

Infection Control

Three Crucial Components of an Infection Control Program

- *Epidemiological* — survey the residents to determine the type of infection occurring
- *Policies and procedures* — are established based on the type of infection identified in the survey
- *Specially trained personnel* — collect the surveillance data and coordinate the type of interventions to set in place

Infection Control Program

- Reflect resident care practices based on professional associations and the Centers for Disease Control (CDC)
- Take a team approach to developing the plan; include staff members from every department in the health care facility
- Tailor the written infection control plan to the specific facility's resident population

Infection Control Program Objective

The main goal of any infection control program is to reduce the risk of nosocomial infections in residents, staff, and visitors.

- Conduct systematic nosocomial infection surveillance
- Develop, establish, and enforce written policies and procedural guidelines to prevent and control infection
- Train staff members in the methods to prevent and control infection
- Regularly evaluate the program's effectiveness

Pathogens and the Chain of Infection

- The most common microbes that cause diseases are:
 - Bacteria
 - Fungi
 - Viruses
 - Protozoa
- Chain of infection:
 - *Causative agents* — the pathogens that cause the disease
 - *Source* — pathogens live in and on the human body
 - *Portal of exit* — the method the pathogen leaves the body
 - *Method of transmission* — the method used to pass the pathogen to another person
 - *Portal of entry* — the method the pathogen enters the body
 - *Susceptible host* — the person becomes ill when the pathogen enters the body

Transmission

There are three different ways to transmit diseases:

- Airborne Transmission
 - Pathogens are carried by moisture or dust particles in the air
 - The resident breathes in the pathogens
- Droplet Transmission
 - Moisture particles that travel approximately 3 feet
 - Sources include coughing, sneezing, talking, laughing, and singing
- Contact Transmission (Direct and Indirect Contact with an Infected Person)
 - Direct contact includes touching, sexual contact, blood, and body fluids
 - Indirect contact includes clothing, dressings, equipment used in care and treatment
 - Food
 - Water
 - Specimen containers

Safety Tips from the WorkSafe People

Prevent Infection

- Maintain adequate fluid intake for residents
- Maintain adequate food intake for residents
- Regularly toilet residents who need assistance
- Keep the perineal area of the residents clean
- Perform catheter care as instructed — avoid opening the draining system
- Report any unusual signs or changes with the residents
 - Changes in the frequency of urination or amount voided
 - Pain or burning on urination
 - Coughing or respiratory problems
 - Changes in skin color
 - Elevated temperature
 - Red, swollen area
- Protect the health of others by taking care of yourself
 - If you have an infectious disease, report it to your supervisor
 - If a visitor or family member of the resident is coughing or sneezing, advise your supervisor

For more information www.cdc.gov