

# Back to Basics: Standard Precautions

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



# Implicit Bias

- Describes how our unconscious attitudes or judgements can influence our thoughts, decisions, or actions
- Includes involuntary, unintentional perceptions made without awareness
- Occurs as our brains sort information and perceive data to understand our world
- Affects our decisions, contributing to societal disparities
  - Self awareness about implicit bias can promote healthcare diversity and equality
- Learn more about your own implicit bias at [Project Implicit](https://implicit.harvard.edu/implicit/) (implicit.harvard.edu/implicit/)



# INFECTION PREVENTION STARTS WITH YOU!



# Objectives

- List the 6 elements of Standard Precautions
- Describe how hand hygiene plays a vital role in every element of Standard Precautions

# Keeping Germs From Spreading



Resident A



CNA gets germs on their hands



CNA touches Resident B with unwashed hands

# What Are Standard Precautions?

**Use all the time, in all settings**

1. Hand hygiene
2. Environmental cleaning and disinfection
3. Injection and sharps safety
4. Appropriate personal protective equipment (PPE) based on activities being performed
5. Respiratory hygiene and cough etiquette
6. Reprocessing of reusable medical devices

**ELEMENT #1:  
HAND HYGIENE**



# CNAs Touch Many Surfaces





# Reflection: Hand Hygiene

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- Hands are the most common mode of transmission of germs
- Perform hand hygiene for at least 20 seconds to keep your hands clean and stop the spread of infections. Clean hands save lives.

***“What are the two methods to properly clean your hands?”***

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# Hand Hygiene

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- Hands are the most common mode of transmission of germs
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## Alcohol-Based Hand Rub (ABHR)



## Soap and Water



# Perform Hand Hygiene for at Least 20 Seconds

- In one 12-hour shift, CNA touch about **912 surfaces**
- When you move from resident room to another, you can spread germs if you do not perform proper hand hygiene
- The less time you wash, the less germs you will remove and the higher the chance of infections spreading



# What Hand Hygiene Method to Use



**ABHR**

- Not visibly soiled
- Before and after eating
- Upon entry and exit of every resident room
- Donning and doffing gloves
- Before and after accessing devices



**Soap and Water**

- Contaminated
- Visibly soiled
- Before and after eating
- After using the restroom
- After contact with residents with *C. difficile* or norovirus
- Contact with bodily fluids, etc.

# Knowledge Check

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***When is hand hygiene needed?***

*(Select all that apply)*

- A. Before entering a room
- B. Before any aseptic procedure
- C. After contact with bodily fluids
- D. After leaving a resident room
- E. After touching a residents' surroundings

# Knowledge Check

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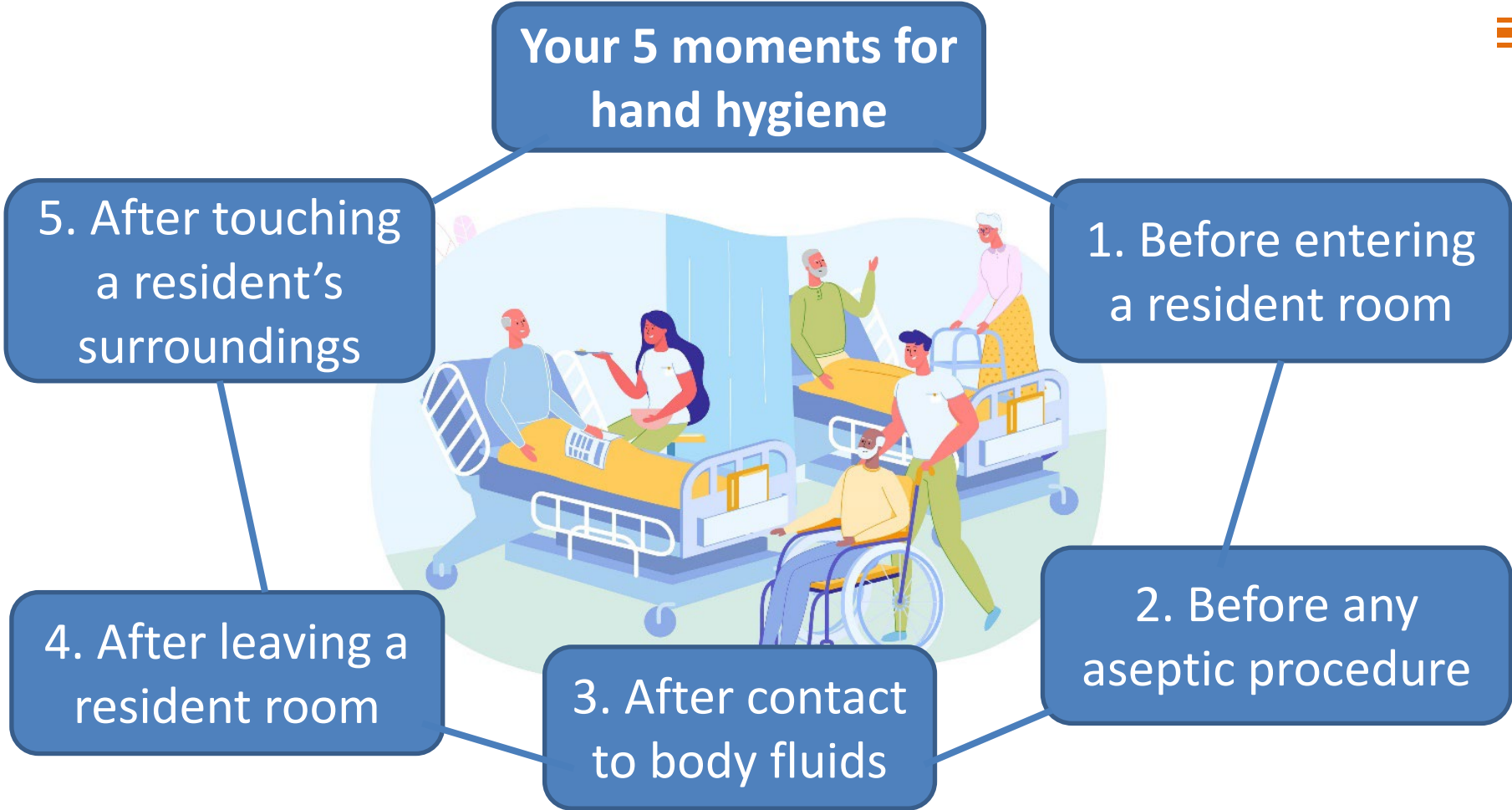
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*(Select all that apply)*

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- B. Before any aseptic procedure**
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# Every Moment Matters!



# Hand Hygiene with ABHR

1. Apply ABHR to the palms of hands
2. Rub hands together covering all surfaces until dry. Get between fingers, fingernails, on the front and back of hands, thumbs and wrists.



Note: Amount of product is based on manufacturer's recommendation





# HOW TO WASH YOUR HANDS



WET YOUR HANDS



APPLY THE SOAP



SCRUB YOUR HANDS



CLEAN YOUR THUMBS

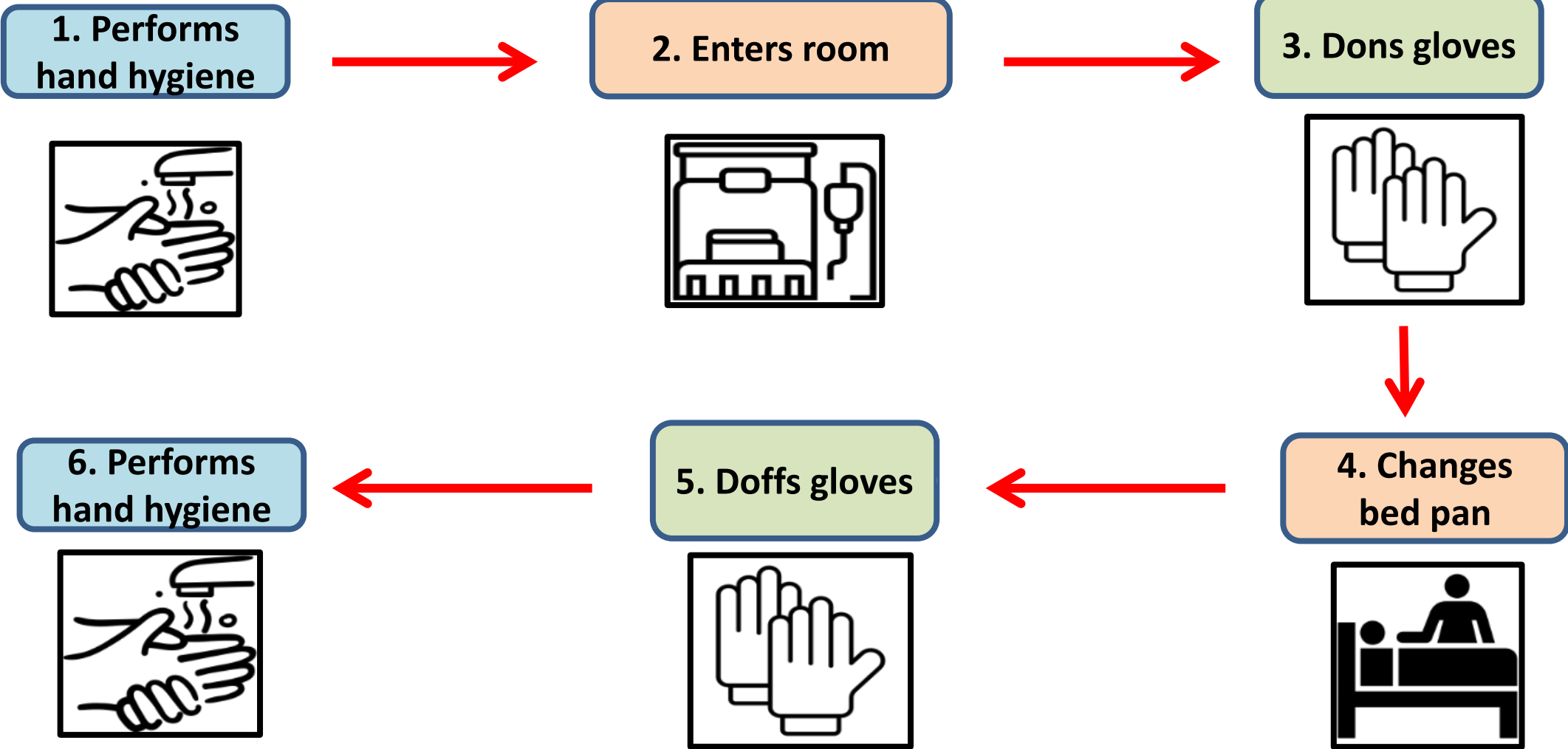


RINSE YOUR HANDS

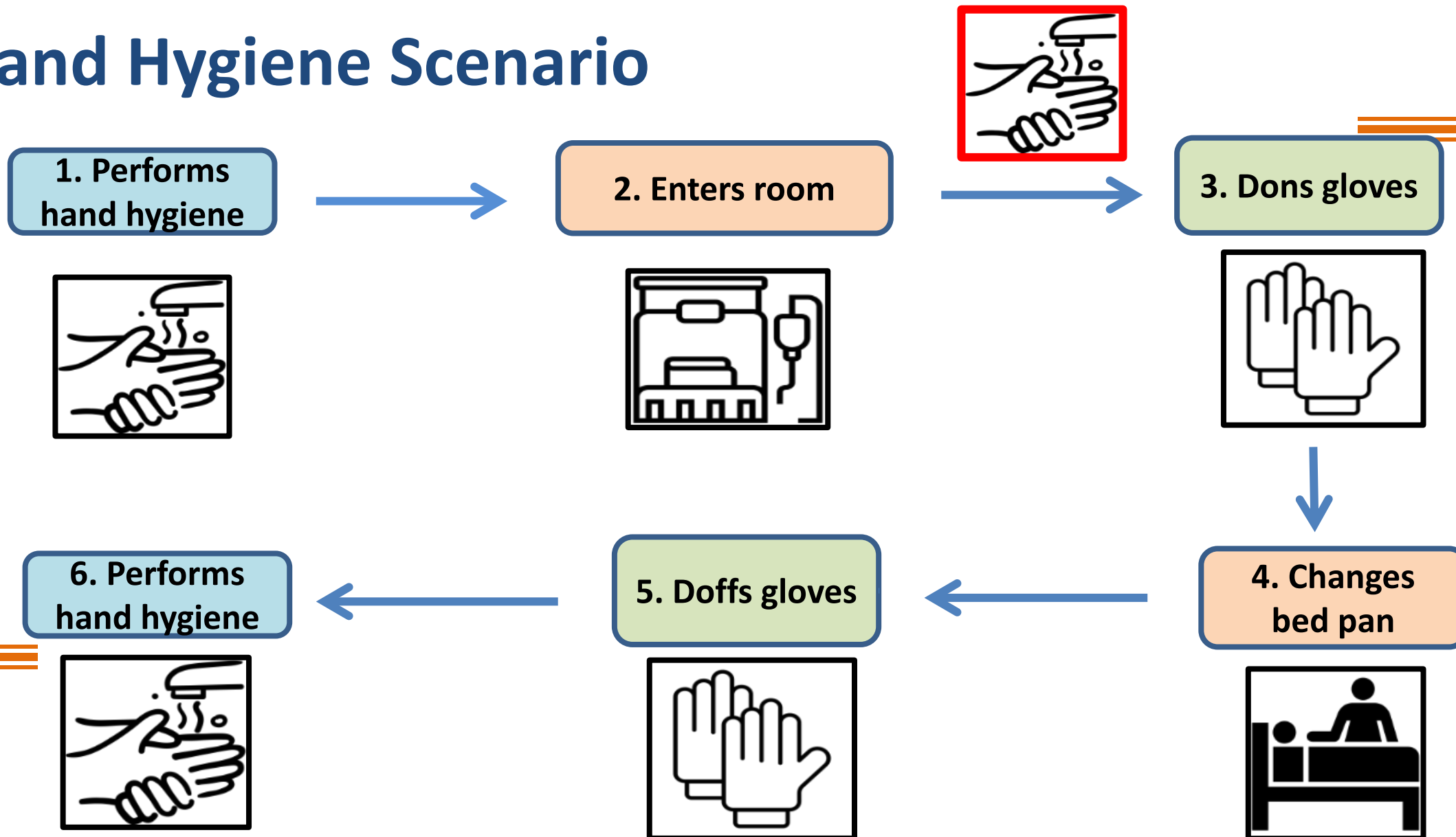


DRY WITH SINGLE USE TOWEL

# Hand Hygiene Scenario



# Hand Hygiene Scenario



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# ELEMENT #2: ENVIRONMENTAL CLEANING AND DISINFECTION

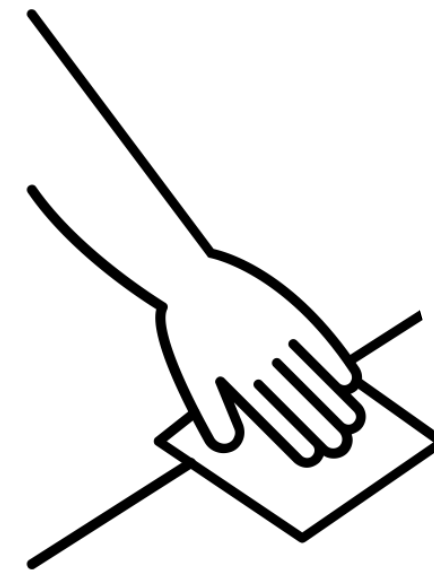
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# Environmental Cleaning and Disinfection

- We all play a part in making sure the environment stays clean for the safety of all in the facility
- A thorough cleaning must occur before a surface can be disinfected
  - **Cleaning:** removal of all visible and invisible soil
  - **Disinfection:** destruction of germs on a non-living surface



## Contact/Wet Times

- The time required for a disinfectant to kill microorganisms on a *pre-cleaned* surface (clean area or item first)
- The disinfectant must remain wet long enough to achieve the claimed level of surface disinfection
- Follow manufacturer's guidelines for achieving the appropriate contact/wet time
- Perform hand hygiene after cleaning a surface





# ELEMENT #3: INJECTION AND SHARPS SAFETY





# Safe Sharps Disposal = No Spread of Infection

- Bloodborne infections can be prevented with proper injection safety and proper sharps disposal
- If you are stuck by a used needle, report it per facility policy
- If you see a used syringe, dispose of it safely
  - Be mindful of the environment
  - Drop item in sharp part first
- If you see a sharps container filled pass the marked line, or a needle sticking out, act immediately and report it to charge nurse or person in charge of disposal
- Perform hand hygiene after disposing of needles and changing sharps containers



**ELEMENT #4:  
PERSONAL PROTECTIVE EQUIPMENT (PPE)**



# Use Appropriate PPE

PPE includes:

**Gown**



**Facemask/  
Respirator**



**Gloves**



**Face shield/Goggles**



- Determine PPE based on the resident care you will be performing
- Consider: potential for exposure to blood, body fluids or other infectious material

# PPE and Hand Hygiene

## DOs

- ✓ Perform hand hygiene before donning PPE
- ✓ Perform hand hygiene after doffing PPE
- ✓ Perform hand hygiene after every removal of gloves

## DON'Ts

- ✗ Do not wash or reuse gloves
- ✗ Do not double glove or double gown



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# ELEMENT #5: RESPIRATORY HYGIENE AND COUGH ETIQUETTE

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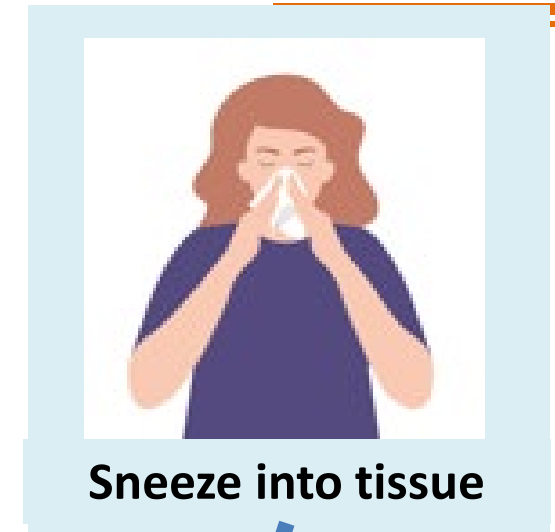
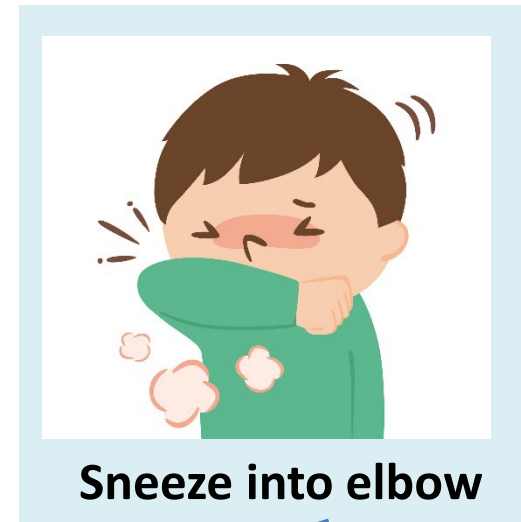
# Respiratory Hygiene and Cough Etiquette

Infection prevention practices to reduce the spread of respiratory pathogens spread by droplet and airborne transmission.

- **Cover your mouth and nose** when sneezing or coughing
- Use and properly throw away tissues
- **Perform hand hygiene** every time you touch your nose, mouth, or face

# Educate Residents, Visitors, and Staff

- Teach your residents and visitors to maintain proper respiratory hygiene and cough etiquette
- Wash your hands with soap and water or use ABHR
- Sneezing and coughing can make others sick



# Knowledge Check

***For the safety of your residents and fellow staff, what is something you could do to protect everyone? (Select all that apply)***

- A. Shake their hand and tell them it's ok
- B. Educate them
- C. Ask them to help you change the residents' clothes
- D. Hug them and thank them for coming to visit the resident



# Knowledge Check

*For the safety of your residents and fellow staff, what is something you could do to protect everyone? (Select all that apply)*

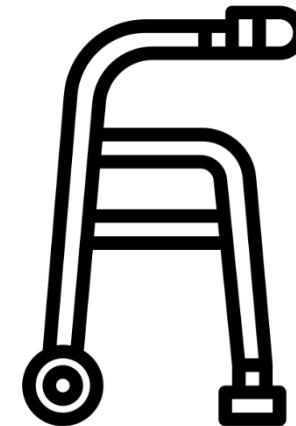
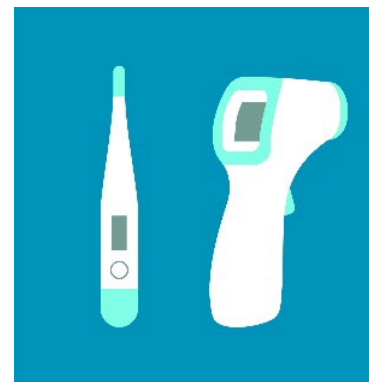
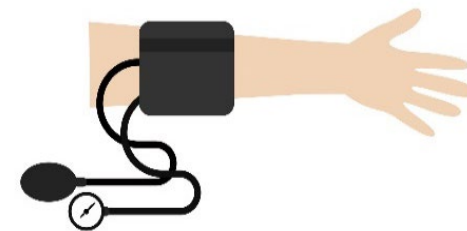
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# ELEMENT #6: REUSABLE DEVICE REPROCESSING



# Device Reprocessing

- Device reprocessing is a multi-step process that includes cleaning and disinfecting of a reusable medical device, such as:
  - Blood pressure cuffs
  - Thermometers and other point-of-care devices
  - Walkers
- Maintain separation between clean and soiled devices to prevent the spread of infection



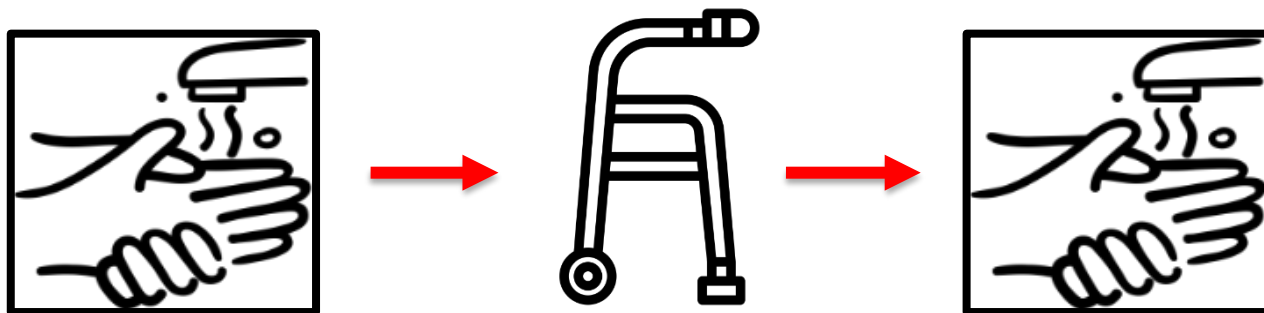
# Hand Hygiene and Reusable Devices

## Using Devices

1. Perform hand hygiene
2. Use device
3. Perform hand hygiene

## Cleaning and Disinfecting Devices

1. Perform hand hygiene
2. Clean device
3. Disinfect device
4. Perform hand hygiene



# Highlights

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- Standard Precautions should be used at ***all*** times, in ***all*** healthcare settings
  - Hand hygiene for at least 20 seconds plays a vital role in every element of Standard Precautions to prevent the spread of infection
  - Using proper PPE can protect you from spreading infections to your residents
  - Follow listed contact/wet times for cleaning and disinfecting surfaces and medical equipment
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# References

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- Clean care for all- it's in your hands | World Health Organization (WHO)  
([www.who.int/campaigns/world-hand-hygiene-day](http://www.who.int/campaigns/world-hand-hygiene-day))
  - Clean Hands: Combat COVID-19! | Centers for Disease Control and Prevention (CDC)  
([www.youtube.com/watch?v=xmYMUly7qiE](http://www.youtube.com/watch?v=xmYMUly7qiE))
  - Hand Hygiene in Healthcare Settings | CDC  
([www.cdc.gov/handhygiene/index.html](http://www.cdc.gov/handhygiene/index.html))
  - Healthcare-Associated Infections Program | California Department of Public Health (CDPH)  
([www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx))
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# QUESTIONS AND DISCUSSION

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# Project Firstline Resources

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## Visit the [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

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## Email the Project Firstline AskBox

[ProjectFirstline@cdph.ca.gov](mailto: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.