

ANNUAL REFRESHER R02

# Infection Control Refresher

Annual Refresher Training

## WHAT YOU'LL REVIEW

# Learning Objectives

- 01 Demonstrate knowledge of current hand hygiene standards
- 02 Apply updated PPE guidance for common home care scenarios
- 03 Identify and respond correctly to infectious disease concerns
- 04 Recall bloodborne pathogen exposure response steps
- 05 Apply the current staff illness exclusion criteria

## THE REALITY

# Habits Can Slip

Infection control is the area where experienced caregivers are most likely to develop shortcuts.

Over time, frequent hand hygiene can be rationalized away: *"I just washed them," "I only touched the counter."*

*Studies show hand hygiene compliance rates drop significantly after the first few months of employment.*

THE STANDARD

# WHO 5 Moments of Hand Hygiene

- 01 Before touching a patient
- 02 Before a clean/aseptic procedure
- 03 After body fluid exposure risk
- 04 After touching a patient
- 05 After touching patient's environment

High-risk moments often skipped: after touching bedding, before food prep, after removing PPE, after coughing/sneezing.

CRITICAL UPDATE

# MDRO Update

Multi-drug-resistant organisms (MDROs) include **MRSA, VRE, and C. difficile.**

- Check the care plan for known MDRO status. If unsure, **ask your supervisor**
- **C. diff requires soap and water ONLY** — alcohol-based products do not kill spores
- MRSA on intact skin does not require gown unless wound/body fluid contact expected
- Document any suspected MDRO indicators: new diarrhea, wound drainage changes, unusual odors
- Report any suspected indicators to your supervisor immediately

## FULL REVIEW

# PPE Donning Sequence

Proper donning order prevents contamination before you even begin care.

- 01 **Gown** — Secure at neck and waist
- 02 **Mask/Respirator** — Fit snugly over nose and mouth; perform fit check for N95
- 03 **Eye protection** — Goggles or face shield
- 04 **Gloves last** — Extend over gown cuffs to create a seal

*Donning is the reverse of doffing. Gloves go on last and come off first.*

## MOST COMMON ERROR

# PPE Doffing — The Danger Zone

The single most common PPE error is improper doffing. Contamination occurs at glove removal.

- 01 Peel first glove inside-out
- 02 Use gloved hand to peel second glove inside-out, enclosing the first
- 03 Never touch the outer surface of used gloves with bare hands
- 04 Hand hygiene immediately after

## RESPIRATORY PRECAUTIONS

# Respiratory Illness & TB Screening

### RESPIRATORY ILLNESS IN THE HOME

- COVID-19, influenza, RSV, pneumonia require **droplet precautions**
- Minimum: surgical mask, eye protection, gloves
- Discuss N95 requirements with supervisor if aerosol-generating procedures may occur

### ANNUAL TB SCREENING

- All employees must complete annual TB screening (TST or IGRA)
- Positive result requires chest X-ray before continuing patient contact
- Compliance is tracked and required for continued employment

## WHAT WOULD YOU DO?

# Scenario

### SITUATION

After months on the same case, Rachel no longer consistently dons gloves for perineal care. *"I've been doing this for a year, Mrs. L trusts me, she doesn't have any infections."* One month later, Mrs. L develops a UTI.

A) This is acceptable — Rachel knows her patient well

B) Gloves are only needed for patients with documented infections

**C) Standard Precautions apply to ALL patients, ALL the time — familiarity is the enemy of compliance**

D) Gloves should only be required for new patients

CORRECT ANSWER: C

## Familiarity Is the Enemy of Compliance

CAUTI (catheter-associated UTI) is one of the most **preventable** healthcare-associated infections.

- Consistent glove use during perineal care is **always required**
- Standard Precautions apply regardless of how long you've worked with a patient
- The patients you know best are where shortcuts are **most likely**
- Commit to standard technique on **every single visit**

## SUMMARY

# Key Takeaways

- Hand hygiene compliance **drops over time** — recommit to the WHO 5 Moments
- **C. diff = soap and water only** — alcohol does not kill spores
- Glove removal is the **#1 point of self-contamination**
- Standard Precautions apply to **all patients, all the time**
- Complete your **annual TB screening** — it's required for continued employment
- **Familiarity breeds shortcuts** — the longer you know a patient, the more vigilant you must be

ANNUAL REFRESHER R02 COMPLETE

# Infection Control Refresher

Scroll down to complete the Knowledge Check.  
5 questions — you need 80% to pass.