How Germs Spread

What can I Do
To Prevent Infections In My Patients?

April 21, 2010
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6 Habits that Prevent Infections

- Hand Hygiene
- Aseptic technique
- Barrier Precautions
- Infection Control Practice Bundles
- True North – patient focus
- Stay Healthy – get vaccinated

Sacred Cow Alert

- Sacred Cows are those practices considered to be so ingrained in nursing practice that they are immune from criticism even when they become outdated.
- Slaying the “Sacred Cows” is often difficult
6 Habits that Prevent Infection:
Hand Hygiene

- Always clean hands with alcohol gel/foam or soap and water.
  - Before entering and after leaving a patient’s room
  - Before and after any patient procedure
  - Before and after touching a patient or their surroundings
  - Before and after wearing gloves
- Use soap and water:
  - When hands are visibly dirty
  - When a patient has *Clostridium difficile* (C. diff)
- Promote safety! Remind others to wash their hands, including visitors.

Opportunities for Hand Hygiene

- Before and After Patient Contact
- Before and After Using Gloves
- Before and After Contact with Equipment
- Before and After Any Patient Procedure
- Before and After Wash Hands
National average % adherence of HCWs to hand hygiene practice?

48% (Range 4-81%)

What if 52% of the time you went out to eat at a restaurant, the person making your food did not wash his or her hands?
6 Habits that Prevent Infection: Aseptic Technique

The ability to recognize “Clean” vs “Dirty”
The effort made to keep your patient as free from germs as possible
Called “sterile technique” in the OR

What is “Aseptic Technique?”

Activities Requiring Aseptic Technique

- Wound care
- Drain removal and drain care
- Intravascular procedures
- Vaginal exams during labor
- Insertion of urinary catheters
- Respiratory suction
A B Cs of Asepsis

- Use alcohol, betadine, or chlorhexidine to remove bacteria from the skin.
- Move from clean to dirty when cleaning a wound, changing IV dressing, etc.
- Use gloves to remove the old dressing.
- Use clean gloves to continue with the dressing change.
- Safe injection practices.

Sterile Technique and Surgical Conscience

West Point

The Beach Boys

Which OR Do You Prefer?

- West Point precision
- Checklists
- Little to no traffic
Scrub the Hub

- Scrub the IV needless hub with antiseptic every single time you access the device
  - 70% alcohol
  - CHG
- Use the “Juicing the Orange” technique for 15 seconds
- Allow antiseptic to completely dry

What is Injection Safety?

- Injection safety includes practices intended to prevent transmission of infectious diseases between one patient and another, or between a patient and healthcare provider, and also to prevent harms such as needlestick injuries

Incorrect Practices Resulting in Transmission of Pathogens

- Using the same syringe (but changing needle) for multiple patients
- Using a common bag of saline or other IV fluid for more than one patient
- Accessing a shared medication vial with a syringe that has already been used to administer medication to a patient
6 Habits that Prevent Infection: Barrier Precautions

- Use PPE when handling all body fluids
- HH after removing gloves
- Use safety needles and other safer sharp devices

Standard Precautions

Wear PPEs Appropriately
How not to wear it

Mask not covering nose and mouth

Transmission Based Precautions

- Private rooms or special air flow rooms with negative pressure may be required
- Wear appropriate PPE: EVERY TIME
- Use dedicated equipment; if not thoroughly clean equipment between patients
- Limit transport; may need to mask patient or change gown and wash patient’s hands before transport

Sacred Cow Alert!

- Many nurses believe that if you just “walk in the room” and “don’t touch any thing” you don’t need to wear PPEs

I’ll just run in to check the IV
Sacred Cow Slay!

- Wear appropriate PPEs *EVERY TIME*
- The patient has not seen you in a while
- The patient *WILL* ask you to do something while you are there

HABIT

6 Habits that Prevent Infection:
Infection Control Bundle Elements

CDC Central Line Insertion Bundle

- Hand hygiene
- Maximal barrier precautions upon insertion
- Skin antisepsis with chlorhexidine
- Optimal catheter site selection, with the subclavian vein as the preferred site for non-tunneled catheters
- Daily review of line necessity with prompt removal of unnecessary lines
**VAP Prevention Bundle**
- Elevate H.O.B
- Sedation vacation
- Peptic ulcer disease prophylaxis
- DVT prophylaxis
- Hygiene efforts
  - Hand Hygiene
  - Asepsis during suction
  - Mouth care

**UTI Prevention**
- Insert catheters only when necessary; remove ASAP
- Proper technique for insertion
- Proper technique for daily maintenance
  - Obtain sterile specimen
  - Keep below bladder
  - Perineal care daily, PRN

**SSI Prevention**
- Skin prep - ↓ bacteria at the surgical site
- Antimicrobial prophylaxis
- Operating room – Surgical conscience
- Peri-op
  - Glucose control
  - Oxygen delivery
  - Temperature control
6 Habits that Prevent Infection: True North

- Campers/hunters/hikers lose their way, they try to find the North Star to guide them to their destination.
- They seek “True North.”
- When you find it…you know you are headed the right way.
- Keep focused and you will get there.

True North

North Star

- Remember why we are here.
- The PATIENT is the center of your universe.
- Our job is to get this patient to their optimum health.
- Everything you do is for them.

Your patient is your North Star.
**HABITS**

6 Habits that Prevent Infection:

Stay Healthy

- Keep all immunizations up to date
  - Tetanus
  - Pertussis
- Get the flu shot every year
- If you are febrile use your sick leave
- Practice HH at home
- Take care of your skin

**Sick Nurses Make Patients Sick**

- Keep all immunizations up to date
  - Tetanus
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- Get the flu shot every year
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- Practice HH at home
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**Sacred Cow Alert!**

- Many nurses believe that pregnant HCWs should not get the flu shot.
- Nurses think that they will just “call out sick” if they get the flu.
Slay the Sacred Cow!!

- Pregnant women are a high risk group for complications of the flu
- Numerous deaths of pregnant women with H1N1
- People are contagious 24-48 hours before they have flu symptoms
- HCW will come to work, spread flu to patients and co-workers

Why Should You Get a Flu Shot?

- HCWs have frequent contact with patients at high-risk for influenza infection and its complications
- HCWs can spread flu to others AND MAY NOT BE SICK
- HCW absenteeism can stress health system in times of community epidemics

Get the Flu Shot for Him

- If he gets the flu.....he could die
- If you get the flu...you will be sick for a couple of days
- “First Do No Harm!”
- Everything you do is for them

First Do No Harm!
Everything you do is for them
Questions?

Every Patient
Every Time
Everyone

Vanderbilt University Medical Center & Prevention