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|  Standard Precautions | NO.  |
| Purpose: To provide CDC recommended guidelines to prevent contamination or transmission of pathogens.Statement: Standard precautions are designed to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection.Procedure: 1. Standard Precautions Combines:
2. Universal Precautions – for protection against blood borne pathogens.
3. Body Substance Isolation – for protections against all other pathogens.
4. Standard Precautions Apply to:
5. Blood
6. All body fluids, secretions, and excretions except sweat, regardless of whether or not they contain visible blood.
7. Non-intact skin
8. Mucous membranes
9. When to Wash Hands:
10. Before having direct contact with residents
11. Before putting on gloves
12. After removing gloves or other personal protective equipment
13. After contact with body substances or articles/surfaces contaminated with body substances
14. After contact with resident’s intact skin (taking pulse, lifting a resident)
15. Before preparing or eating food
16. After using restroom
17. After personal contact that may contaminate hands between tasks and procedures on the same resident to prevent cross-contamination of different body sites.
18. How to Wash Hands:
19. Wet hands first with water.
20. Apply enough soap for lather to cover all surfaces of hands and wrists.
21. Rub hands together for minimum of 15 seconds, covering all surfaces of hands and fingers, with special attention to nails and areas between fingers.
22. Rinse well with running water.
23. Dry thoroughly with paper towel.
24. Use paper towel to turn off faucet.
25. Avoid using hot water, as it can increase the risk of dermatitis.

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|  Standard Precautions | NO.  |
| 1. Hand Hygiene:
2. Nail polish is permissible if it is not chipped.
3. Keep fingernails neatly manicured, and not extending past the fingertips.
4. Artificial fingernails are discouraged. They cause nail changes that can increase the risk of colonization and transmission of pathogens to residents. Outbreaks of infections have been traced to the artificial fingernails of healthcare workers.
5. It is not recommended to wear rings. The skin underneath rings is more heavily colonized with bacteria and very hard to remove by hand washing.
6. Healthcare workers should use facility approved hand lotion to minimize the occurrence of irritant contact dermatitis associated with hand antisepsis or hand washing.
7. When to Wear Gloves:
8. When touching blood, body fluids, secretions, excretions, and contaminated items.
9. When you have cuts, scratches, or other breaks in the skin on your hands.
10. Before touching mucous membranes and non-intact skin.
11. Change gloves between tasks and procedures on the same resident after contact with material that may contain microorganisms.
12. Do not reuse gloves.
13. If you are allergic to latex or powder, ask the charge nurse for hypoallergenic or powder-free gloves.
14. When to Remove Gloves:
15. Promptly after use
16. Before touching non-contaminated items and surfaces
17. Before going to another resident
18. Wash hands as soon as possible after glove removal.
19. Gloves should Not be Worn:
20. Away from the bedside
21. At the nursing station
22. To handle charts, clean lines, clean equipment, or resident care supplies
23. In hallways or elevators
24. Mask, Eye Protection, Face Shield:
25. Wear a mask, eye protection, or a face shield to protect your eyes, nose, and mouth during procedures that are likely to generate splashes of blood, body fluids, secretions, and excretions.
26. Situations which may increase risk of splash include:
27. Emptying bedpans/suction canisters into hopper/toilet
28. Care of coughing resident with suspected infection
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|  Standard Precautions | NO.  |
| 1. Gowns:
2. Wear a gown to protect skin and to prevent soiling of clothing during procedures that are likely to generate splashes of blood, body fluids, or secretions.
3. Select a gown that is appropriate for the activity and amount of fluid likely to be encountered.
4. Remove a soiled gown as promptly as possible and wash hands to avoid transfer of microorganisms to other residents or environments.
5. Equipment:
6. Handle used resident care equipment soiled with blood, body fluids, secretions, and excretions in a way that prevents contamination of skin and clothing and transfer of microorganisms to other residents, staff members, and environments.
7. Make sure reusable equipment is not used for the care of another resident until it has been cleaned appropriately.
8. Linen:
9. Wear gloves to handle moist or visibly soiled linen.
10. Handle contaminated laundry as little as possible with a minimum of agitation.
11. Place soiled linen in plastic laundry bags.
12. Do not place soiled linen on any clean surface, and do not allow clean linen to come in contact with soiled linen.
13. Securely close laundry bag when bag is three-fourths full and place it in storage area.
14. If laundry is wet or could soak through it must be transported in bags or containers that prevent soak-through.
15. Needles:
16. Take care to prevent injuries when disposing of used needles.
17. Never recap used needles.
18. Place used disposable needles and other sharp items in appropriate puncture-resistant containers.
19. Resuscitation Equipment:
20. Use mouthpieces, resuscitation bags, or other ventilation devices as an alternative to mouth–to-mouth resuscitation.
21. Surfaces and Spills:
22. Clean and disinfect work surfaces after contamination with blood or other potentially infectious materials.
23. Spills of body substances should be cleaned up promptly. Wear gloves and use other protective equipment if there is risk of splash.

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|  Standard Precautions | NO.  |
| 1. Isolation:
2. Follow isolation guidelines. Know which residents are currently in isolation, and follow the procedures as directed.
3. If you are unsure whether to wear gloves, a gown, or a mask, or do not understand how linen should be handled, ask the charge nurse or infection control nurse for instructions.
4. Work Practices:
5. Do not eat, drink, smoke, apply cosmetics and lip balm, or handle contact lenses in any work areas where there is reasonable likelihood of occupational exposure.
6. Do not keep food and drink in freezers, refrigerators, counter tops, shelves, and cabinets where blood or other potentially infectious materials are stored or handled.

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