

Caregiver Corner

Gloves, Gloves and Gloves!



When should I wear them?

During all cleaning of body fluids (changing Depends or cleaning the resident after an incontinence episode or toileting)

During application of medications such as creams &/ suppositories.

When doing laundry

When assisting any resident who is actively bleeding from a wound

When assisting any resident who is vomiting, coughing or spitting up blood or body fluids

When performing a finger stick to check the resident's blood sugar

When removing soiled linens from a bed When assisting a resident with dental hygiene Picking up a used tissue on the floor



There is actually a special way to take them off!

- #1. Remember, the outside of gloves is contaminated.
- #2. Grasp the outside of one glove with the opposite gloved hand and peel it off.
- #3. Hold the removed glove in your gloved hand.
- #4. Slide your fingers of the ungloved hand under the remaining glove at the wrist.
- #5. Peel the glove off over the first glove, so one glove is contained inside the other inside-out.
- #6. Discard the gloves in the proper waste container.
- #7. Wash your hands.

Infection Section

Infection is a serious health threat to older adults and often leads to a general decline in functional abilities. For older adults who suffer from chronic illnesses or have weakened immune systems, infections can lead to death. It is important to understand how infection occurs, so that caregivers can help stop the spread of infection. The first part of this lesson explains the infection process.

DEFINING INFECTION BASICS

Infection is the invasion of body tissues by disease-causing organisms such as viruses and bacteria, which produce toxins. The invading organism multiplies in the body, causing the tissues to react to the organisms and the toxins.

Some common infections are wound infections, urinary tract (UTI) infections, digestive tract (gastrointestinal) infections, and respiratory infections.

Signs and Symptoms

Wound infections may have swelling, pain, redness, increased warmth at the site of infection, and may cause fever. Some wounds may also produce drainage. Some examples of wounds that can become infected are diabetic ulcers, surgical wounds, pressure sores, skin tears, and cuts.

Urinary tract infections may cause burning or pain with urination, urgency, frequency, foul-smelling urine, and fever.

Kidney and bladder infections are also infections of the urinary tract.

Digestive tract infections may cause abdominal pain and cramping, nausea, vomiting, diarrhea, and fever. "Stomach virus" (Norovirus), food poisoning, and C-diff. (clostridium difficile) are examples of digestive tract infections

Respiratory infections may cause congestion, sore throat, cough, and fever.

The common cold, seasonal flu and pneumonia are examples of respiratory infections.

THE LEVEL OF INFECTION

Local infection refers to an infection that affects only a specific part or area of the body. For example, a cut on your arm that becomes infected is considered a "local" infection because only the tissue immediately surrounding the cut is infected.

Systemic infection refers to an infection that affects one or more body systems and causes general body illness. An example is the flu, which affects not only the respiratory system, but also the digestive system (nausea, vomiting, diarrhea, loss of appetite), and muscles (aches, weakness).

This may happen if the invading organism enters the person's blood stream and is circulated to other parts of the body. For example, an infected wound may allow the bacteria to penetrate into the blood stream and spread throughout the body.

Infection Section Continued

The Chain of Infection

Several conditions must be linked together in order for infection to spread. These conditions are like the links in a circular chain. There are six links in the chain.

LINK #1 Infectious Organisms—Viruses, Bacteria, Fungus, Parasites

LINK #2 A Place to Live (Host) -Infectious organisms (germs) need a suitable place to live, grow and multiply. Humans, animals, soil, water and contaminated surfaces are all suitable hosts for infectious organisms.

Your Role: Using proper disinfecting techniques on surfaces that act as breeding grounds.

LINK #3 An Exit Out of The Host -Infectious organisms need an exit (portal or doorway) in order to escape from the place in which they are living and growing. Some Portals include: nose, mouth, sneezing, coughing, vomiting, broken skin wounds, etc.

Your Role: Cover your mouth and nose when you cough or sneeze.

LINK #4 Mode of Transmission -Once germs escape from their host, they need a method of traveling in the environment to a new host or place to live. Some of those methods include: direct contact with the fluids named above, indirect contact by touching infected surfaces or by insects and/or animals.

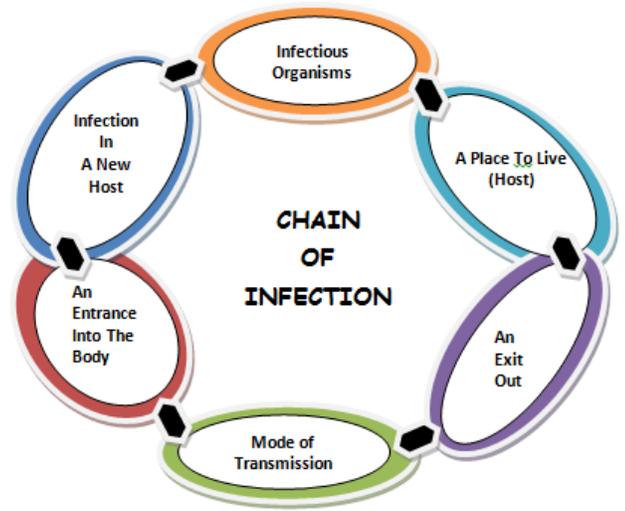
Your Role: Wash your hands, use universal precautions and always wear gloves.

LINK #5 An Entrance Into The Body—Infection-causing organisms also need an entry (portal or doorway) into the body (new host). Some of these entrance portals include: mouth, nose, eyes, broken skin, and even through our lungs when we breathe.

Your Role: A lot of the actions in Link #3 apply to your role in this link as well.

LINK #6 Infection In A New Susceptible Host—A susceptible host is a person whose body cannot effectively fight off infection from invading germs. Older adults with chronic illnesses and weakened immune systems are more susceptible to infections than a healthy individual.

Your Role: Practice a healthy lifestyle and promote this lifestyle to your residents.



A CLOSER LOOK

Universal and Standard Precautions

Universal precautions

An important strategy for infection control—required by the CDC and OSHA—in which all human blood, certain body fluids, as well as fresh tissues and cells of human origin are handled as if they are known to be infected with HBV, HCV or HIV and/or other blood-borne pathogens. It means that we avoid direct contact with blood, semen, vaginal secretions and anything with visible blood.

Standard Precautions

Standard precautions mean that we avoid direct contact with ANY body fluid (except sweat).

To practice Standard Precautions we protect ourselves at work from exposure to blood and any body fluids, broken skin (a cut or open sore or oozing rash) and the mucous membranes (mouth, vagina, rectum) by using Personal Protective Equipment (PPE) as needed.

Personal protective equipment (PPE)

PPE may be needed in certain situations. You may be instructed to wear PPE including GOWNS, MASKS and/or GOGGLES as protection from exposure to body fluids.

When to wear a GOWN:

If splashing or other potential to contact blood or other infectious fluids is likely. For example, cleaning up an uncooperative resident or their bedding after an incontinence episode or assisting a resident or cleaning up after vomiting.

When to Wear a Mask/Goggles:

If there is risk of being splashed in the face with any body fluid the safe action is to wear both mask and goggles. They will protect the nose/mouth and eyes

These are available wherever the emergency box is located in your facility.

The nurses will inform caregivers when it is necessary to wear a mask during an out-break of infection.

Let's Recap!

HANDWASHING

How Important Is It?



1 in 6 mobile phones are contaminated in fecal matter.



There is a right way to wash your hands...



**Wet Your
Hands**



**Lather &
Scrub**

Sing the Happy
Birthday song Twice



**Rinse Your
Hands**



**Dry Your
Hands**

Source: Centers for Disease Control