



Enhanced Standard Precautions Principles to Reduce Germ Spread Staff Training

Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health



Enhanced Standard Precautions (ESP) is a Shift from Germ-Centered Care...



...to Resident-Centered Care.

Enhanced Standard Precautions (ESP)

- A **resident-centered, risk factor-based approach** to prevent spread of germs in skilled nursing facilities
- Involve **use of gloves and gowns** for high-contact care activities based upon the risk
- Allows residents with adequate hygiene and containment of body fluids to leave their room and participate in group activities



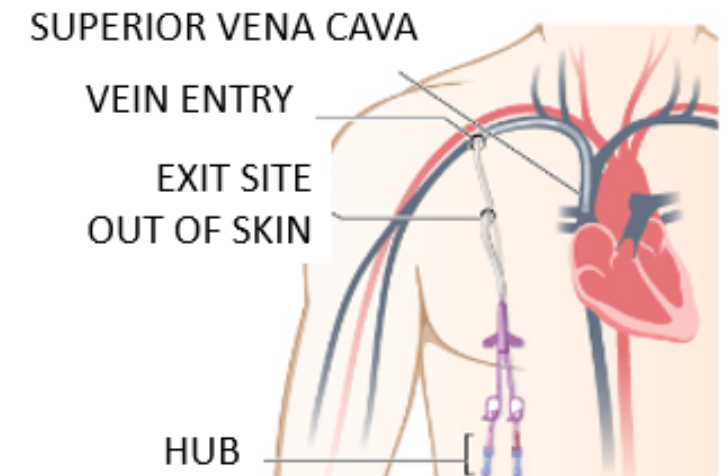
ESP Improves Outcomes

- Increases resident interaction with others
- Improves resident mental well-being
- Improves resident and family satisfaction
- Reduces healthcare personnel PPE fatigue
- Reduces the risk of spreading germs in the facility



Who Needs ESP?

- Residents who have:
 - Indwelling medical devices (e.g., urinary catheter, feeding tube, endotracheal or tracheostomy tube, vascular catheters)
 - Wounds or presence of pressure ulcers (unhealed)
- Nursing re-assesses risk factors periodically (e.g., daily, when there is a change in resident condition)



There are 6 Moments of ESP

- Use hand hygiene, gowns, and gloves during each of the 6 moments
- Perform hand hygiene and don PPE within room before engaging in activity
- Remove PPE and perform hand hygiene inside room when activity is complete

Note: Staff may need to change gloves and perform hand hygiene when moving from a dirty to a clean task for an *individual* resident



The 6 Moments of ESP

1. Morning & evening care
2. Toileting & changing incontinence briefs
3. Caring for devices & giving medical treatments
4. Cleaning & disinfecting the environment
5. Wound care
6. Mobility assistance & preparing to leave room





Moment 1: Morning and Evening Care

- Use hand hygiene, gowns, and gloves during morning and evening care
 - Dressing
 - Grooming
 - Bathing
 - Oral care, brushing teeth
 - Changing bed linens





Moment 1: Knowledge Check

Why do you think providing morning and evening care is considered a high-contact activity?

- A. I am coming in contact with the resident or the environment
- B. My clothing can be a source for spreading germs
- C. I can contaminate other surfaces
- D. All of the above





Moment 1: Knowledge Check

Why do you think providing morning and evening care is considered a high-contact activity?

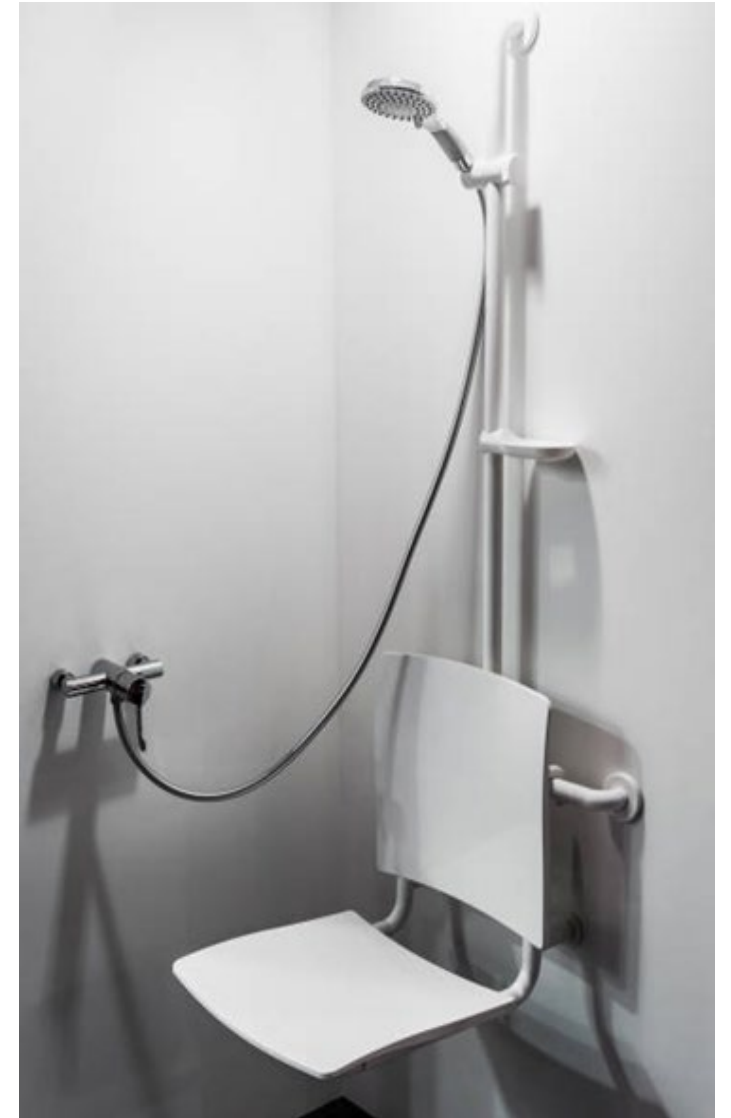
- A. I am coming in contact with the resident or the environment
- B. My clothing can be a source for spreading germs
- C. I can contaminate other surfaces
- D. **All of the above**





Moment 1: Additional Bathing Practices

- Gather all supplies needed including PPE before bathing the resident in the shower room
- Ensure all bathing equipment is clean and disinfected between each use
- DO NOT wear gowns and gloves in the hallway





Moment 2: Toileting and Changing Incontinence Briefs, Perineal Care

- Use hand hygiene, gowns, and gloves during toileting, changing incontinence briefs, and performing perineal care
 - When moving from dirty to clean areas, remove gloves, perform hand hygiene, and don clean gloves between tasks





Moment 2: Knowledge Check

You just changed a resident's briefs. What should you do before getting them dressed in their clean clothes?

- A. Remove gloves
- B. Perform hand hygiene
- C. Put on a clean pair of gloves
- D. All of the above
- E. None of the above





Moment 2: Knowledge Check

You just changed a resident's briefs. What should you do before getting them dressed in their clean clothes?

- A. Remove gloves
- B. Perform hand hygiene
- C. Put on a clean pair of gloves
- D. **All of the above**
- E. None of the above



Moment 3: Caring for Devices & Giving Medical Treatments

Use hand hygiene, gowns, and gloves during:

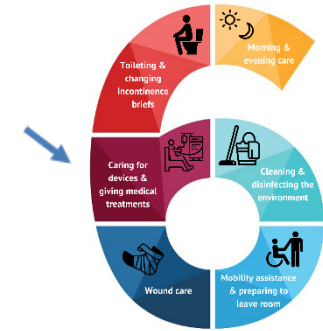
- Care of indwelling devices such as
 - Urinary catheters
 - Intravascular catheters
 - Endotracheal/tracheostomy tubes
 - Feeding tubes
- Medical treatments that require close contact with a high-risk resident and their environment such as respiratory treatments or administering tube feedings



Moment 3: Knowledge Check

You just emptied the Foley bag and the resident needs your help to take medication. What is your next step?

- No need to do anything
- Remove gloves and put on a clean pair of gloves
- Remove gloves, perform hand hygiene, and put on a clean pair of gloves
- Ask your co-worker to help



Moment 3: Knowledge Check

You just emptied the Foley bag and the resident needs your help to take medication. What is your next step?

- A. No need to do anything
- B. Remove gloves and put on a clean pair of gloves
- C. **Remove gloves, perform hand hygiene, and put on a clean pair of gloves**
- D. Ask your co-worker to help





Moment 4: Wound Care

- Use hand hygiene, gowns, and gloves during wound care and dressing changes



Moment 4: Knowledge Check

You received a new admit with draining wounds which can not be contained.
What precautions do you need to follow?

- A. Standard Precautions
- B. Enhanced Standard Precautions
- C. Contact Precautions
- D. No precautions



Moment 4: Knowledge Check

You received a new admit with draining wounds which can not be contained.
What precautions do you need to follow?

- A. Standard Precautions
- B. Enhanced Standard Precautions
- C. **Contact Precautions**
- D. No precautions





Moment 5: Mobility Assistance and Preparing to Leave Room

- Use hand hygiene, gowns, and gloves when assisting with mobility and when preparing a resident to leave the room
- Do not wear gowns and gloves outside of the room





Moment 5: Knowledge Check

Do you need to wear PPE when interacting with the resident in the activity room?

- A. Yes
- B. No





Moment 5: Knowledge Check

Do you need to wear PPE when interacting with the resident in the activity room?

- A. Yes
- B. **No**



Moment 6: Cleaning and Disinfecting the Environment

- Perform hand hygiene and don gown and gloves when cleaning the resident room
- For multi-bed rooms:
 - Treat each bedspace as separate room
 - EVS staff should routinely change gown and gloves between cleaning bed spaces





Moment 6: Knowledge Check

You are performing a terminal clean of a bedspace of a resident on ESP in a multi-bed room. Do you need to change gowns and gloves between the bed spaces?

- A. Yes
- B. No





Moment 6: Knowledge Check

You are performing a terminal clean of a bedspace of a resident on ESP in a multi-bed room. Do you need to change gowns and gloves between the bed spaces?

- A. **Yes**
- B. No



6 Moments for ESP: Additional Discussion

- Is the resident environment considered dirty?
- How can your clothing be the source for spreading germs?
- How can you prevent spreading germs to other residents after performing high-contact activities?
- How can you prevent spreading germs to the nursing station and other areas?





Summary

- Certain residents have risk factors that increase the chance of picking up or spreading germs to others
- Performing good hand hygiene and using PPE during the 6 moments of ESP will help prevent germ spread among our residents
- Successful implementation of ESP helps improve resident and family satisfaction and outcomes