The Care Certificate

STANDARD 15: INFECTION CONTROL

15.1 Prevent the spread of infection

15.1a Describe the main ways an infection can get into the body.

There are various types of micro-organisms with varying modes of action. Types of micro–organism:

a) Bacteria

- found in the air, water, soil and food
- cavities of bodies of people and animals
- cultured in the laboratory

They are classified according to shape:

Because of the toxins they produce, these organisms are major causes of disease. Bacteria that cause disease are called pathogens.

Micro-organisms that do not cause disease are called non-pathogens. They form part of the body's natural defence mechanism. However they will cause disease when they get into other areas or systems of the body. For example, bacteria that normally live in the bowel will cause disease if ingested.

b) Virus

Smaller disease causing organism (pathogen), which can only be seen with the electron microscope.

They cause disease by reproducing inside a living cell e.g. Influenza, chicken pox, mumps, and measles.

They destroy the body's normal defences and can lay dormant and reoccur at a much later date.

c) Fungi

These are mould like organisms only seen by an electron microscope.
They cause many local infections e.g. in the mouth and other moist body surfaces and include skin conditions, ringworm and Candida.

The main ways infection can get into the body:

1. Direct Contact

a) From one person to another e.g. sexually transmitted disease.
b) In the air we breathe.
c) Mother to foetus e.g. AIDS.
d) Inoculation.

e) Through a break in the skin, contaminated blood or fluid gets into a scratch e.g. Hepatitis B.

2. Indirect Contact

a) By touching articles - (fomites) that have been near enough to an infectious person to be contaminated with bacteria. E.g. Carer's uniform, bedpan, bedclothes or eating utensils.

b) Droplet - A person inhales airborne droplets via the nose and mouth. Diseases such as the common cold, T.B. or measles are transmitted in this way. When breathing, laughing, coughing, sneezing or even talking we spread germs into the air. Some fall to the ground and mix with the dust.

c) Contaminated food or drink - An infected food handler transmits the infection to the food and the customer ingests the infected food or drink. Diseases such as salmonella, dysentery or typhoid.

d) People - A carrier is a person who is not affected by the disease but is harbouring the infection e.g. Typhoid.

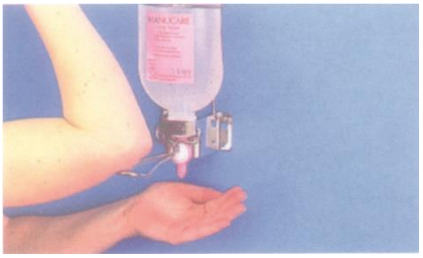
e) Animals and insects - Many animals such as dogs, cats, and monkeys carry disease e.g. cowpox and blood sucking insects such as ticks.

15.1b Demonstrate effective hand hygiene.

See observation log.

HANDWASHING TECHNIQUE

1. . Place solution in palm of wet hand



2. Massage palm to palm

3. Rub right palm over left dorsum and vice versa

4. Rub palm to palm with fingers interlaced

5. Massage backs of fingers in opposing directions

6. Rotate right thumb clasped in left palm and palm with fingers interlocked

7. Rotate clasped fingers of left hand in right palm and vice versa

8. Rinse thoroughly for one minute under running tap water

Hand washing

When?
a) Before and after individual contact.
b) After sneezing, coughing and blowing your nose.
c) After handling bedpans, urinals, specimens.
d) After bed making and handling linen.
e) After using the toilet.
f) The first thing you do when entering the kitchen even if you have just washed your hands elsewhere.

Principles
a) Remove wristwatch, rings.
b) Use hot running water.
c) Use correct amount of anti-bacterial soap solution.
d) Wash all areas of hands and fingers then rinse under running water.
e) Use disposable towels or hand dryers to dry hands.

To achieve this outcome and assessment criteria you will be observed in the workplace as part of your normal work duties.

15.1c Explain how your own health or hygiene might pose a risk to the individuals you support or work with.

As HCSW/ASWC, you are a role model and need to set a good example because you have a vital role to play in the prevention and control of infection; this starts with your own personal hygiene. You should ensure you:

1. Wash, shower or bath each day
2. Wear a clean uniform daily
3. Clean fingernails, kept short and free of nail polish or false extensions
4. Hair to be kept clean and washed regularly

5. Long hair should be tied back away from your face
6. Jewellery should not be worn because items, such as rings and watches, harbour bacteria and can scratch individuals
7. Bracelets, necklaces, dangling earrings and facial piercings should also be removed to prevent the risk of cross-infection.

You should take every opportunity to promote and encourage good personal hygiene for the people you provide care for. You should encourage people to wash their hands after toileting activities and to wash every day.

If your personal hygiene is poor, you are presenting a real risk of infection to the individuals you support or work with.

15.1d List common types of personal protective clothing, equipment and procedures and how and when to use them.

Below is a list of the equipment used by HCSW/ASWC to protect themselves from the risk of acquiring an infection from an individual and to protect individuals from acquiring an infection from the HCSW/ASWC.

The common types of personal protective clothing and equipment are:

1. Uniforms – fresh everyday
2. Gloves – worn only when having direct contact with a person or dealing with body fluids
3. Aprons – placed over your uniform before undertaking activities involving body fluids
4. Masks - used only where there is a risk of cross-contamination
5. Goggles – can protect the eyes from body fluid splashes
6. Hats – should fit tightly to the head
7. Shoes – where special foot wear is required, should be provided by employer and worn as required.

15.1e Explain the principle of safe handling of infected or soiled linen and clinical waste.

Handling Linen

1. Hold the linen away from you to prevent the transferring of micro – organisms.
2. Avoid shaking linen and keep it off the floor.
3. Wear disposable gloves and aprons when handling linen.
4. Place soiled or infected linen in correct laundry bags to prevent cross infection.
5. Wash hands thoroughly.
6. Transfer from individual's room to the laundry in a laundry bag.

Waste Disposal

Your workplace will have a written policy on waste disposal which provides guidance on all areas, including special waste, like pharmaceuticals and cytotoxic waste, segregation of waste and audit trails.

This should include colour coding of bags, for example

- Yellow bags for clinical waste
- Black bags for household waste

- Special containers for glass and aerosols
- Colour coded bags for pharmaceutical or cytotoxic waste
- Sharps box for needles

When disposing of all types of waste, disposal gloves and aprons must be worn, and hands must be washed after the removal of gloves and aprons.

Important changes in the management of hazardous waste in the UK have taken place to incorporate the requirements of the European Hazardous Waste Directive 2005.