Good Night! Sleep Clean and Tight: Infection Prevention While Bed-Making
INFECTION PREVENTION STARTS WITH YOU!

- Standard Precautions
  - Bathing & Dressing
  - Proper Positioning & Transferring
  - Changing Linens & Bed Making
  - Oral Care & Feeding
  - Skin, Perineal, & Urinary Catheter Care
  - Nail Care & Shaving
INFECTION PREVENTION STARTS WITH YOU!

Standard Precautions

- Bathing & Dressing
- Proper Positioning & Transferring
- Nail Care & Shaving
- Changing Linens & Bed Making
- Oral Care & Feeding
- Skin, Perineal, & Urinary Catheter Care
Objectives

• Review the steps to stop infections from spreading
• Review the need for hand hygiene while changing bed linen
• Identify opportunities to disinfect resident bedside area
• Describe proper PPE for changing bed linens
• List ways to handle clean and soiled linen
PREVENTING THE SPREAD OF INFECTIONS WHEN CHANGING LINEN
Proper Linen Management

- Resident linen can become contaminated with germs and bugs

- Germs can be transmitted from linen to resident and/or staff
Proper Linen Management

• Resident linen can become contaminated with germs and bugs

• Germs can be transmitted from linen to resident and/or staff

Proper linen management while using Standard Precautions will keep infections from spreading
1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen
Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen

HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM
Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen
Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen

HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM
Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen
Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area

2. Remove Gloves & Perform Hand Hygiene

3. Gather Clean Linen

4. Put on Gloves & Remove Soiled Linen

5. Remove Gloves & Perform Hand Hygiene

6. Put on Gloves & Clean High Touch Areas

7. Remove Gloves & Perform Hand Hygiene

8. Make Bed with Clean Linen
Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen
HEALTHCARE-ASSOCIATED INFECTIONS PROGRAM

Changing Soiled Linen

1. Perform Hand Hygiene, Put On Gloves, & Clean Area
2. Remove Gloves & Perform Hand Hygiene
3. Gather Clean Linen
4. Put on Gloves & Remove Soiled Linen
5. Remove Gloves & Perform Hand Hygiene
6. Put on Gloves & Clean High Touch Areas
7. Remove Gloves & Perform Hand Hygiene
8. Make Bed with Clean Linen
Hand Hygiene Can Stop the Spread of Germs

- Reduce the risk of germ transmission from soiled areas to clean linens
- Perform hand hygiene for at least 20 seconds before resident care
IDENTIFYING AND CLEANING HIGH-TOUCH SURFACES
Identifying High-Touch Surfaces Around a Resident Bed
Identifying High-Touch Surfaces Around a Resident Bed
High Touch Cleaning Reminders

• When cleaning high-touch surfaces ensure the following:
  – Contact/wet times
  – High to low cleaning
  – Clean to dirty areas
PPE AND ISOLATION SPECIFICATIONS
Choosing Appropriate PPE

- Before changing linen, assess the situation/resident
  - Is there substantial soiling that poses a risk of splash or spray while changing linens?
  - Is the resident on isolation precautions? (i.e., contact, droplet, etc.)
- Gloves should always be worn when removing grossly soiled linen
Examples of PPE When Changing Bed Linen

**Changing bed linen for residents with *C. difficile*:**
- Gown
- Gloves
- Perform hand hygiene with soap/water

**Changing bed linen for residents with Influenza:**
- Gloves
- Mask (if resident is in room or recently was)
- Perform hand hygiene via ABHR or soap/water
LINEN TRANSPORTATION AND DISPOSAL
Proper Transportation of Clean and Soiled Linen

Clean linen may become contaminated with germs when not appropriately transported and stored:

- Cover clean linen cart
- Leave linen cart outside of the room
- Clean and disinfect a surface before placing clean linen in resident's room if needed
- Place soiled linen in a designated cart
- Do not overfill soiled linen cart
- Perform hand hygiene before touching clean linen
Soiled Linen Disposal
What to do with Soiled Linen

When linen is soiled with solid waste, what steps should you follow?

– Follow your facility’s policy on the guidelines for removing soiled particles from linen
– Minimize handling used linen and roll linen up when removing from the bed
– Do not shake or hold it close to the body
– Place in designated linen cart or bag
Highlights

• Follow Standard Precautions when changing linen to prevent the spread of infections
• Clean and disinfect high-touch surfaces surrounding the bedside area
• Don (put on) and doff (take off) proper PPE as needed for each resident interaction
• Never overfill a soiled linen cart
Resources

- Project Firstline Cleaning and Disinfection in Healthcare, Centers for Disease Control and Prevention (www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep16-CLEANING-LoRes.mp4)
Resources

- Project Firstline Contact time for Disinfection, Centers for Disease Control and Prevention
  (www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep22-Contact-LowResolution-New.mp4)
- Healthcare-Associated Infections Program, California Department of Public Health
  (www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)
- CDC TRAIN - Linen Management, Centers for Disease Control and Prevention
  (www.train.org/cdctrain/course/1081818)
- Laundry and Bedding, Environmental Infection Control Guidelines, Centers for Disease
  Control and Prevention
  (www.cdc.gov/infectioncontrol/guidelines/environmental/background/laundry.html)
Questions?
For more information, contact
ProjectFirstline@cdph.ca.gov