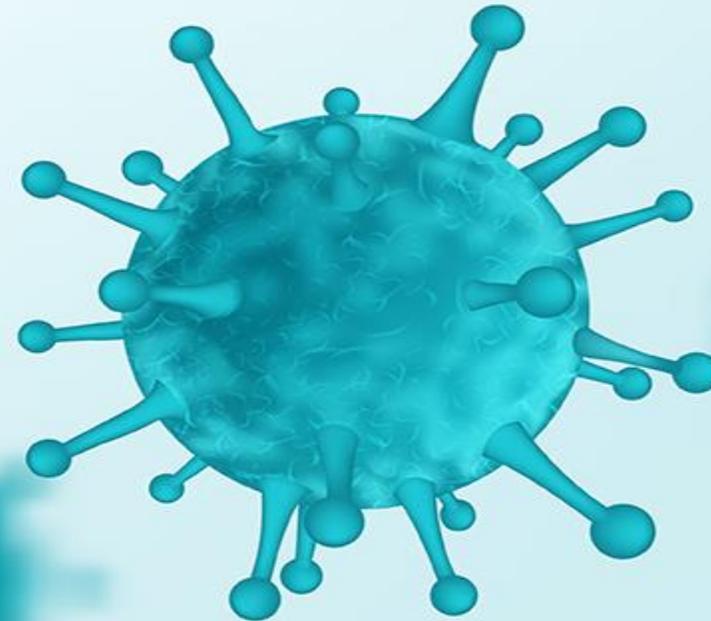
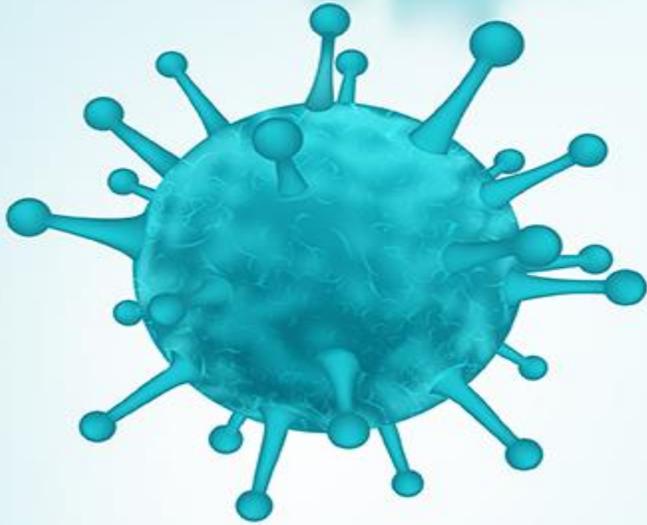
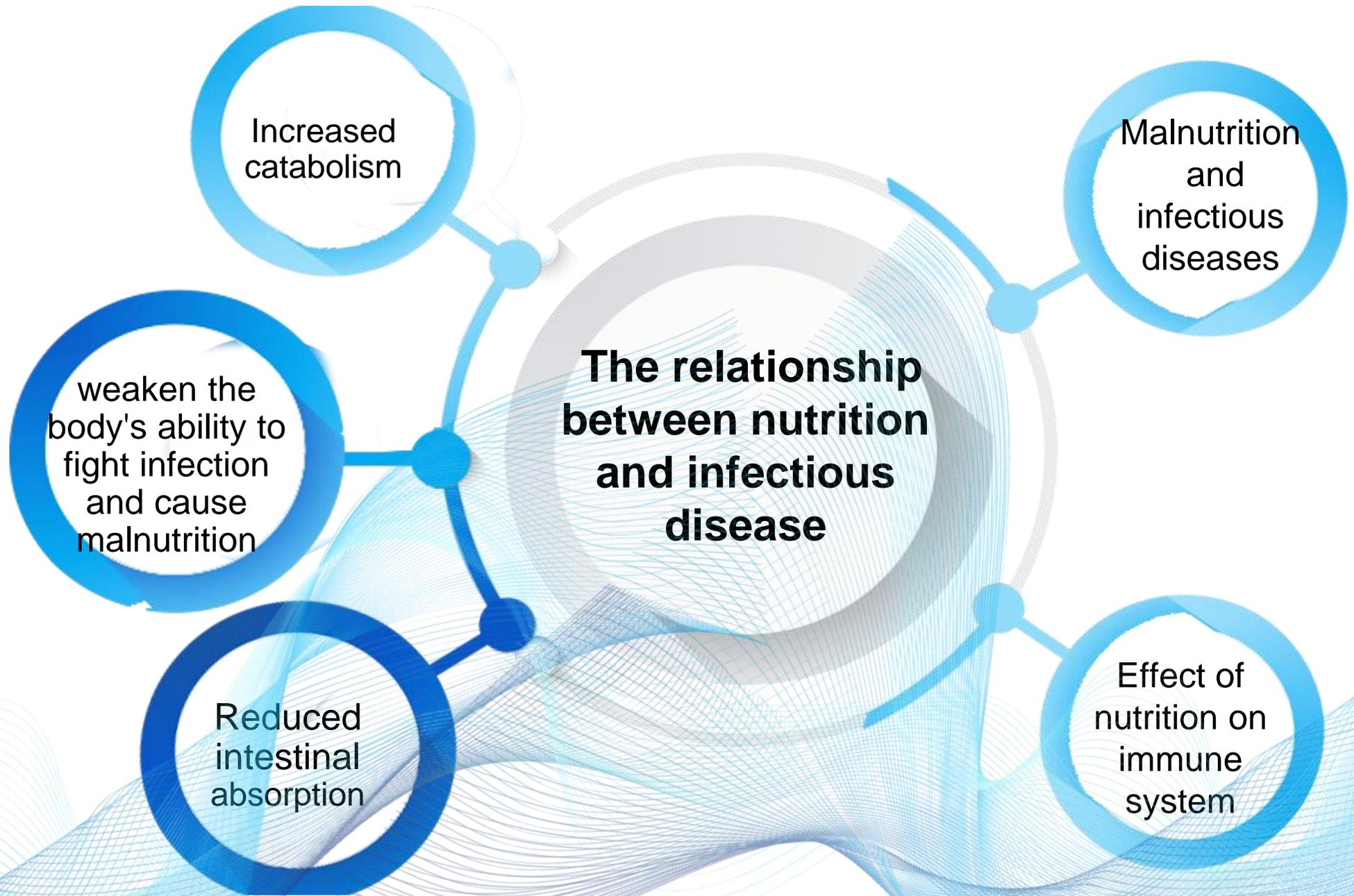


Universal Precautions for Infection Prevention & Control In Hospitals



created by
Dr. Eileen Canday
Ph.D.; RD
RD Board Member





5 STEPS TO FOOD SAFETY

1

**Be Clean,
Be Healthy**



Never touch food with unwashed hands.



Wash your hands frequently if you are sick.



Wash hands when necessary.

2

**Keep it Cool
Keep it Hot**



Keep cold foods at 41°F / 5°C or below.



Keep hot foods at 140°F / 60°C or above.

3

Don't Cross-Contaminate



Do not store raw foods in the same container as cooked foods.

If you have used a utensil or cooking surface for raw meat, wash it before using it with anything else.

4

**Wash, Rinse,
and Sanitize**



#1 Wash everything you use while cooking or eating in hot water and soap.



#2. Rinse in hot water.

5

**Cook It and
Chill It**

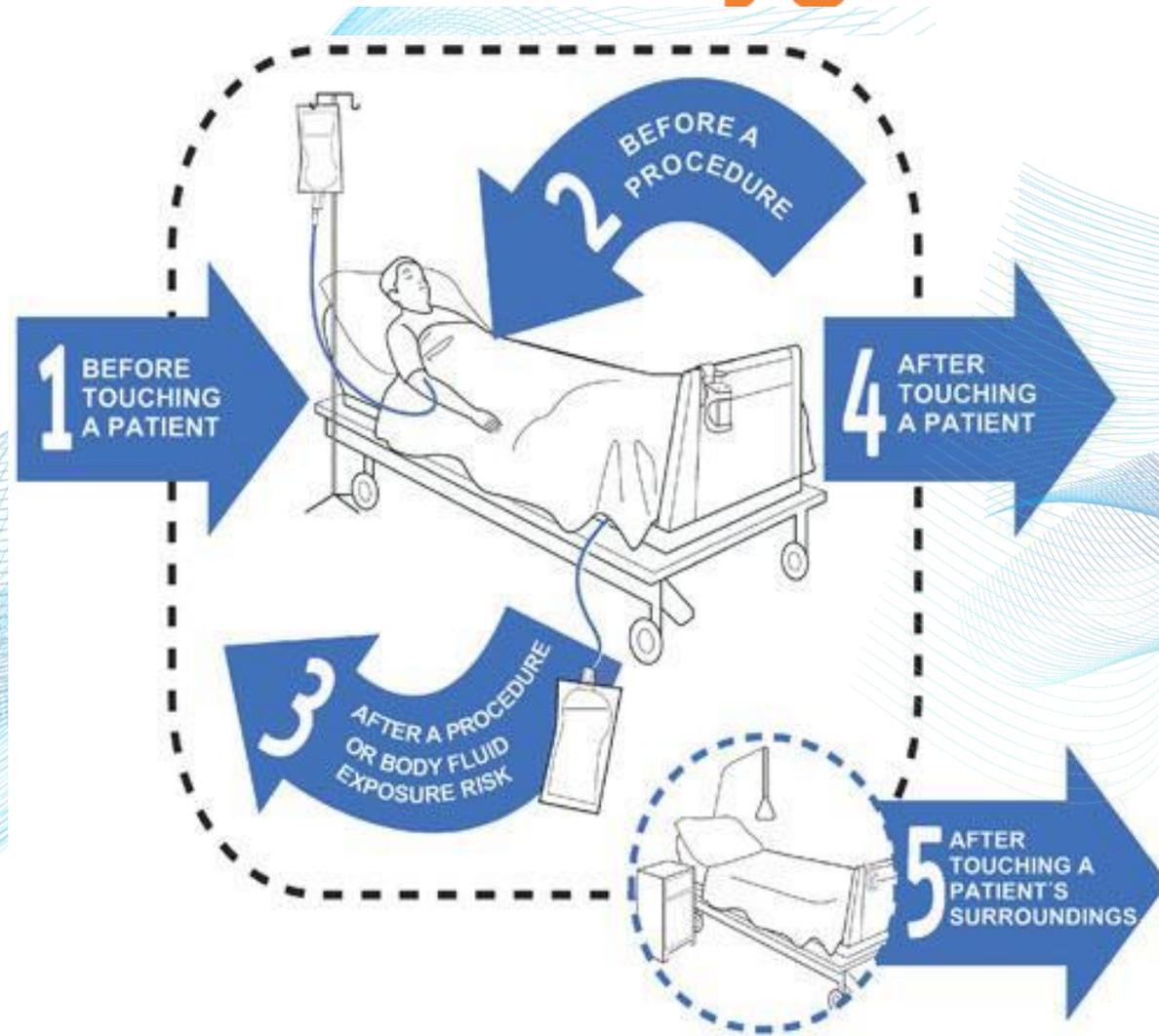


Cook food until it is ready. For meats, there may be a temperature it has to reach to be safe.



If you have leftovers, store them at a 5°C / 41°F.

Your 5 Moments for Hand Hygiene





Hand Rub Vs Hand wash

WHEN TO USE HAND RUB ?

- Hands not visibly soiled
- Between patient contact

WHEN TO WASH HANDS ?

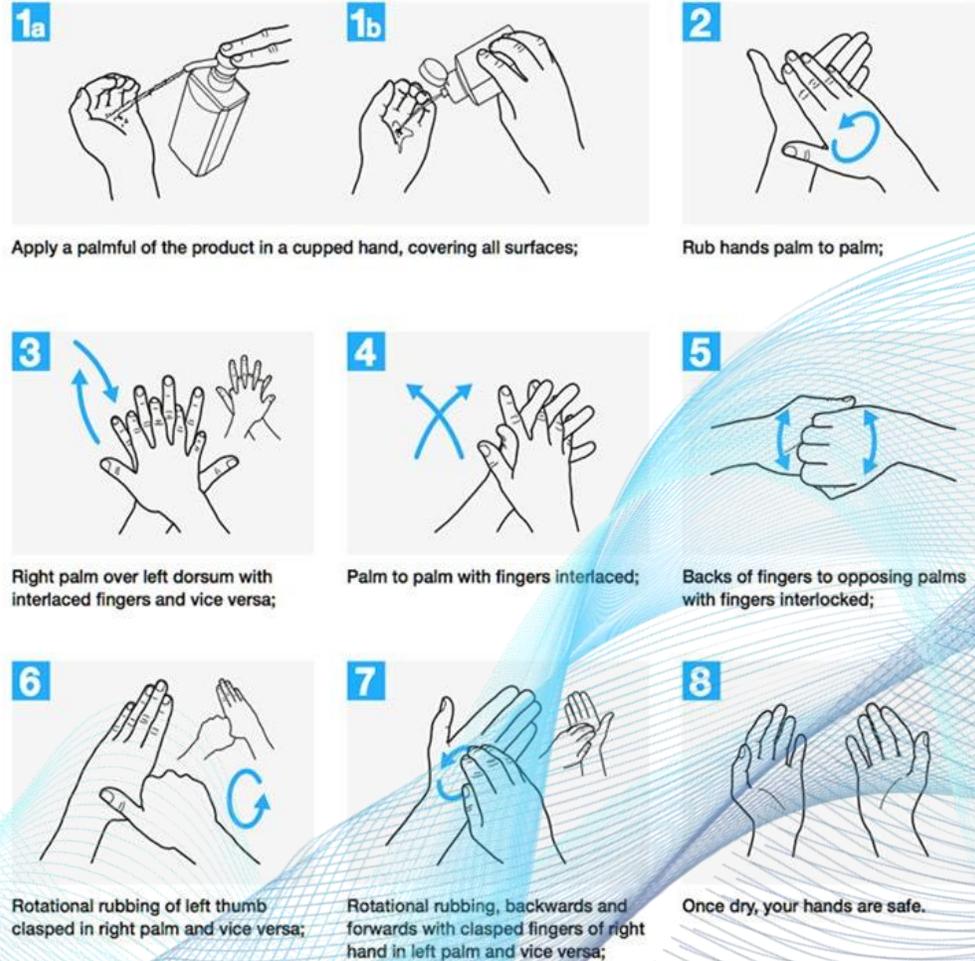
- Before & after each procedure
- When hands are visibly dirty
- Soiled with blood/ body fluids



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 Duration of the entire procedure: 20-30 seconds



1a Apply a palmful of the product in a cupped hand, covering all surfaces;

1b Rub hands palm to palm;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Once dry, your hands are safe.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



0 Wet hands with water;

1 Apply enough soap to cover all hand surfaces;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Rinse hands with water;

9 Dry hands thoroughly with a single use towel;

10 Use towel to turn off faucet;

11 Your hands are now safe.

Hand Wash

- Hand wash: Bactoscrub: (Chlorhexidine gluconate 4 % w/v

Routine

Plain Soap
Personal Hygiene
Mechanical
Removal of
microbes
30 seconds



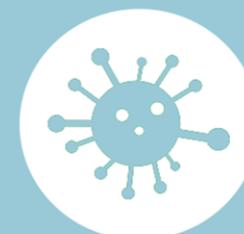
Medicated

Antiseptic
Routine clinical
work
Antiseptic
removal of
transient
microbes
40-60 seconds



Surgical

Antiseptic
Prior to surgical
process
Antiseptic
removal of
transient flora &
inhibit resident
flora
3 minutes



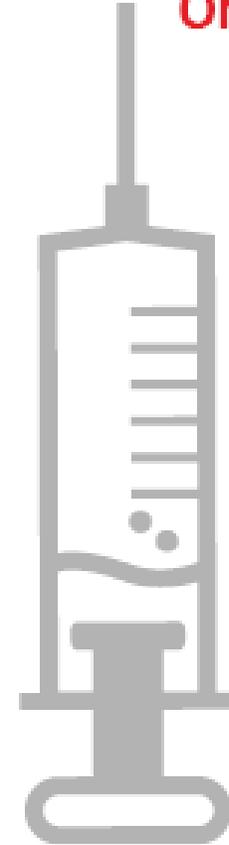


Standard Precautions

- All Patients
- All assumed to be infected
- Components:
 1. Hand Hygiene
 2. Respiratory etiquette
 3. Use of PPE
 4. Appropriate disposal of sharps
 5. Prevention of needle stick injuries
 6. Appropriate segregation of infected waste.
 7. Safe Injection Practices

STANDARD PRECAUTIONS

**1 ONE NEEDLE
ONE SYRINGE
ONE TIME**



BODY SUBSTANCES: blood, urine, oral secretions, faeces, semen, mucous, pus wound or other drainage

- | | |
|---|--|
| 1 WASH
Before and after Patient contact | |
| 2 GLOVES
Before touching blood and body substance | |
| 3 GOWN
When soiling of clothing is likely to occur | |
| 4 MASK
and goggles when it is likely that eyes or mucous membranes will be splashed with blood or body fluids | |
| 5 SHARPS
Place needles in sharps container
Do not recap | |
| 6 WASTE
Segregate at the point of generation | |
| 7 LINEN
If linen is soiled with body substances, wrap it before placing it into the laundry bag | |



Respiratory Etiquette

- Cover nose & mouth when coughing or sneezing
- Tissue or surgical mask
- Dispose in no touch receptacles
- Hand Hygiene
- 3ft spatial separation



Prevent the spread of flu



Catch it

Cover your nose and mouth with a tissue when you cough or sneeze



Bin it

Dispose of used tissue in your nearest bin



Kill it

Washing your hands and cleaning surfaces prevents the spread of germs

Personal protective equipment (PPE)

Gloves

- Before contact with body fluids
- Contaminated environment

Gown

- Before body fluid contact

Mask, Face & Eye shield

- Aerosol generating procedure



Air Borne Isolation

DISEASES



Perform a fit check for N-95 –
Inhale – respirator should collapse
Exhale – check for leakage around face

Tuberculosis

Varicella

Herpes zoster

Measles

STRATEGY

Negative
isolation room

N-95 masks
Hand hygiene

Limit patient
transport

Chicken
pox &
measles:
immune
staff



Droplet Isolation

DISEASES

Influenza

**Meningitis
Pneumonia**

**Pertussis,
Streptococcal
pharyngitis**

**Mumps,
rubella**

STRATEGIES

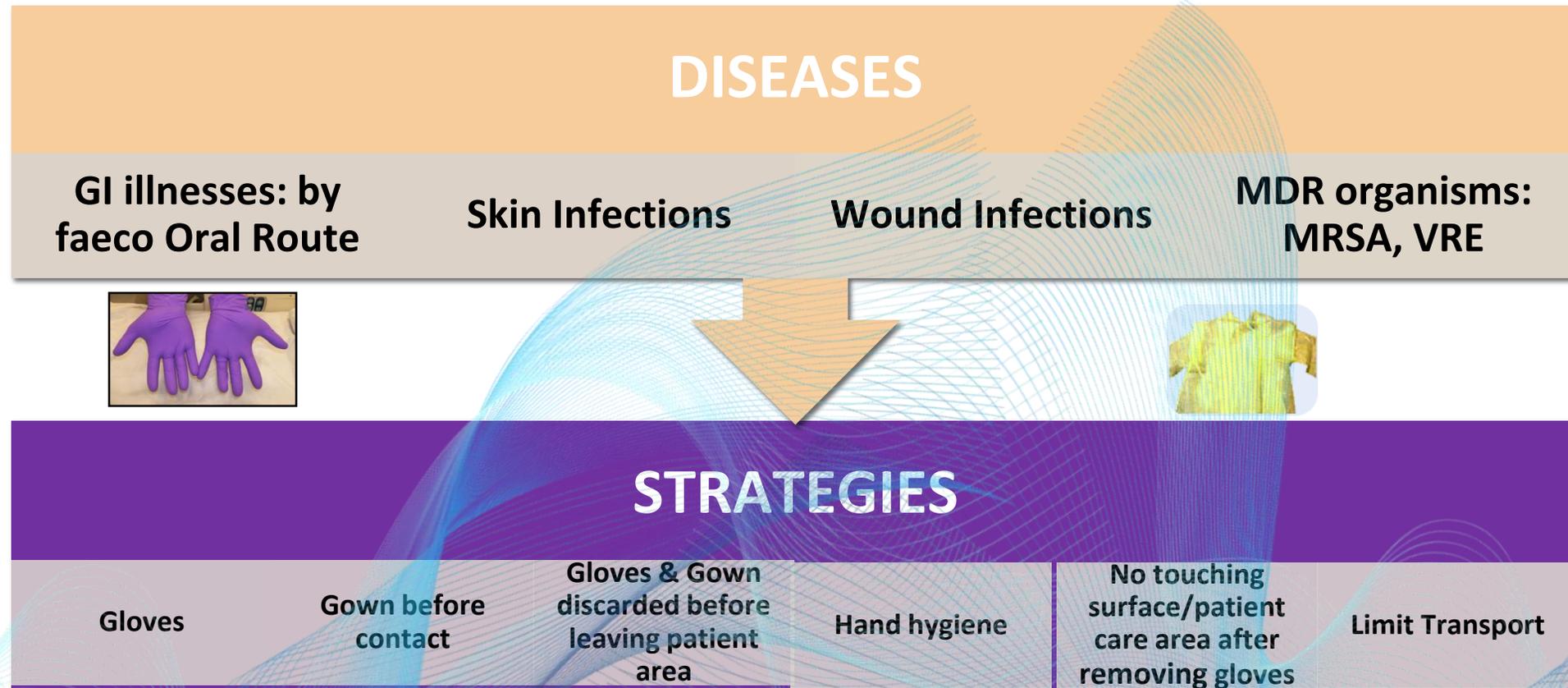
**Private Room
spatial separation**

Hand hygiene

Surgical masks

**Limit Patient
transport**

Contact Isolation





Infection Control Emergency

**Screening &
identifying
potential cases**

**Emergency to handle
such cases at all
times.**

**Closing and
limiting the
hospital entry**

What is to be done?

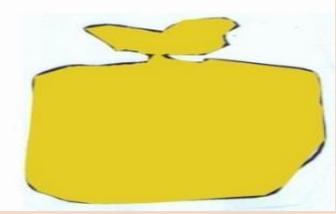
**Cohorting and
following isolation
precautions (as
applicable)**

**Get vaccinated or
post exposure
assessment/
treatment as advised**

**Follow all specific
instructions on
infection control**



BMW segregation at the point of generation

Colour Coding	Categories	Waste
Yellow		Non plastic Biomedical waste :Soiled cotton, bandages, gauze, dressings, anatomical waste , surgical specimens, Casts, cytotoxic medicines, drapes, Discarded medicines, cap, mask, Microbiology and clinical laboratory waste
Red		Plastic and rubber biomedical waste: Foleys, RT, Drain tubes, cannulas, Syringes ,all contaminated plastics, IV bottles, IV sets, administration sets, hand gloves.
Cardboard boxes with blue bag		Vials and glass bottles , broken ampoules
White sharp container		Needles , syringes with fixed needles, blades , suturing needle , any sharp ended items including metals which can protrude through bag
Black Bag		General municipal waste

Cytotoxic Waste

Dedicated Yellow liner with BIOHAZARD sticker as shown in the image

(See Rule 8)

LABEL FOR BIO-MEDICAL WASTE CONTAINERS/BAGS



CYTOTOXIC HAZARD SYMBOL



HANDLE WITH CARE

Note: Label shall be non-washable and prominently visible.

Accidental blood/body fluid exposure

If you prick yourself with a used needle, hold the affected limb down low to get it to bleed. Do not squeeze the wound.



If you are splashed with blood or body fluids and your skin has an open wound, healing sore, or scratch, wash the area well with soap and water. If you are splashed in the eyes, nose or mouth, rinse well with water. If you have been bitten, wash the wound with soap and water.

If you have come into contact with blood or body fluids in any of the ways described above, you may need treatment (such as a vaccine or medication)

Remember : It is important that you are assessed as soon as possible after the contact.

Report immediately



Disclaimer:

All information provided is only for guidance.
Please do read up on other authentic references
for additional information.

All dietitians are urged to follow their hospital
infection control guidelines and policies
For further information or guidance please to write

to

rdboardida@gmail.com