Environmental Cleaning and Disinfection

CDPH
California Department of Public Health

Infection Prevention Strategies: Basics

Many healthcare-associated infections (HAIs) may be prevented by implementing simple actions that require minimal resources, such as **hand hygiene, environmental and equipment cleaning and disinfection, personal protective equipment (PPE), and isolation precautions.**

The objectives of this presentation are to:

- Describe the role of environmental and equipment cleaning and disinfection.
- Describe the principle of the cleaning process.
- Review cleaning agent label content.
- Discuss the significance of high-touch surfaces and medical equipment cleaning and disinfection.
- List healthcare worker responsibilities in cleaning and disinfection.

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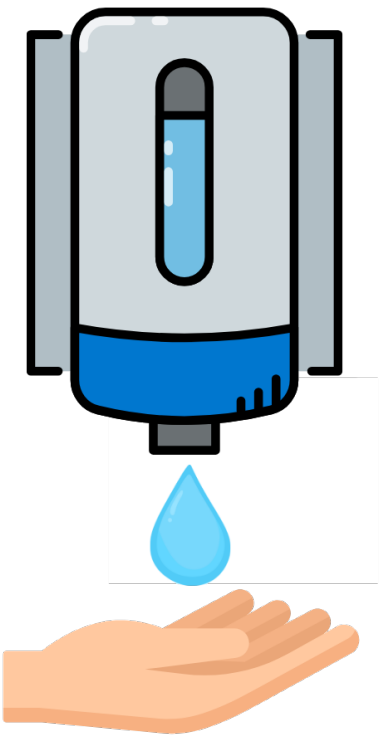
Infection Prevention Strategies: Basics



Hand Hygiene

Cleaning and Disinfection

Personal Protective Equipment and Precautions

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Terminology

- **Cleaning is the scrubbing of surfaces with water and detergent to physically remove dust, dirt, and bodily fluids.**

- **Cleaning removes large numbers of microorganisms** from a surface that would otherwise interfere with the disinfection process.

- Disinfection is the chemical process that kills germs present on surfaces that can cause an infection or disease. Disinfectants are not as effective in the presence of organic material.

- **Surfaces must be cleaned in order to be disinfected.**

Terminology

- **Cleaning** is the removal of visible soil (e.g., organic and inorganic material) from objects and surfaces through scrubbing with water and detergent.

- **Disinfection** is the chemical process that kills germs present on surfaces that can cause an infection or disease.

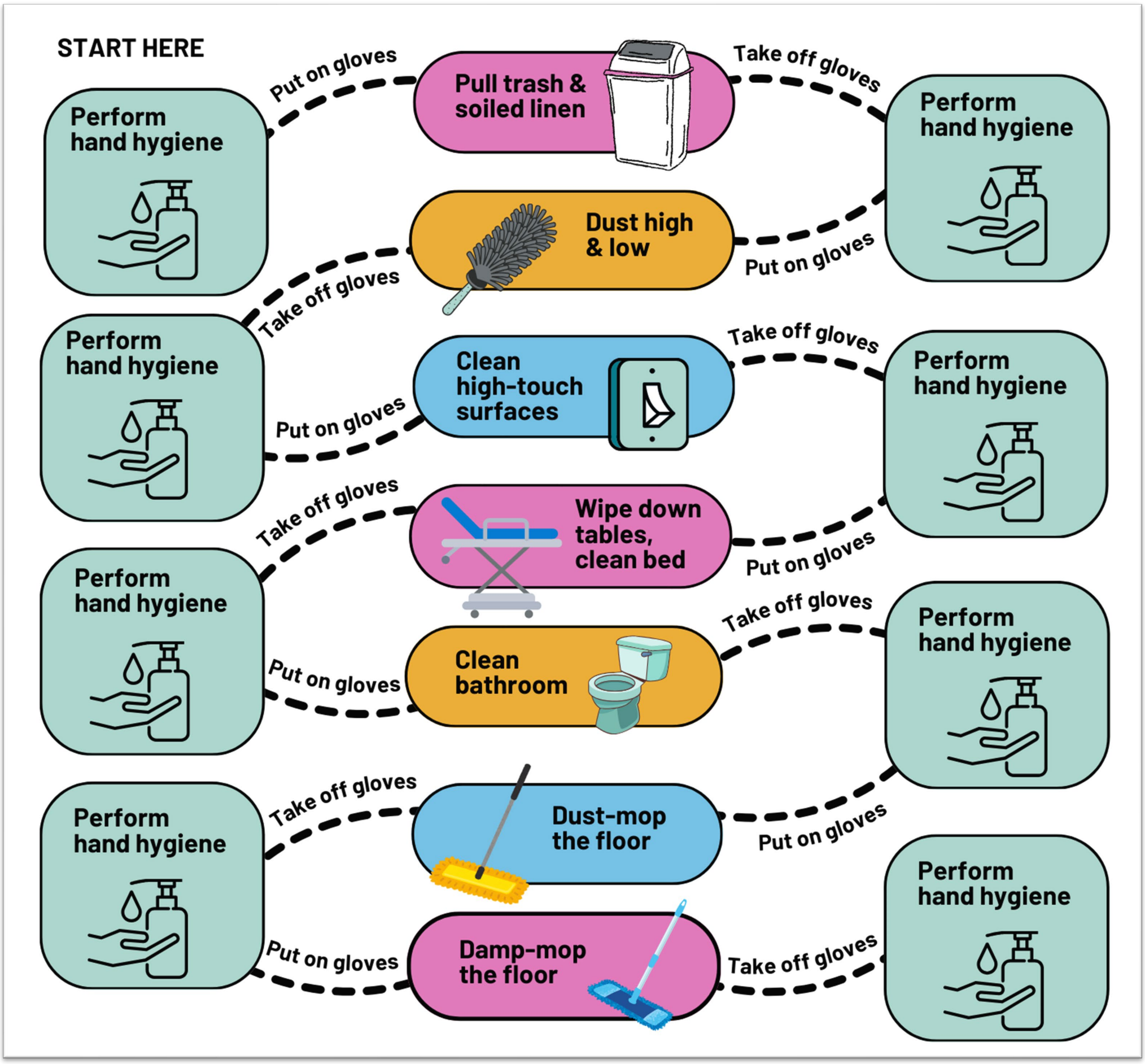
Cleaning Process

- How can you help stop the spread of germs? Here is an example of how to use a standardized approach.
- Perform hand hygiene before putting on PPE; select PPE as required.
- Clean your hands and change into new gloves after dirty tasks and before doing clean tasks.
- Follow a standard process that ensures consistency and prevents contamination.
- Clean and disinfect environmental surfaces on a regular basis and when surfaces are visibly soiled.
- Clean walls, blinds, and window curtains in patient-care areas when these surfaces are visibly contaminated or soiled.
- Clean housekeeping surfaces (like floors and tabletops) on a regular basis, when spills occur, and when these surfaces are visibly soiled.
- Communicate issues to your supervisors.

Additional considerations:

- Cleaning high-touch surfaces can be done before or after dusting. This helps prevent germs from spreading.
- Making the bed may be done by other staff.
- In multi-occupancy rooms, each bed space is cleaned and disinfected before the bathroom. Perform hand hygiene and put on new gloves between cleaning each bed space.

Cleaning Process



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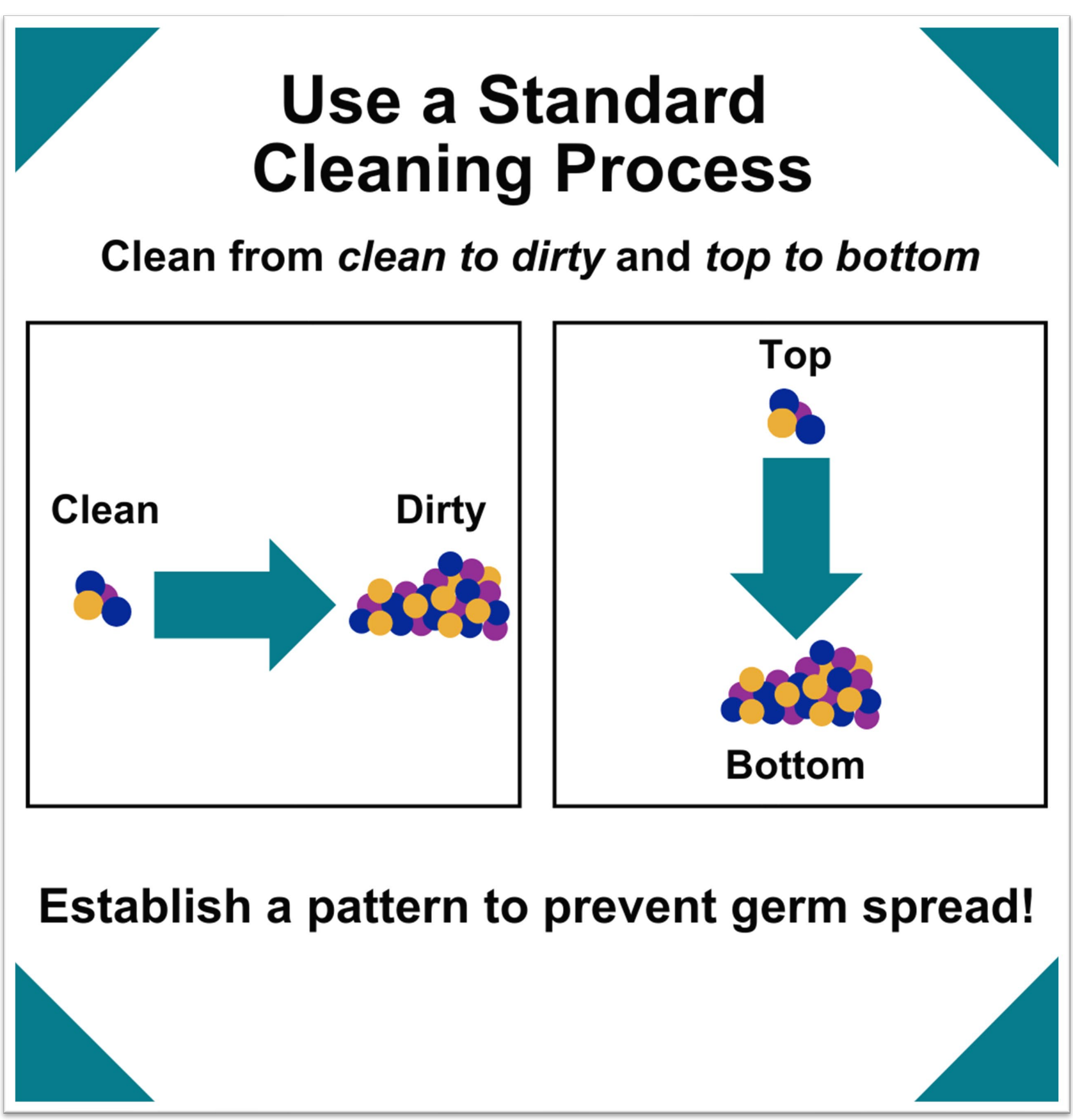
Cleaning Order

Follow a standard process that ensures consistency and prevents contamination.

- Always move from clean areas to dirty areas (for example, clean the patient room first before the bathroom).
- Start from the highest surfaces and work downward.
- Work around the room in the same direction every time.

Cleaning Order

- Follow a standard process for cleaning.



Cleaning Equipment

Change cleaning cloths as needed and use cleaning equipment in a manner that prevents contamination.

- Use separate cleaning cloths for each patient area in multi-bed rooms.
- Use separate cloths for the bathroom and the patient's room.
- Use the toilet brush to clean the inside of the toilet bowl only.
- Clean and disinfect the cart and equipment routinely and after cleaning isolation rooms.

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Cleaning Equipment

- Change cleaning cloths as needed.

- Use cleaning equipment in a manner to prevent contamination.

EPA Label Claim for Disinfectant

The EPA label clarifies a manufacturer's instructions for use, including contact/wet time.

- Follow the manufacturer's instructions for proper use of disinfecting or detergent products such as recommended use, dilution, material compatibility, storage, shelf-life, and safe use and disposal.
- Prepare disinfecting or detergent solutions as needed and replace these with fresh solutions as per manufacturer's instructions.

Contact/wet time is the amount of time a surface should be exposed to a disinfectant to kill pathogens. The disinfectant should stay wet on a precleaned surface for the amount of time listed on the manufacturer's label.

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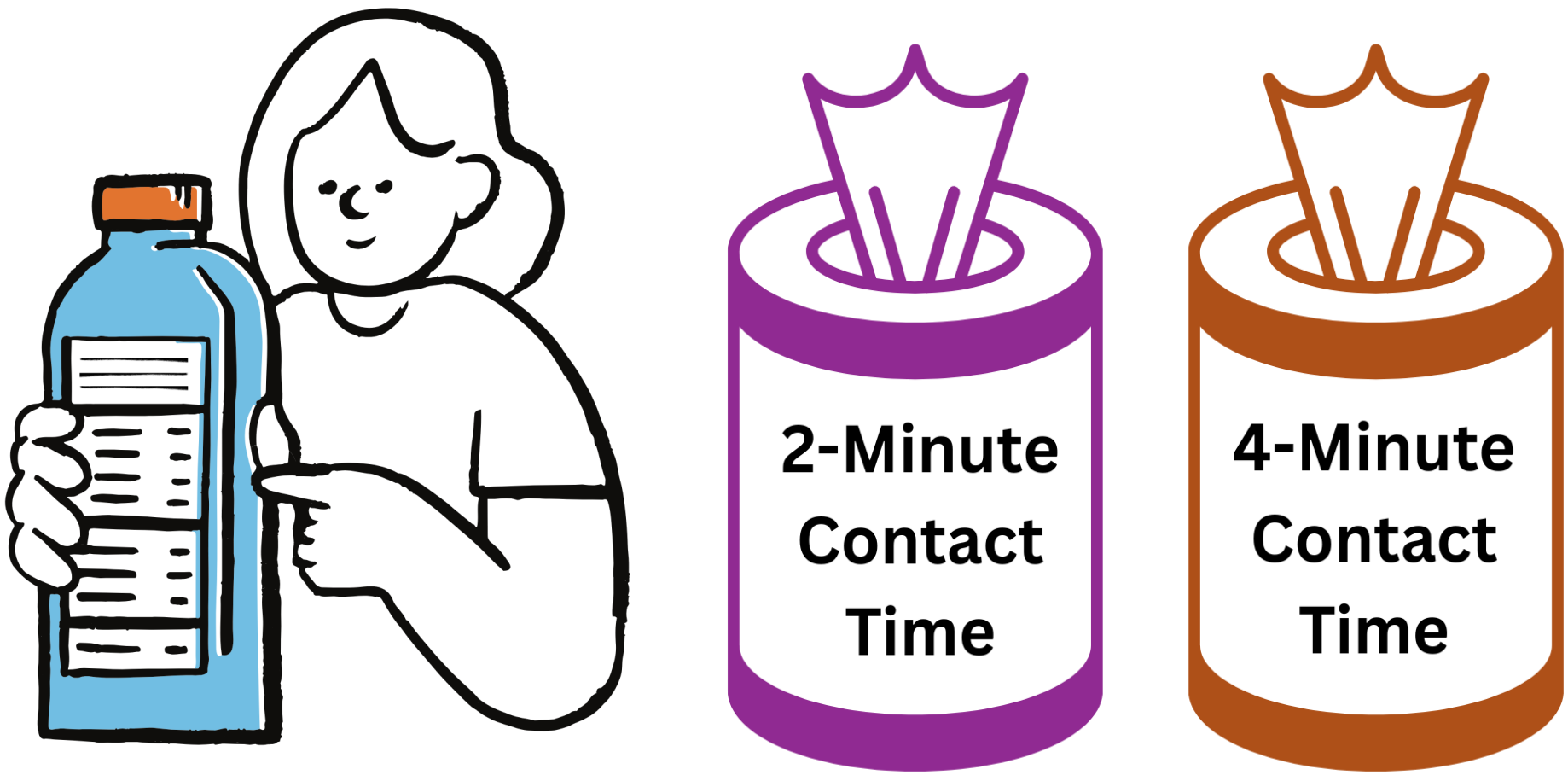
EPA Label Claim for Disinfectants

- **EPA label claims** clarify the manufacturer's instructions for use.
- **Contact/wet time** is the time required for a disinfectant to kill microorganisms on a pre-cleaned surface.



High-Touch Surfaces

High-touch surfaces should be cleaned at least daily. A list of high-touch surfaces and equipment is included in our cleaning and disinfection policy.

Examples of high-touch surfaces include:

- Doorknobs or door handles
- Light switches
- Bedpan cleaners
- Toilet handholds
- Bedrail
- Call bell
- TV remote
- IV pump
- Toilet, commode chair
- Computer keyboard
- Telephone
- Over bed table
- Respiratory and other bedside equipment
- Chairs
- IV poles

High-Touch Surfaces

- High-touch surfaces are more frequently touched and more likely to be contaminated with germs.
- **High-touch surfaces should be cleaned at least daily.**

Cleaning and Disinfection of Shared Medical Equipment

- Clean and disinfect shared medical equipment prior to using with another patient.

- Ensure appropriate cleaning and disinfectant products are easily accessed at points of use.

- Everyone has a role in environmental cleaning and disinfection. Make sure you know who is responsible for cleaning particular items in the patient room.

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Cleaning and Disinfection of Shared Medical Equipment

- Clean medical equipment after each patient use.
- Everyone is responsible for environmental cleaning and disinfection.

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Summary

In summary:

- A properly cleaned care environment is essential to prevent infections.
- Wash your hands before and after cleaning and as needed.
- Follow a standard process that ensures consistency and prevents contamination.
- Clean and disinfect high-touch surfaces at least daily.
- Follow manufacturer's instructions on the label including contact/wet time for proper use of disinfectant.
- All staff have a role in ensuring a clean patient care environment.

To the instructor only:

End by handing out the post-test activity to class participants. Give 5 minutes for participants to answer; then collect tests.

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Summary

- A properly cleaned care environment is essential to prevent infections.
- Wash your hands before and after cleaning and as needed.
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- Follow manufacturer's instructions on the label including contact/wet time for proper use of disinfectant.
- All staff have a role in ensuring a clean patient care environment.

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Instructor Notes

- On the front of the flipchart, you will find the subject for discussion; the back of each picture and subject has a suggested script. The script will help guide the learning experience between you and your staff; it does not need to be followed exactly.
- Try to start a dialogue to involve your staff.
- You may start your session with a pre-test activity. Give 5 minutes for participants to answer; then collect tests.
- To begin, let class participants know that this presentation will teach them the role of environmental and equipment cleaning in infection prevention and control.