

NC Department of Health and Human Services  
**NC Home Care Aide Curriculum**  
 Module 7 – Infection Control and Prevention  
 July 2021

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**OBJECTIVES (1)**

1. Define vocabulary words related to infection control
2. Describe the history of infection control
3. Discuss the importance of infection control measures, such as hand washing and good personal hygiene
4. Demonstrate good hand washing technique
5. Demonstrate proper use of alcohol-based hand rub

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**OBJECTIVES (2)**

6. Recognize how germs spread
7. Describe each link in the chain of infection
8. Relate the chain of infection to the work of home care aides
9. Describe the signs and symptoms of infection to report to the nurse
10. Compare standard precautions and transmission-based precautions

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**INFECTIONS...INTERESTING FACTS**

- More than 1 to 3 million infections occur in health care settings each year.
- The leading cause of death in nursing homes is infection.
- Infection is also the most frequent reason a person is moved from a nursing home to a hospital for care.
- Patients in their homes are safer from infections than if they were in a facility.

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**MORE INTERESTING FACTS (1)**

- Childbed fever was a streptococcal infection.
- Washing hands could have prevented many mothers and babies from dying of infections.



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**HANDOUT #1/ACTIVITY #1**

- Infection Control Vocabulary List
- Fictional Obituary



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### PERSONAL HYGIENE



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### PERSONAL HYGIENE HABITS

DO...	DO NOT...
<ul style="list-style-type: none"><li>• practice good personal grooming – bathe, brush teeth, etc.</li><li>• wear clean, unwrinkled clothes</li><li>• cover your mouth and nose when coughing &amp; sneezing</li><li>• wash hands frequently</li></ul>	<ul style="list-style-type: none"><li>• wear your uniform that you have worked in around your own home</li><li>• take personal belongings into a patient's home</li><li>• eat or drink after other people</li></ul>

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### Class Discussion - Optional

- Discuss the importance of good hygiene.
- Discuss what the class thinks is good personal hygiene.



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**HAND HYGIENE**



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**HANDOUT #2**

- Hand Hygiene Guidelines Fact Sheet



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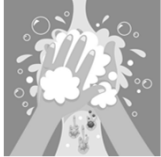
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**HANDOUT #3 – ACTIVITY**

- Proper Technique
  - Instructor demonstration on proper technique
  - Students critique each other on technique



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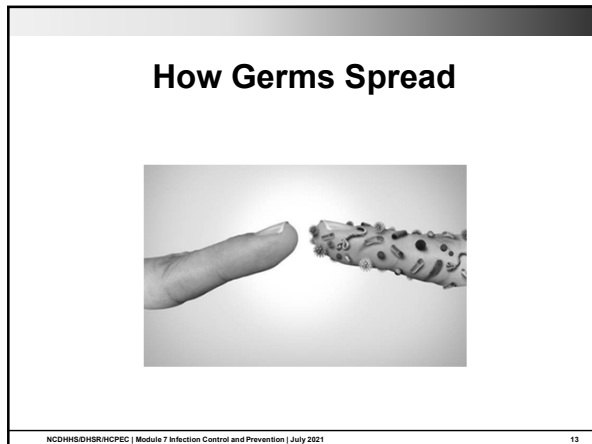
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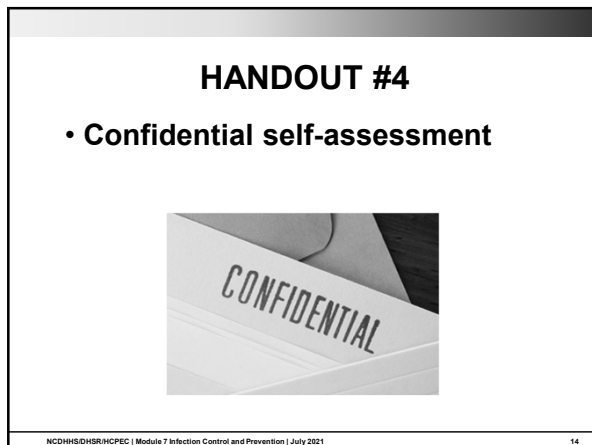
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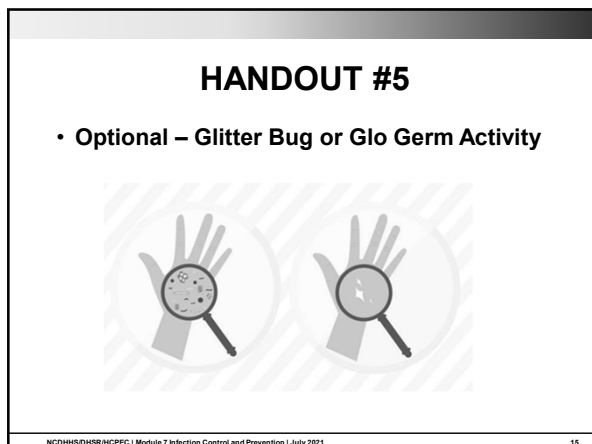
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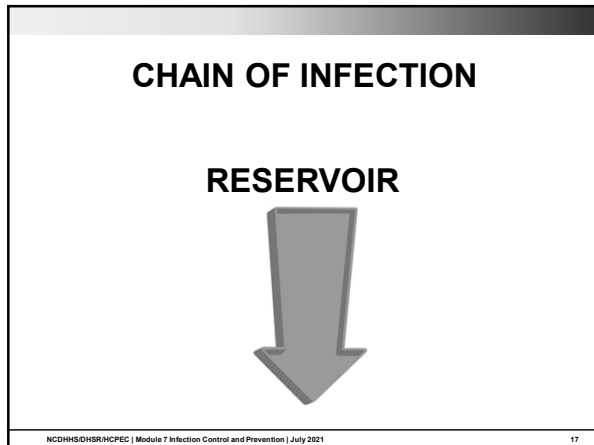
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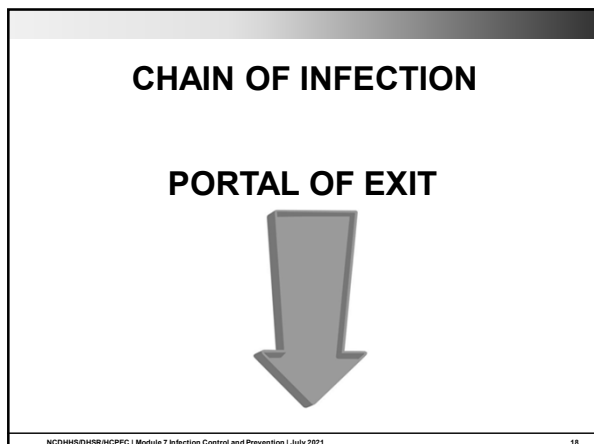
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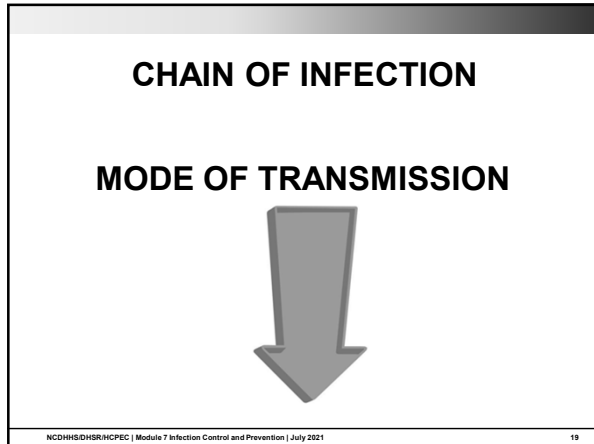
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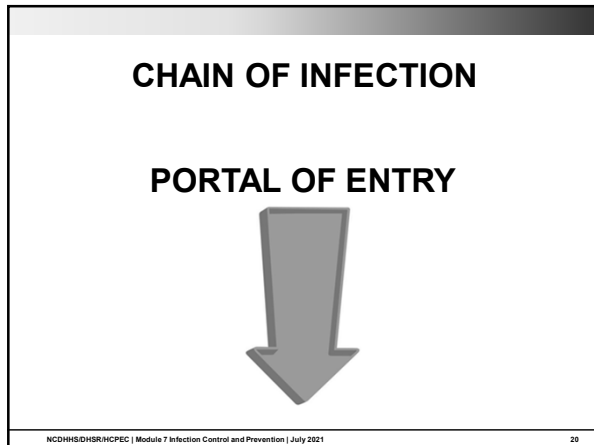
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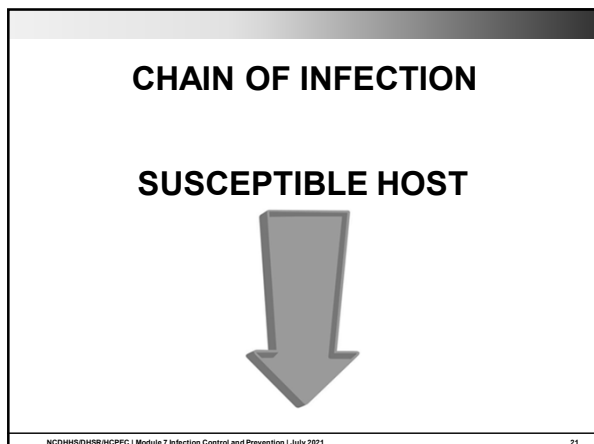
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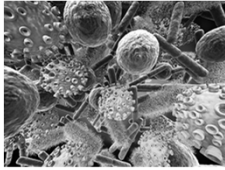
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**HANDOUT #6**  
**Chain of Infection Activity**

- Match each word in the middle of the chain of infection to its corresponding link.



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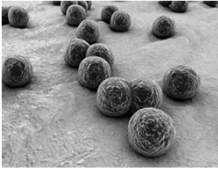
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**CHAIN OF INFECTION - ANSWERS**

**Infectious Agents**

1. Staph
2. MRSA
3. E. coli
4. TB
5. Hepatitis



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**CHAIN OF INFECTION - ANSWERS**

**Reservoir**

1. Blood
2. Potato Salad
3. Soil
4. Raw Meat
5. Ticks



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**CHAIN OF INFECTION - ANSWERS**

**Portal of Exit**

1. Tears from tear ducts
2. Drainage from wound
3. Feces through GI tract
4. Blood through skin cut
5. Nose through sneezing



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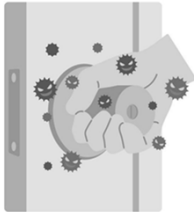
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**CHAIN OF INFECTION - ANSWERS**

**Mode of Transmission**

1. Doorknobs
2. Soiled sheets
3. Unwashed hands
4. Overbed table
5. Used tissue



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**CHAIN OF INFECTION - ANSWERS**

**Portal of Entry**

1. Skin tear
2. Mouth
3. Surgical incision
4. Skin puncture
5. Eyes



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**CHAIN OF INFECTION - ANSWERS**

**Susceptible Host**

1. Person with diabetes
2. Frail older adult
3. Person who has had surgery
4. Person with catheter
5. Person with poor nutrition



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**HANDOUT #7**  
**Breaking the Chain of Infectious Activity**

- Match each word in the middle to its corresponding link to show where to break the chain of infection.



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**BREAKING THE CHAIN OF INFECTION**  
**Answers**

**Infectious Agents**

1. Antibiotics
2. Immunizations



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**BREAKING THE CHAIN OF INFECTION**  
**Answers**

**Reservoir**

1. Clean dish towels every day
2. Staying home when sick
3. Bathing daily
4. Wearing clean uniforms every day
5. Hand washing



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**BREAKING THE CHAIN OF INFECTION**  
**Answers**

**Portal of Exit**

1. Hand washing
2. Clean dressing over wound
3. Cover mouth & nose when sneezing
4. Proper waste & trash disposal



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**BREAKING THE CHAIN OF INFECTION**  
**Answers**

**Mode of Transmission**

1. Alcohol based hand rubs
2. New toothbrush every few months
3. No artificial nails
4. Wiping doorknobs with antiseptic solution
5. Clean gloves
6. Safe food handling
7. No soiled linen touching uniform
8. No jewelry
9. Hand washing



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**BREAKING THE CHAIN OF INFECTION**  
**Answers**

**Portal of Entry**

1. Catheter care
2. Unbroken skin



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**BREAKING THE CHAIN OF INFECTION**  
**Answers**

**Susceptible Host**

1. Proper diet
2. Exercise
3. Strong immune system



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**WHEN INFECTION OCCURS**

1. The body takes steps to fight off infections
2. These steps trigger various signs and symptoms associated with infection



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**CLASS DISCUSSION**

**Name signs and symptoms of infections that you have known, seen, or even experienced.**



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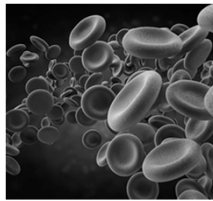
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**BLOODBORNE PATHOGENS**

- **A classification of microorganisms that cause disease**
- **Found in various fluids within the body**
- **Employers should have an occupational exposure plan in place for all employees**



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**HIV/AIDS**



- **HIV:**  
**Human Immunodeficiency Virus**
- **HIV causes AIDS:**  
**Acquired Immuno-Deficiency Syndrome**

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### HIV/AIDS

CAN get HIV/AIDS from	CANNOT get HIV/AIDS from
<ul style="list-style-type: none"> <li>Blood</li> <li>Semen</li> <li>Vaginal fluid</li> <li>Breast milk</li> <li>Sharing needles or syringes with an HIV positive individual</li> </ul>	<ul style="list-style-type: none"> <li>Feces</li> <li>Urine</li> <li>Saliva</li> <li>Nasal fluid</li> <li>Sweat</li> <li>Tears</li> <li>Vomit</li> </ul>

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### PRECAUTIONS

- In 1985, the CDC released Universal Precautions
- Standard Precautions replaced Universal Precautions in 1996 and Transmission Based Precautions were added
- Droplet Precautions
- Contact Precautions
- Airborne Precautions



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### HANDOUT #8

- Standard Precautions and Transmission Based Precautions Chart



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**HANDOUT #9**

**• Which Precaution Would You Use?**



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**OPTIONAL – CLASS DISCUSSION**

**Give examples of work experiences where you had to take care of a patient with a possible infectious disease. How did you protect yourself?**



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**OPTIONAL – ACTIVITY**

**Practice putting on and taking off/disposing of gloves, masks, and gowns.**



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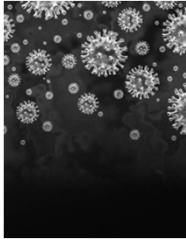
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### Coronavirus and COVID-19

- Symptoms
- Severity
- Transmission
- How to protect yourself and your patient



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### INFLUENZA

- Symptoms
- Severity
- Transmission
- How to protect yourself and your patient



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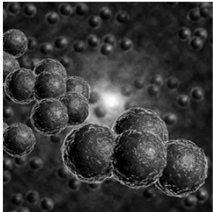
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### MRSA

**Methycillin Resistant Staphylococcus Aureus**



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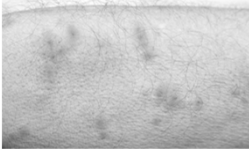
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## SCABIES

Scabies are microscopic mites that burrow into skin, where they live, lay eggs, and greatly irritate their host.



Scabies is a common, worldwide condition. It affects people from all social classes and does not reflect on someone's cleanliness.



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## HOW TO KILL GERMS

- Disinfection
- Sterilization
- Incineration



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## BAG TECHNIQUE

- There are important safety precautions regarding proper bag technique
- Make sure the bag you have has easily accessible, open outside pockets, and a large, zipper closed section as well
- Learn your agency's bag technique as each agency may have specific guidelines
- Effective bag technique ensures that you are doing your part to reduce the risk of spreading germs to patients and families

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**ACTIVITY**

**Instructor demonstration of proper bag technique**



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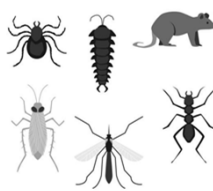
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**RODENTS AND OTHER PESTS**

- Some rodents, ticks, and pests can carry diseases that could be harmful to the patient's health
- Look for telltale signs of rodents or pests
- Signs or findings should be reported to your supervisor



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**Employer's Role In Infection Control**

- Inform
- Provide, maintain, replace
- Train
- For more information, go to: <https://www.osha.gov/>



Occupational Safety and Health Administration

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