Not Just for EVS: The Role of CNA in Environmental Cleaning and Disinfection
✓ Submit questions via Q&A

✓ Use the chat feature to participate in the discussion
INFECTION PREVENTION STARTS WITH YOU!

Standard Precautions

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

Include 'infection prevention starts with you slides'
Objectives

• Discuss the role of environment in the spread of germs
• Discuss how environmental cleaning and disinfection prevents spread of germs
• Discuss how to read product labels for contact/wet times
• List steps on how to clean and disinfect high-touch areas
• Discuss strategies used to ensure effectiveness of cleaning and disinfection
Keep All Residents Safe
5 Moments for Hand Hygiene

1. Before touching a patient
2. Before clean / aseptic procedure
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient surroundings

World Hand Hygiene Day, World Health Organization
(www.who.int/campaigns/world-hand-hygiene-day)
I’M A CNA, HOW DOES ENVIRONMENTAL CLEANING AND DISINFECTION START WITH ME?
THE ROLE OF THE ENVIRONMENT IN GERM SPREAD
How Do Contaminated Environmental Surfaces Lead to Resident Infection?

• The healthcare environment can be a source of germs spreading
• Some germs live on surfaces for hours, days, or even months
• **Example:** When a resident, staff worker or visitor touches a surface, they might leave germs. Anyone who touches the same surface picks up the germs.
Spread of Germs

- **Source**: Resident A uses a cane
- **Transmission**: CNA assists Resident B with the same cane without proper cleaning and disinfection
- **New Host**: Resident B picks up germs from the cane Resident A used
Environmental Contamination

1. Surface becomes contaminated by direct contact, droplets or spray of body fluids
2. Germs survive on the surface for months to years (like *C. difficile*)
3. Surface is touched by a second person, who picks up germs
4. Second person does not perform proper hand hygiene
5. Person spreads the germs to a third person or other objects
How Do CNAs Play a Role in Environmental Cleaning?

• Observe
• Report
• Respond

This can mean that the CNA needs to clean before EVS staff arrive, such as high touch surfaces.
Cleaning versus Disinfection

- **Cleaning** is the removal of visible soil (e.g., organic and inorganic material) from objects and surfaces
- **Disinfection** removes most germs present on surfaces that can cause infection or disease
- **If a disinfectant product label does not specify that it can be used for both cleaning and disinfection, then Surfaces must be first cleaned in order to be disinfected**
How to Reduce Environmental Bioburden

• **Bioburden** is the number of germs on an object or surface
  – Perform hand hygiene and wear appropriate PPE
  – Clean and disinfect all portable equipment after each use
  – Clean and disinfect high-touch surfaces at least daily
  – Ensure thorough cleaning and disinfection of all rooms after discharge and at the time of admission of new residents
CLEANING SUPPLIES AND PROCESSES
Disinfectants

• Inhibits growth or kills germs
• When using a disinfectant, follow manufacturer’s instructions for:
  o Contact/wet time to kill germs
  o PPE to be used
  o Surfaces to use the product on
Contact/Wet Times

• The time required for a disinfectant to kill germs on a *pre-cleaned* surface (clean surface or item first if the disinfectant does not specify it can be used for both cleaning and disinfection)

• The disinfectant must remain wet long enough to kill the germs on a surface

• Follow manufacturer’s instructions for the contact/wet time to kill germs

• Always perform hand hygiene after cleaning a surface and/or using these products
Environmental Protection Agency (EPA) Label

“What can you find on the label of a product?”

• What it will kill:
  ✓ Viruses
  ✓ Bacteria (e.g., TB)
  ✓ Fungus
  ✓ Spores (e.g., C. difficile)

• Instructions for use
• Contact/wet time to follow
• Appropriate surfaces to be used on
Read the Label!

• Not all products work the same
• Use EPA disinfectants approved for healthcare and follow your facility policy
  – There is no way to know whether homemade products are effective for killing germs
What to Wear: PPE Used in Cleaning

• Appropriate use of PPE is critical to prevent the spread of germs and is important for some cleaning and disinfection tasks

• Select PPE based on:
  – Type of infection prevention precautions assigned to the resident
  – Chemicals to be used to clean the room
  – Refer to the Safety Data Sheet (SDS), manufacturer’s instructions, and facility policy chemical usage and safety steps
I’M A CNA, HOW SHOULD I CLEAN AND DISINFECT?
Environmental Cleaning: Step By Step Process

[Environmental Cleaning and Disinfection, Centers for Disease Control and Prevention](courses.cdc.train.org/Module11B_EnvironmentalCleaningandDisinfection_LTC/index.html)
Proceed from Clean to Dirty

- It helps avoid spreading dirt and germs
- Always clean resident areas before resident bathroom
- During terminal cleaning, clean other surfaces before high-touch surfaces

Environmental Cleaning in Resource-Limited Settings, CDC
(www.cdc.gov/hai/prevent/resource-limited/cleaning-procedures.html)
Healthcare Personnel Touch Many Surfaces

- Door handles
- Toilets
- Showers
- Between Bedspaces

- Bedrails
- Beds
- Chairs
- Bed side table

- Floors
- Light switches
- Sinks
- Clean Supplies
Cleaning and Disinfecting Reusable Items

• Various equipment may be used for more than one resident. Clean and disinfect items between each resident.

• Follow the manufacturer instructions for use (IFU)

• Examples:
  – Walker
  – Wheelchair
  – Thermometer
  – Blood pressure cuff
How Do You Know if a Resident’s Room is Clean?

• Appears visually clean or finger-swipe clean
  – Fast and inexpensive, but lacks objectivity
• Confirmed via technology
  – The use of fluorescence is increasingly becoming the community standard
  – Environmentally stable marker is visible to UV light if still present after cleaning ("Glo-Germ")


Summary

• Contaminated surfaces can spread germs
• Thoroughly cleaning and disinfecting high-touch surfaces such as light switches, bedside tables, and door handles can prevent the spread of germs
• Clean from ‘cleanest to dirtiest’ and ‘highest to lowest’ when cleaning a resident room
• Follow manufacturer’s instructions for contact/wet times to kill germs
• Environmental cleaning is everyone’s responsibility and CNAs can play a role, too!
References

- **Cleaning? Disinfection? What is the difference?, Project Firstline, Centers for Disease Control and Prevention**
  (www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep16-CLEANING-LoRes.mp4)

- **Why do Cleaning and Disinfection Matter in Healthcare?, Project Firstline, Centers for Disease Control and Prevention**
  (www.cdc.gov/infectioncontrol/projectfirstline/videos/EP20-CandD-LowRes.mp4)

- **Project Firstline, Centers for Disease Control and Prevention**
  (www.cdc.gov/infectioncontrol/projectfirstline/about.html)

- **EVS and the Battle Against Infection: a Graphic Novel, Centers for Disease Control and Prevention**
  (www.cdc.gov/infectioncontrol/training/evs-battle-infection.html)
References

- **Recommendations for Disinfection and Sterilization in Healthcare Facilities, Centers for Disease Control and Prevention**
  (www.cdc.gov/infectioncontrol/guidelines/disinfection/recommendations.html)

- **Disinfection & Sterilization Guidelines, Centers for Disease Control and Prevention**
  (www.cdc.gov/infectioncontrol/guidelines/disinfection/cleaning.html)

- **Environmental Cleaning and Disinfection, Centers for Disease Control and Prevention**
  (courses.cdc.train.org/Module11B_EnvironmentalCleaningandDisinfection_LTC/index.html)

- **Steps for Safe & Effective Disinfectant Use, United States Environmental Protection Agency**
  (www.epa.gov/sites/default/files/2020-04/documents/disinfectants-onepager.pdf)
References

- **Reduce Risk from Surfaces**, Centers for Disease Control and Prevention (www.cdc.gov/hai/prevent/environment/surfaces.html)


Next Steps

- Fill out the post-training evaluation
- Join us for Office Hours (See confirmation email for meeting link)
  - Friday, June 24th, 2pm-3pm
- Watch for upcoming training sessions next month about “Nail Care and Shaving”!
- Visit the Project Firstline Website
  (www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
Group Registration

- Have training coordinator send a list of participants and email addresses to CDPH Project Firstline
- If you do not have an email, free email accounts are available
- Once the training coordinator sends the list, instructions will be emailed to each participant to register and be able to receive their Certificate of Attendance
- Email at: ProjectFirstline@cdph.ca.gov
Questions?
For more information, contact ProjectFirstline@cdph.ca.gov