

# Blood Borne Pathogens-Self-Determination Provider Training

Annual training regarding Blood borne Pathogens is required for all service providers whose job duties place them at risk of occupational exposure to blood or other potentially infectious materials (OPIM). Reading this handout completes the annual required training and educates service providers regarding Universal Precautions.

## **Introduction:**

The main goal of the Infection Control Program is to reduce or eliminate occupational exposure to blood or OPIM which may harbor and transmit disease causing pathogens such as Hepatitis B, Hepatitis C, and HIV. (OPIM includes semen, vaginal secretions, cerebrospinal, synovial, pleural, peritoneal, pericardial and amniotic fluids). It does not include feces, nasal secretions, sputum, sweat, tears, urine, vomit, or saliva (except in a dental setting where it is apt to be contaminated with blood). As blood borne diseases can pose significant health risks, service providers need to understand how to prevent occupational exposures. This training handout will equip the service provider with the basic knowledge needed to minimize their risk of transmission of job-related blood borne infections. Additional information may be found in the *Infection Control Clinical Directives and Procedures* found on the Medical Services Forum.

## **PROTECT YOURSELF - AT WORK, PLAY, AND HOME**

Universal precautions state that all consumers, staff, and visitors should be assumed infectious for blood borne pathogen diseases such as HIV, Hepatitis B, and Hepatitis C. Individuals may harbor blood borne diseases and not appear ill. Always use caution with everyone, whether they appear ill or not.

Hepatitis B vaccine: This vaccine provides lifelong protection.

## **Personal Protective Equipment (PPE):**

You must wear appropriate PPE whenever there is "reasonable anticipation" for direct contact with blood or OPIM, mucous membranes, or any bodily excretions or secretions. PPE includes disposable gloves, utility gloves, gowns, masks/shields, CPR masks, etc. PPE is manufactured for either reusable or single use (disposable) purposes. Reusable PPE must be disinfected per manufacturer's guidelines after each use.

## **Some examples of when to wear PPE include:**

- Assisting someone with tooth-brushing, flossing, feeding, peri-care, changing sanitary pads or incontinence garments.
- Assisting with toileting.
- When giving injections or assisting with blood sugar testing.
- When applying a topical medication or lotion.

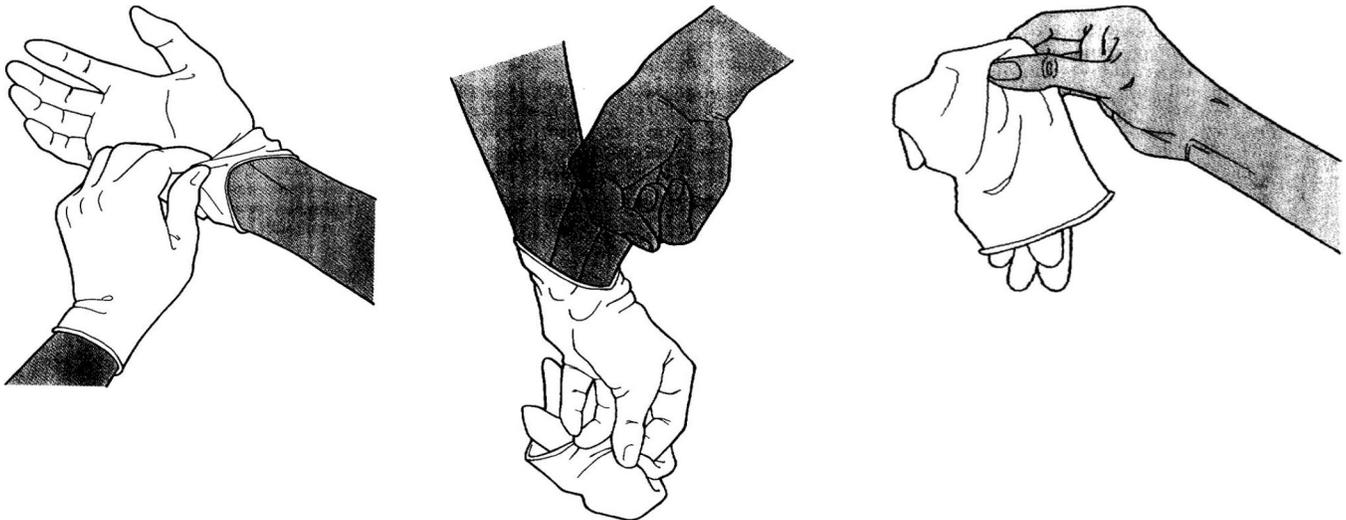
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- When changing a dressing or band-aid.
- When providing most First Aid procedures.
- When providing rescue breathing.
- When you anticipate being bit or scratched by a person.

Anytime there is REASONABLE ANTICIPATION for direct contact with blood, OPIM, or other body fluids.

If you have non-intact skin such as a cut, cover with a band-aid and then a glove. Change gloves between consumer contacts.

Remove PPE without contaminating yourself. Refer to the photo on "Changing Gloves without Contaminating Yourself." Remove PPE properly such as gown first, then gloves. Remove PPE before leaving a work area. Immediately remove any gown/garment penetrated with blood, OPIM, or other bodily fluids and immediately machine wash and dry.



Always wash your hands after removing gloves or any type of PPE.

## **Disinfecting, housekeeping and laundry:**

Only EPA approved disinfectants can be used for cleaning up blood or OPIM on equipment, working areas, or spills. The most common disinfectant is a one-to-ten chlorine bleach to water solution. This solution must be mixed fresh every 24 hours. Contaminated surfaces should be promptly cleaned and then disinfected by leaving the bleach solution on the surface for 10 to 20 minutes.

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Clean larger spills of blood or OPIM using utility gloves. To avoid spreading the spill, layer paper towels on it, pour disinfectant over it saturating the towels. Let it sit for 10 minutes then wipe up with the paper towels and cleanse the area. Follow by disinfecting for 10-15 minutes. If mops or reusable rags are used in the cleaning process, decontaminate after use.

Soiled clothing or linens should be rolled up and placed in washer. If linens are heavily soiled with blood or OPIM, bag and transport in a manner that prevents leaking, then machine wash and dry. If you are unable to immediately launder them, the bag must be labeled with a biohazard warning.

## **Sharps:**

Never pick up broken glass with your hands, instead use a broom and dust pan. When possible, dispose of broken glass in a hard container (such as a cardboard box). If not available, place in nearest waste basket with a note attached stating "broken glass".

Service providers working with sharps, such as needles for injections & lancets for blood sugar testing, should only use approved safety engineered equipment. Do not remove or separate the needles from syringes after use. Do not recap sharps. Dispose of used sharps in an agency approved sharps container. Make sure sharps containers are not filled beyond "full" mark.

## **Hand Hygiene:**

HANDWAHSING is your best weapon in preventing the spread of infection.

- Wet your hands and apply soap.
- Using rotating frictional motion, count to 20, as you thoroughly scrub under rings, between fingers, under fingernails, and wrists.
- Rinse from wrists to fingertips.
- Dry thoroughly and use towel to turn off faucet.
- If running water and soap are not available, use waterless antiseptic gel or towelettes until you get to running water, then wash thoroughly.

## **Examples of when to wash your hands:**

- Before and after using gloves.
- Prior to meal preparation and upon return to meal preparation after interruption.
- Before and after eating, applying makeup/lip balm, handling contact lenses, or smoking.
- After contact with blood, OPIMs, or bodily secretions.
- After personal use of the bathroom.

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## What to do if you have an occupational exposure:

You are encouraged to seek immediate medical assistance for any occupational exposures by contacting your physician, the emergency department or walk-in clinic.

You are also required to complete a Northpointe Incident Report.

Guardian/Individual: \_\_\_\_\_

Provider Name: \_\_\_\_\_

## Please Circle True or False

- 1) The main goal of the Infection Control Program is to protect you from exposure to potentially infectious pathogens. T or F
- 2) Wearing gloves is the most effective way to protect yourself from infections? T or F
- 3) A 1:10 chlorine bleach to water solution is an EPA (Environmental Protection Agency) approved disinfectant. T or F
- 4) If you wash your hands with a waterless antiseptic gel, there is no need to wash them with running water when available. T or F

## Please Circle Correct Letter Answer

- 5) You do not need to wear gloves when performing the following activity. A) When changing a Band-Aid or dressing.  
B) When assisting with toileting.  
C) When transporting a consumer in a vehicle.  
D) When you anticipate being bitten or scratched by a person.
- 6) Thoroughly washing hands includes the following steps:  
a) Wetting hands, using antibacterial soap, counting to 20, drying thoroughly.

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- b) Wetting hands, using soap and hot water, scrubbing under rings, fingernails and wrists.
  - c) Wetting hands, using soap, rinsing from fingertips to wrists.
  - d) Wetting hands, using soap, using friction to scrub under rings, between fingers, under fingernails and wrists as you count to 20, rinsing, and drying thoroughly.
- 7) Disinfecting with chlorine bleach solution includes all but:
- a) Mixing a fresh solution every 24 hours.
  - b) Not needing to wear gloves when wiping up a spill.
  - c) Covering a spill with paper towels, pouring disinfectant over it saturating the towels.
  - d) Leaving the bleach solution on the surface for 10 to 20 minutes.
- 8) An OPIM (Other Potentially Infectious Material) includes all body fluids except:
- a) Vaginal secretions.
  - b) Saliva
  - c) Amniotic fluid
  - d) Synovial (joint) fluid

I understand that I must successfully complete this self-study on Universal Precautions / Blood borne Pathogens annually.

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<b>Provider Signature</b>	<b>Date</b>
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