Introduction – This learning module will cover important ways to protect the health and safety of employees, visitors, and residents in long-term care facilities. The module incorporates the OSHA regulations for nursing homes, CDC guidelines, as well as the CMS requirements for long-term care facilities.

Pre-test – Participants will complete a pre-test to evaluate their level of understanding and awareness about these topics.

Supplies needed: Samples of PPE used in the facility: several pairs of gloves, isolation gowns, masks, respirators, goggles, face shields, etc. Various products used for cleaning and disinfection.

Attendees will learn about the following:
- o Key safety hazards in the long-term care work environment; how to avoid/control these hazards
- o Worker rights
- o OSHA bloodborne pathogens standard
- o Healthcare worker vaccination
- o Ergonomics for the prevention of musculoskeletal disorders
- o How to report a work-related injury or illness
- o Hand hygiene
- o Respiratory hygiene / cough etiquette
- o Antibiotic stewardship
- o Point of care testing
- o Injection safety
- o Linen handling
- o Standard and transmission precautions
- o Types of personal protective equipment (PPE)
- o Key elements of an effective infection prevention and control (IPCP) program
- o How to implement appropriate types of isolation (i.e. transmission precautions) for residents in long-term care
- o Effective care transitions
- o Facility assessments
- o Difference between cleaning and disinfecting
- o Standard and transmission precautions
- o Use of personal protective equipment (PPE)
- o Pressure ulcer risks, assessment tools, documentation

Occupational Safety and Health
OSHA standards help maintain safe and healthful working environments. Workers have rights, but they also have a responsibility to comply with safe working practices, and to report illnesses or injuries that happen at work. Common workplace hazards in long-term

care settings include: bloodborne pathogens; injuries due to handling residents; exposure to infectious diseases and chemicals; slips, trips, and falls; workplace violence; and fire hazards. Many injuries and illnesses are preventable.

Infection Prevention and Control

Preventing infections is especially important in long-term care because residents are at higher risk of infection. When they get infections, residents can have serious complications. Hand hygiene is one of the most basic ways to prevent the spread of infectious disease. This includes handwashing with soap and water, as well as using alcohol-based hand sanitizer. It's also important to use respiratory hygiene and cough etiquette, which help prevent infections spread by droplets from coughs and sneezes. CMS now requires long-term care facilities to develop an Infection Prevention and Control Program (IPCP) that includes an Antibiotic Stewardship Program and designate someone to serve as the Infection Prevention and Control Officer (IPCO). The infection prevention and control program should make sure employees are trained on proper use of personal protective equipment; make sure employees receive their recommended vaccinations; and monitor hand hygiene, linen handling, equipment cleaning, and safe injection practices.

Standard & Transmission-based Precautions (Isolation)

Employees should have training on proper use of personal protective equipment (PPE), including gloves, gowns, and masks. These types of PPE are used for standard and transmission precautions to prevent exposure to infectious diseases. Special precautions are needed when caring for long-term care residents. The type of precaution depends on what type of infection the resident has. This module will discuss appropriate use of personal protective equipment (PPE) for the following infection precautions: standard, droplet, contact, and airborne.

Care Transitions

Residents are especially vulnerable when they transition to a different setting of care. There are actions that can make transitions go smoothly, including: assessing the resident's risk of falls or infections; indicating whether special transmission precautions are needed; making sure medication lists are accurate; and clarifying goals and priorities for care. When residents come from the hospital, the quality of the care transition can impact the health and safety of the residents and staff. Residents may come from the hospital with complex health conditions and medications. It's important to recognize whether a resident is being treated for an infection, and whether they are still a risk to others. If a resident has been diagnosed with a contagious illness, it's important to communicate that information when he/she goes to a hospital. The hospital also needs to know the resident's symptoms, and when he/she had their last vaccinations for flu and pneumonia. Improving communication can help prevent complications of infection, such as sepsis and hospitalization. There are financial penalties if patients are re-hospitalized within 30 days after discharge.

Group Discussion – Consider the most common types of infections in your facility. Do employees always follow the recommended practices for hand hygiene and transmission

precautions? Why not? Describe some barriers to compliance. What are the consequences (for the employee, for the resident, for the facility) of not using these precautions?

Activity *(optional)* – *"PPE Show and Tell"*
The purpose of this activity is to engage staff in a discussion about the types of personal protective equipment (PPE) available to them. Gather a variety of PPE (gloves, gowns, masks, goggles, face shields, etc.). Have each participant select a piece of PPE. Each person should answer a question from the handout that accompanies this module. Locate the NIOSH symbol. Read the instructions for use (IFU). Name some situations where this type of PPE would be necessary. Discuss where PPE is stored and who to notify when the supply is getting low.

Post-test – Participants will complete a post-test to help measure improvements in their understanding and awareness about these topics.

Resources and References

- *Infection Preventionist's Guide to Long-Term Care* (APIC)
- CDC's Infection Control Assessment Tool for Long-term Care Facilities
  http://www.cdc.gov/hai/pdfs/IC/CDC_IC_Assessment_Tool_LTCF.pdf
- CDC Guideline for Hand Hygiene in Health-Care Settings
  http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf
- CDC Measuring Hand Hygiene Adherence: Overcoming the Challenges
  http://www.cdc.gov/handhygiene/Measurement.html
- Recommended Vaccines for Healthcare Workers
  http://www.cdc.gov/vaccines/adults/rec-vac/hcw.html
- "One and Only Campaign" for injection safety
  http://www.oneandonlycampaign.org/
- OSHA Bloodborne Pathogens Standard
  https://www.osha.gov/SLTC/bloodbornepathogens/bloodborne_quickref.html
- Prevention of Musculoskeletal Disorders in the Workplace
  https://www.osha.gov/SLTC/ergonomics/
- Guidelines for Nursing Homes: Ergonomics for the Prevention of Musculoskeletal Disorders
  https://www.osha.gov/ergonomics/guidelines/nursinghome/final_nh_guidelines.html
- Injection Safety
  https://www.cdc.gov/injectionsafety/
- Association for Professionals in Infection Control and Epidemiology
  www.apic.org
- Guideline for Hand Hygiene in Health-Care Settings
  http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf
- CDC Measuring Hand Hygiene Adherence: Overcoming the Challenges
  http://www.cdc.gov/handhygiene/Measurement.html
- Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings
  http://www.cdc.gov/hicpac/pdf/isolation/Isolation2007.pdf#page=51
- Using personal protective equipment (PPE) the right way
  http://professionals.site.apic.org/10-ways-to-protect-patients/using-ppe-the-right-way/
- Core Elements of Antibiotic Stewardship in Nursing Homes
  http://www.cdc.gov/longtermcare/pdfs/core-elements-antibiotic-stewardship.pdf
- Checklist: Core Elements of Antibiotic Stewardship in Nursing Homes
  http://www.cdc.gov/longtermcare/pdfs/core-elements-antibiotic-stewardship-checklist.pdf
- AHRQ – Nursing Home Antimicrobial Stewardship Guide
  http://www.ahrq.gov/nhguide/index.html
- Infection Control Transfer Form (Examples)
  http://www.cdc.gov/hai/pdfs/toolkits/InfectionControlTransferFormExample1.pdf
  http://www.cdc.gov/hai/pdfs/toolkits/InfectionControlTransferFormExample2.pdf

- National Transitions of Care Coalition
  http://www.ntocc.org/
- Association for the Advancement of Wound Care (AAWC)
  http://aawconline.org/resources/
- https://www.nhqualitycampaign.org/files/EarlyID_Assessment.pdf
- https://www.nhqualitycampaign.org/files/EnvironmentalCleaning_Assessment.pdf
- https://www.nhqualitycampaign.org/files/HandHygiene_Assessment.pdf
- https://www.nhqualitycampaign.org/files/AntibioticStewardship_Assessment.pdf
- http://www.npuap.org/resources/educational-and-clinical-resources/pressure-injury-staging-illustrations/
- http://www.npuap.org/resources/educational-and-clinical-resources/complimentary-educational-webinars/