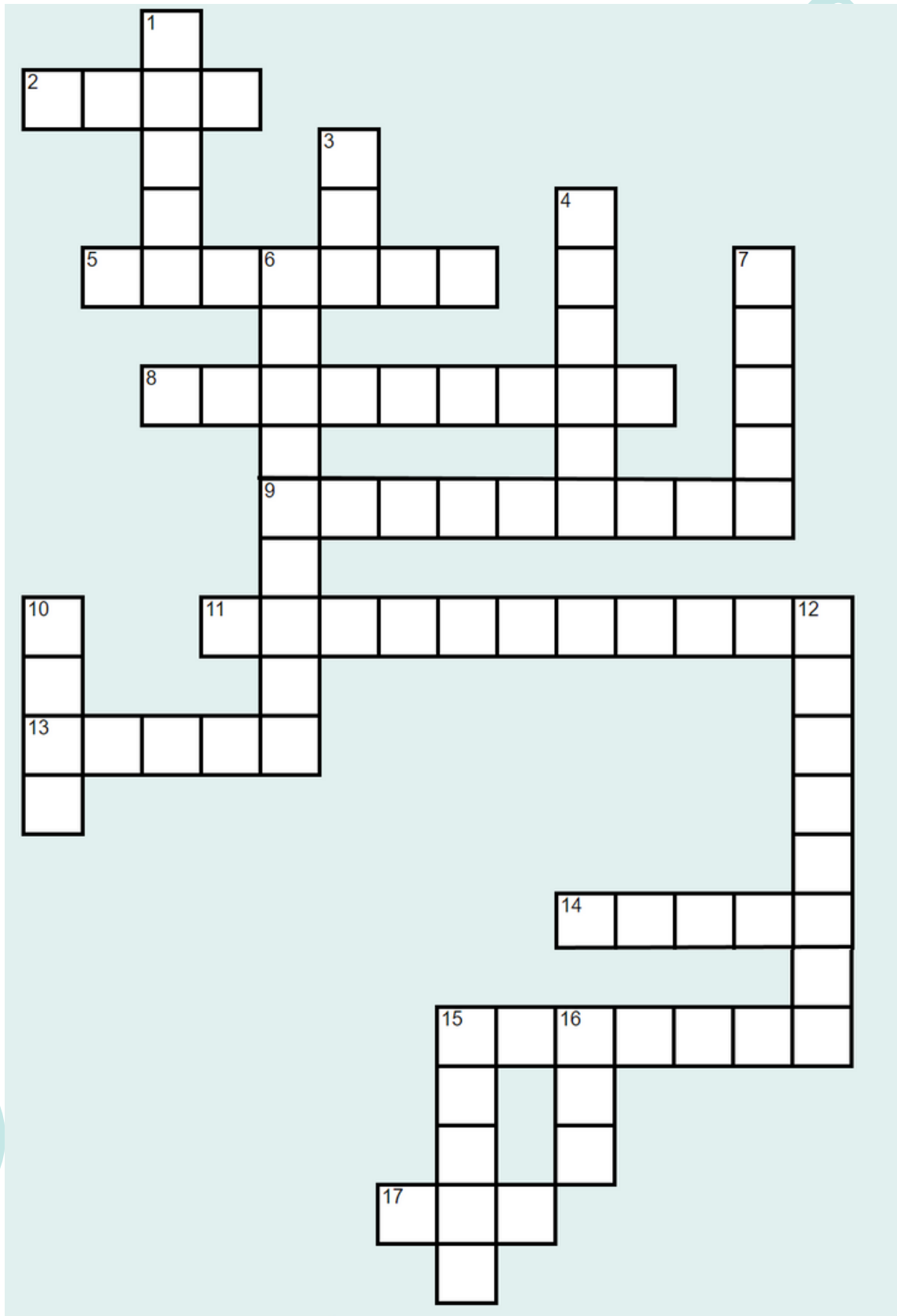
## Mindfulness Mainstay

*Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgement. It includes things like taking time to be with yourself to practice breathwork, meditation, body scanning, and setting intentions, in order to help you engage with the world around you.*

*Take a moment to yourself by completing the following crossword puzzle.*



# Mindfulness Mainstay Crossword





# Mindfulness Mainstay Clues

## ACROSS

2. Healthy \_\_\_\_\_ is a barrier for germ transmission
5. Don't forget to perform hand \_\_\_\_\_ before and after care
8. If you fail to perform hand hygiene, you allow for the spread of germs that can lead to \_\_\_\_\_
9. Ensure urinary \_\_\_\_\_ are secured to the resident while bathing
11. Ensure all bathing equipment is clean and \_\_\_\_\_ prior to use
13. Healthcare workers should always clean from \_\_\_\_\_ to dirty areas during perineal care
14. \_\_\_\_\_, also known as catheter-associated urinary tract infections
15. \_\_\_\_\_ is defined as the cleaning of the body for the purpose of relaxation, cleanliness, and healing
17. Always think infection prevention while performing bathing and dressing to keep \_\_\_\_\_ and your resident safe

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## DOWN

1. Never mix \_\_\_\_\_ clothes, linen, or towels with clean items
3. Personal protective equipment is commonly referred to as \_\_\_\_\_
4. CNAs should observe and \_\_\_\_\_ any abnormal findings with their resident's skin
6. CNA observation during resident's skin, perineal, and urinary catheter care is critical to \_\_\_\_\_ prevention
7. Non-skid socks or \_\_\_\_\_ are crucial to prevent your resident from slipping and falling
10. In females: wash "front to \_\_\_\_\_" in the perineal area
12. \_\_\_\_\_ is defined as the act of putting on clean clothes and is an important part of daily care for all resident's
15. Keep the urinary bag \_\_\_\_\_ the level of the bladder
16. Check every \_\_\_\_\_ hour(s) to make sure the resident under your care is not incontinent

\*Answers can be found on the last page of this newsletter.





# Meet the Team!

Join the California Project Firstline Team at our next Training Session!



Ashya Cabral  
IPC Trainer

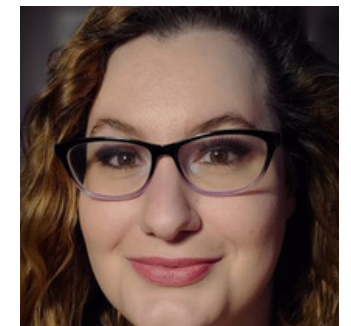


Ayda Alemayehu  
IPC Trainer



Geraldo  
Garcia IPC  
Trainer

\***IPC:** Infection Prevention &  
Control Trainer



Kirsten Keller  
IPC Trainer

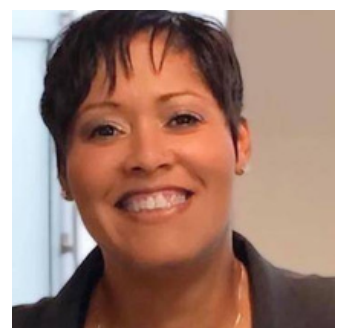
\***PM:** Project Manager



Brie Martin  
PM- Northern



Neha Sardana  
PM- Central



Lisa Franqui  
PM- Southern



# March Schedule

## Training Sessions (Online)

### Goodnight! Sleep Tight and Clean

Tuesday, March 8th, 10am-11am

Tuesday, March 15th, 1pm-2pm

Wednesday, March 9th, 5pm-6pm

Wednesday, March 16th, 5pm-6pm

Thursday, March 10, 1pm-2pm

Thursday, March 17th. 1pm-2pm

Saturday, March 12th, 11am-12pm

Tuesday, March 22nd, 10am-11am

### Review Session

Friday, March 18th, 2pm-3pm

## Monthly Topic Schedule



### Curriculum Topics\*

Oral Care & Feeding

February 2022

Changing Linens & Bed Making

March 2022

Proper Positioning & Transferring

April 2022

Nail Care & Shaving

May 2022

Environmental Cleaning & Disinfection

June 2022

### Previously Recorded Topics Available on Our Website

Standard Precautions

Personal Protective Equipment (PPE)

Bathing & Dressing

Skin, Perineal, & Urinary Catheter Care

\*Trainings focus on infection prevention and control practices while performing common CNA tasks

## For More Information

Project Firstline E-Mail

[ProjectFirstline@cdph.ca.gov](mailto:ProjectFirstline@cdph.ca.gov)

[CDPH Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline)

([www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline))

[CDC Project Firstline Website](http://www.cdc.gov/infectioncontrol/projectfirstline/about.html)

([www.cdc.gov/infectioncontrol/projectfirstline/about.html](http://www.cdc.gov/infectioncontrol/projectfirstline/about.html))



# Mindfulness Mainstay Answers

## ACROSS

2. Healthy **skin** is a barrier for germ transmission
5. Don't forget to perform hand **hygiene** before and after care
8. If you fail to perform hand hygiene, you allow for the spread of germs that can lead to **infection**
9. Ensure urinary **catheters** are secured to the resident while bathing
11. Ensure all bathing equipment is clean and **disinfected** prior to use
13. Healthcare workers should always clean from **clean** to dirty areas during perineal care
14. **CAUTI**, also known as catheter-associated urinary tract infections
15. **Bathing** is defined as the cleaning of the body for the purpose of relaxation, cleanliness, and healing
17. Always think infection prevention while performing bathing and dressing to keep **you** and your resident safe

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## DOWN

1. Never mix **dirty** clothes, linen, or towels with clean items
3. Personal protective equipment is commonly referred to as **PPE**
4. CNAs should observe and **report** any abnormal findings with their resident's skin
6. CNA observation during resident's skin, perineal, and urinary catheter care is critical to **infection** prevention
7. Non-skid socks or **shoes** are crucial to prevent your resident from slipping and falling
10. In females: wash "front to **back**" in the perineal area
12. **Dressing** is defined as the act of putting on clean clothes and is an important part of daily care for all resident's
15. Keep the urinary bag **below** the level of the bladder
16. Check every **two** hour(s) to make sure the resident under your care is not incontinent

