
INFECTION CONTROL GUIDELINES: **STANDARD PRECAUTIONS & ADDITIONAL PRECAUTIONS: LESSON PLAN**

Lesson overview

Time: One hour

This lesson covers the guidelines developed by the U.S. Centers for Disease Control (CDC) in 1996 for preventing the spread of infection. These guidelines are in two sections, called **Standard Precautions** and **Additional Precautions**, and are designed especially for healthcare workers. The guidelines are an updated version of the 1985 CDC **Universal Precautions**.

Learning goals

At the end of this session, the learner will:

1. Understand the four disease transmission categories.
2. Understand Standard Precautions and how and when they should be used.
3. Understand Additional Precautions and how and when they should be used.
4. Be able to apply this understanding at work.

Teaching plan

1. Begin by asking the learners to tell you what they already know about Universal Precautions or Standard Precautions. Ask if any learner can give an example of an incident that taught them the importance of following infection control guidelines. Have your own story ready as an illustration if no one volunteers.
2. Explain the content in the lesson overview and list the learning goals, using a blackboard, grease board, or flip chart if available.

Section 1: Disease transmission

1. State: Diseases are transmitted from one person to another by four basic methods. Ask your learners to refer to the learning guide and tell you what those methods are.
2. Briefly discuss each of the four methods of disease transmission, allowing for input and questions.

3. Ask your learners to fill out the matching quiz on the learning guide. Discuss the answers: **1.C.; 2.A.; 3.D.; 4.B.**

Section 2: Standard Precautions

1. State: "Standard Precautions are basic infection control guidelines. They should be used at all times as you perform your work. They protect others and us from diseases that are spread by bloodborne transmission."
2. Indicate the list of Standard Precautions on the handout. Ask learners to read parts of the list to the group.
3. Demonstrate proper hand washing with these three rules: 1. Use friction (rub hands together); 2. Wash for ten seconds (sing "Happy Birthday" while washing—takes ten seconds to sing); 3. Use soap and water (disinfectant gels are not adequate).
4. Show your learners how to use Standard Precautions when using and cleaning client care equipment—refer to the learning guide and your facility's procedures for specifics.
5. Allow for comments and discussion.

Section 3: Additional Precautions

1. Review the Additional Precautions for the three types of transmission included in the learning guide.
2. Ask the learners for examples of when these precautions should be used.

Conclusion

1. Have the learners complete the test. Grade the test in class so any wrong answers can be discussed and corrected.

Answers: 1.c; 2.b; 3.a.; 4.d; 5.d; 6.F; 7. airborne, bloodborne, contact, droplet; 8. wash hands, wear gloves, wear gown, mask, goggles if will get splashed, keep everything clean; 9.F.; 10.T.

2. Be sure your learners sign the achievement certificate and your sign-in sheet.

INFECTION CONTROL GUIDELINES: ***STANDARD PRECAUTIONS & ADDITIONAL PRECAUTIONS:*** LEARNING GUIDE

Disease transmission

Four ways diseases are passed around:

A—Airborne transmission:

Airborne germs can travel long distances through the air and are breathed in by people. Examples of diseases caused by airborne germs: TB, chickenpox.

B—Bloodborne transmission:

The blood of an infected person somehow comes in contact with the bloodstream of another person, allowing germs from the infected person into the other person's bloodstream. Blood and bloodborne germs are sometimes present in other body fluids, such as urine, feces, saliva, and vomit. Examples of diseases caused by bloodborne germs: AIDS, hepatitis.

C—Contact transmission:

Touching certain germs can cause the spread of disease. Sometimes you touch an infected person, having direct contact with the germ. Sometimes you touch an object that has been handled by an infected person, having indirect contact with the infection. Examples of diseases caused by contact germs: pink-eye, scabies, wound infections, MRSA.

D—Droplet transmission:

Some germs can only travel short distances through the air, usually not more than three feet. Sneezing, coughing, and talking can spread these germs. Examples of diseases caused by droplet germs: flu, pneumonia.

What kinds of germs are being spread in the following cases? Match the activity with the type of transmission by writing "A", "B", "C", or "D."

1. Changing the bed linens of a client with a rash, without wearing gloves.
2. _____ Keeping a fan blowing and the door open when a client has shingles. _____
3. A client who has a cold sneezes on others sitting at her table. _____
4. Wipe urine off the floor without gloves.

Standard Precautions

1. Wash hands

- After touching blood, body fluids, or objects contaminated by blood or body fluids. Do this even if you were wearing gloves.
- After removing gloves.
- Between each client's care.

2. Wear gloves

- Whenever you touch blood, body fluids, or contaminated objects.
- Before touching a client's broken skin or mucous membranes (mouth, nose), put on clean gloves.
- Change gloves between tasks and between each client's care. Dirty gloves spread germs, just like dirty hands!

3. Wear a gown, mask, and goggles

- **If** you know you might get splashed with blood or body fluids. Use a waterproof gown if you might get heavily splashed.
- Remove dirty protective clothing as soon as you can and wash your hands afterward.

4. Keep everything clean

- Clean up spills as soon as possible.

USE STANDARD PRECAUTIONS FOR ALL CLIENT CARE. THIS IS BASIC INFECTION CONTROL FOR BLOODBORNE DISEASES—TO PROTECT YOU AND YOUR CLIENTS.

Standard Precautions for handling objects

1. Clean any equipment that has been used by one client before giving it to another client. Follow your facility's cleaning procedures.
2. Use disposable equipment only once.
3. Dirty linens should be rolled, not shaken, and should be held away from your body. Linens soiled with body fluids can be washed with other laundry, using your facility's procedures.
4. No special precautions are needed for dishes or silverware. Normal dish soap and hot water (water temperature must be hot enough to meet state requirements) will kill germs.
5. Change cleaning rags and sponges frequently.
6. Stethoscopes, blood pressure cuffs, and thermometers should be cleaned between each use, using your facility's procedures.
7. Dispose of dangerous waste such as needles **VERY CAREFULLY**. Needles and other sharp devices should go into clearly marked puncture-proof containers, **NOT** the regular trash container! **DO NOT RECAP** used needles—put them in the puncture-proof container without the cap on.
8. Trash that is contaminated with germs, such as wound dressings, should be disposed of according to your facility's procedures.
9. Any container marked "Biohazard" is only for discarding contaminated waste—don't remove anything from it! If you must handle anything in the container, always use gloves. Don't put your hand in anything that contains needles or other sharp objects.
10. Check your gloves and other protective clothing frequently. If you see tears or holes, remove the gloves, wash your hands, and apply clean gloves.

TIP: Don't touch your face (nose, mouth, eyes) when giving client care, unless you remove your gloves and wash your hands first. Protect yourself from infection.

Additional Precautions

If you know that a client has a disease that is spread in one of the following ways, use these extra precautions:

1. Airborne

- The client should have a private room, possibly one with a special air filter.
- Keep the client's room door closed.
- Wear a mask. If the client has, or might have, tuberculosis, wear a special respiratory mask (ask your supervisor). A regular mask will not protect you.
- Remind the client to cover nose and mouth when coughing or sneezing.
- Ask the client to wear a mask if he or she wants or needs to be around others.

2. Contact

- The client should be in a private room, but the door may stay open.
- Put gloves on before entering the room.
- Change gloves after touching a contaminated object (bed linens, clothes, wound dressings).
- Remove gloves right before leaving the room. Don't touch anything else until you wash your hands. Wash your hands ASAP!
- Wear a gown in the room if the client has drainage, has diarrhea, or is incontinent. Remove the gown right before leaving the room.
- Use a disinfectant to clean stethoscopes, blood pressure cuffs, or any other equipment used on the infected client.

3. Droplet

- The client should be in a private room, but the door may stay open.
- Wear a mask when working close to the client (within three feet).
- Ask the client to wear a mask if he or she wants or needs to be around others.

Handwashing rule: Rub hands together with soap and running water for at least 10 seconds. Germicidal gels are not enough!

USE ADDITIONAL PRECAUTIONS IN ADDITION TO STANDARD PRECAUTIONS WHEN A CLIENT HAS AN ILLNESS REQUIRING EXTRA INFECTION CONTROL MEASURES.