

CNA TODAY



Fall Issue



October 2024



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Fall Activities & Flu Shots

Enjoy Seasonal Activities & Fight the Flu



Check out fall festivals and activities happening in your area.

(www.ilovehalloween.com/california-fall-festivals/)

Enjoy the seasons fall flavors by trying out new and easy recipes!

(cooking.nytimes.com/68861692-nyt-cooking/1685992-best-fall-recipes)



Fight the Seasonal Flu



**Winter is coming...which means flu season is on its way.
Now is the time to get vaccinated!**

- Getting your yearly flu vaccine is the first and most important action in reducing your risk of getting the flu.
- The flu can cause serious complications and even lead to death. Some residents in healthcare facilities may be at high risk of developing complications from the flu. Getting vaccinated can help protect you and your residents!
- Practicing hand hygiene and cough etiquette can also help prevent the spread of the flu.
- Find a flu vaccination clinic (www.vaccines.gov/) near you.



Flu Vaccine Information (www.cdc.gov/flu/prevent/prevention.htm)



Infection Prevention & Hand Hygiene

October Awareness

International Infection Prevention Week October 20-26, 2024

CNAs and other frontline healthcare workers play a critical role in infection prevention and control (IPC) to help reduce the burden of healthcare-associated infections and keep their residents safe and healthy. Review these fundamental practices for IPC:

Practice hand hygiene



Sharps safety



Use appropriate PPE



Respiratory etiquette



Clean & disinfect surfaces



Get vaccinated



Global Handwashing Day is October 15, 2024

Remember to practice hand hygiene to help prevent disease and save lives!

Your 5 Moments for Hand Hygiene:

1. Before entering a resident room
2. Before any aseptic procedure
3. After contact with bodily fluids
4. After touching a resident's surroundings
5. When leaving a resident's room

Alcohol-Based Hand Rub (ABHR)



Apply ABHR to palms of hands (use product amount on label). Rub hands together, covering all surfaces until dry.

Soap & Water



Wet hands, apply soap, scrub all surfaces of your hands for 20 seconds, rinse, & dry hands with a single-use paper towel.

Thank you for your hard work and commitment in practicing infection prevention and handwashing to keep residents safe!

[IIPW Information](https://infectionpreventionandyou.org/) (infectionpreventionandyou.org/)

[Global Handwashing Day Information](https://globalhandwashing.org/global-handwashing-day/) (globalhandwashing.org/global-handwashing-day/)

The Role of CNAs in Environmental Cleaning & Disinfection

Environmental Contamination

CNAs can help maintain a clean environment and prevent contamination

- Contamination happens through direct contact, droplets, or spray of body fluids.
- Some germs live on surfaces for hours, days, months, or years.

Contact/Wet Times

CNAs should know how to read disinfectant labels for contact/wet time

- Contact/Wet times - the time required for a disinfectant to kill germs on a pre-cleaned surface.
- Disinfectants must remain wet for the time specified on the bottle to kill germs.

Cleaning vs. Disinfection

CNAs can observe, report, and respond to any resident care area that needs immediate cleaning and disinfection

- Cleaning - removal of visible soil (e.g., organic and inorganic material) from objects and surfaces.
- Disinfection - removal of most germs on surfaces that can cause infection.
- A surface needs to be cleaned before it is disinfected unless the disinfectant is also a cleaning agent.

Maintaining a clean environment is the responsibility of all healthcare personnel, including CNAs!



- ★ Clean from “clean to dirty” and “top to bottom” to help avoid spreading germs.
- ★ Perform hand hygiene before cleaning and wear appropriate PPE.
- ★ Clean reusable items between residents (i.e., walkers, blood pressure cuffs, wheelchairs, etc.).
- ★ Clean high-touch surfaces (i.e., doorknobs, light switches, bed rails, etc.) at least once per day.
- ★ If you notice any large spills or messes, contact an Environmental Services Manager or your supervisor immediately.

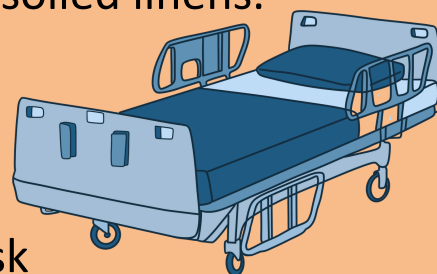


Environmental Cleaning & Disinfection for CNAs - Handling Bed Linens

Choosing Appropriate PPE & Changing Bed Linens



- ★ Before changing linens, determine if the resident is on isolation precautions or if there is substantial soiling, so you can choose the appropriate PPE.
- ★ Gloves should always be worn when changing soiled linens.
- ★ For residents with ***C. difficile***: use a gown and gloves and perform hand hygiene with soap and water.
- ★ For residents with ***Influenza***: use gloves, a mask (if resident was recently in room) and perform hand hygiene with an alcohol-based hand rub or soap and water.



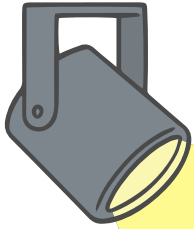
Handling & Transporting Soiled Linen



- ★ Minimize handling used linen and roll linen when removing from bed.
- ★ Do not shake or hold soiled linen close to body.
- ★ Place soiled linen in the designated linen cart.
- ★ Do not overfill a soiled linen cart.
- ★ Cover clean linen cart and leave outside room.
- ★ Perform hand hygiene after handling soiled linen and before touching clean linen.

CNA Spotlight

Colleague-nominated celebrations of CNAs



We know all CNAs deserve special recognition! Here, we spotlight some CNAs submitted to this section.

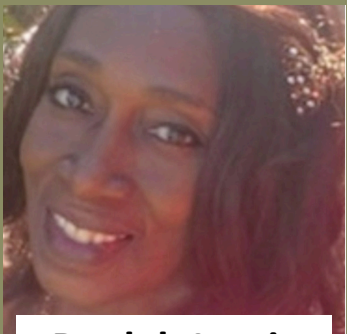
Know someone you want to nominate?

Please send us your nomination! [Nomination Form](https://forms.office.com/g/667PAvATyC)
(forms.office.com/g/667PAvATyC)



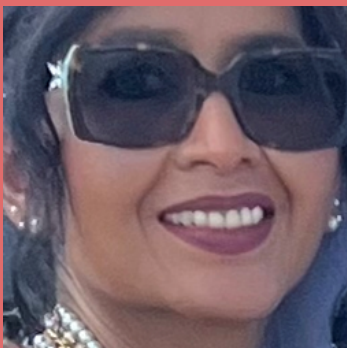
Ashwin Singh

On more than one occasion, Ashwin, has recognized a change in condition of a resident and through her swift response, the resident was transferred to the hospital where they received lifesaving treatment. She advocates not only for her residents, but for her fellow staff as well. She voices concerns and seeks resolution. She is kind and asks thoughtful questions so that she can provide the best possible care for her residents.



Beulah Lewis

For an extraordinary 39 years, Beulah has been a cornerstone of Casa Bonita Convalescent Hospital, exemplifying unwavering dedication and a profound commitment to her role as a Certified Nursing Assistant. Her journey with us is a testament to her incredible work ethic and boundless compassion. Each day, she brings a level of care and empathy that goes beyond the call of duty, making a tangible difference in the lives of her patients. Her ability to provide not only medical care but also emotional support has touched countless lives, creating a nurturing environment where every patient feels valued and respected.



Patricia Buenrostro

Patricia, Patty has been working at Parkvista at Morningside since 2006 as a CNA. Year after year, she continues to exemplify our core values and truly takes wonderful care of our residents despite any challenges she faces. She makes it a personal effort to personalize the care for residents and treats them as her own family member. Additionally, she is one of our CNA leaders, often providing her support to help train and on-board new team members by teaching them the right thing to do for the residents first and foremost and takes personal accountability for their continued success. She is a team player and provides excellent customer service with a compassionate heart and warm smile daily.



Mindfulness Activity

Word Scramble



IISTATNCDNFE

EATINCATONMD

EUSCITFINO

OHGAPNET

DASNAHGWIHN

IATESNIZER

Fall Recipe: Butternut Squash Soup

Ingredients:

- 1 Butternut Squash
- 1 Tbs Oil
- 1 Onion, 1 Clove Garlic
- 3-4 Cups Vegetable Broth
- 1/4 Tsp Nutmeg & Ginger
- 1/2 Tbs Maple Syrup
- Salt & Pepper to taste

Instructions:

1. Cut squash in half lengthwise, remove seeds, season with oil and salt and pepper.
2. Roast in oven face up at 425°F 30 minutes.
3. Cut onion in half, roast with squash for 30 minutes.
4. Add squash, onion, and remaining ingredients to a blender. Pulse until combined.
5. Add your favorite garnish and enjoy!



Enjoy your soup on a cool day! Pair it with a grilled cheese for the ultimate fall comfort food meal!



Word scramble created using (www.education.com/worksheet-generator/reading/word-scramble/)
Soup Recipe (downshiftology.com/recipes/roasted-butternut-squash-soup/#wprm-recipe-container-33834)

About the HAI Program



The **Healthcare-Associated Infections (HAI) Program** in the California Department of Public Health Center for Health Care Quality oversees the prevention, surveillance, and reporting of HAI and antimicrobial resistance (AR) in California's hospitals and other healthcare facilities. Unfortunately, infections acquired as a result of receiving health care remain a public health problem; most HAI are preventable by following infection prevention care practices.

Learn more about the HAI Program: [HAI Program Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

Want a refresher on
Infection Control
Practices?



Please visit us at: [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Questions? Reach out to us at: ProjectFirstline@cdph.ca.gov

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.

