

UNIVERSAL PRECAUTIONS

RURAL NEVADA COUNSELING

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Universal
Precautions Training
is required

at Orientation and
annually

for all RNC
paraprofessional and
clinical staff



Goals

- ▶ Know what bloodborne pathogens are and how they spread.
- ▶ Understand why and how to follow universal precautions

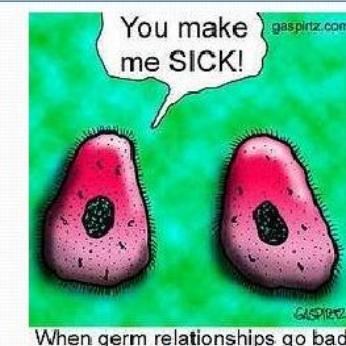


Definition

- ▶ "Universal precautions," as defined by the CDC, are a set of precautions designed to prevent transmission of human immunodeficiency virus (HIV), hepatitis B virus (HBV), and other bloodborne pathogens.
- ▶ Under universal precautions, blood and certain body fluids of all people are considered potentially infectious for HIV, HBV and other bloodborne pathogens

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- Transmission of disease
 - A germ
 - A source
 - An exit
 - Method of transmission
 - Portal of entry
 - A susceptible person



The goal is to stop germs from travelling from source to another person

Bloodborne Pathogens Standard



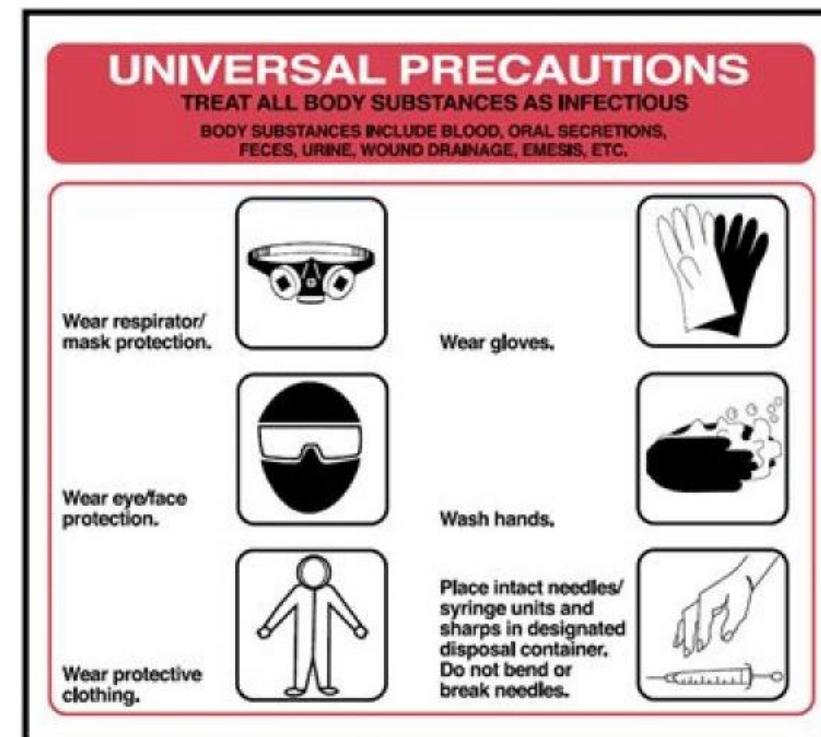
- ▶ The Bloodborne Pathogens Standard Helps Prevent Exposure to HIV and HBV
 - ▶ Bloodborne pathogens are disease-causing microorganisms in blood and other body fluids.
- ▶ HIV is the bloodborne pathogen that causes AIDS and destroys the immune system, preventing the body from fighting disease.
- ▶ HBV, or Hepatitis B, is the bloodborne pathogen that infects the liver and can lead to such problems as cirrhosis or liver cancer.
- ▶ OSHA's Bloodborne Pathogens Standard covers the steps employers and employees must take to prevent exposure to possibly infected blood or other body fluids.
- ▶ The regulation applies to workers at health care facilities, emergency responders, law enforcement professionals, and others whose jobs could expose them to human body fluids.

Spread and Transmission

- ▶ HIV and HBV Are Spread Through Direct, Not Casual, Contact
- ▶ HIV and HBV are transmitted by:
 - ▶ Sexual contact, shared drug needles, being stuck by an infected needle or other sharp instrument, or direct contact between broken or chafed skin and infected body fluids.
 - ▶ HBV is also spread by contact with caked, dried blood and contaminated surfaces.
 - ▶ Body fluids include blood, semen, vaginal secretions, cerebral spinal fluid, synovial fluids, amniotic fluids, other fluids
- ▶ HIV and HBV are not spread by:
 - ▶ Coughing or sneezing, touching an infected person, or sharing equipment, materials, toilets, water fountains, or showers with an infected person

Universal Precautions

- ▶ Universal Precautions Prevent the Spread of Bloodborne Infection
- ▶ Universal Precautions means: Treat all blood and body fluids as if they are infectious.



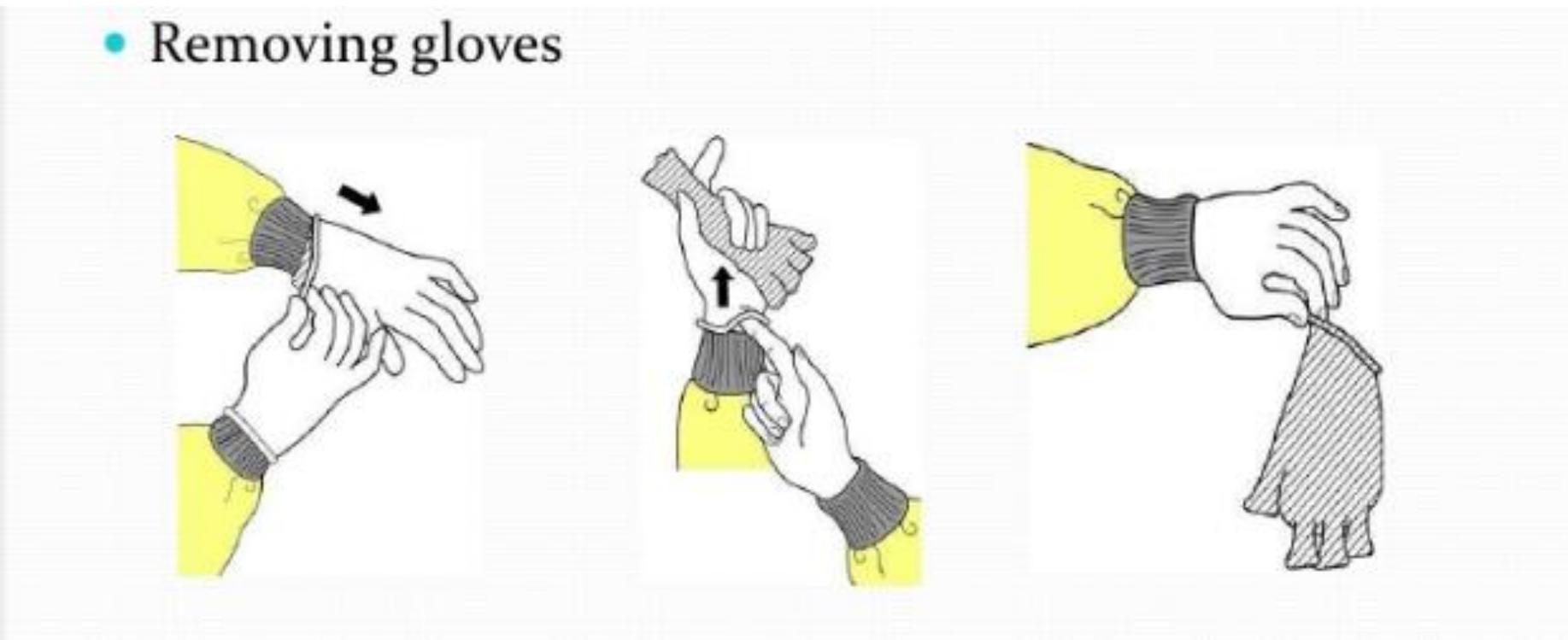
Personal Protective Equipment

- ▶ Wear gloves. Don't touch your face or unnecessary surfaces
- ▶ Bandage cuts or broken skin before putting on gloves.
- ▶ Wear eye and face protection if there's a risk of blood splashes or sprays.
- ▶ Wear protective clothing if there's a risk of contact with body fluids.
- ▶ Use only PPE that's been inspected for damage before wearing.
- ▶ Remove contaminated PPE carefully so contamination doesn't touch your skin.
- ▶ Dispose of contaminated PPE in proper containers so contamination can't spread.



Removing Gloves

- Removing gloves



Hygiene

- A. Wash hands and exposed skin carefully with soap and water after exposure.
- B. Flush eyes, nose or mouth with water as soon as possible after contact with blood or potentially infectious materials.
- C. Don't eat, drink, smoke, apply cosmetics, or handle contact lenses in areas that could contain infectious materials.



Sharps

- Universal Precautions Include Avoiding Direct Contact With Sharps
 - OSHA says to treat all sharps as though they're contaminated.
 - Don't shear or break or bend needles.
 - Don't reach your hand into a container that might contain sharps.
 - Use tongs or a similar tool, not your hands, to clean up broken glass.
 - Place all used sharps immediately in puncture-resistant, leakproof containers.



If you get stuck...

- Wash with soap and water 5+ minutes
- Encourage bleeding
- Report to supervisor
- HIV/HPB prophylaxis

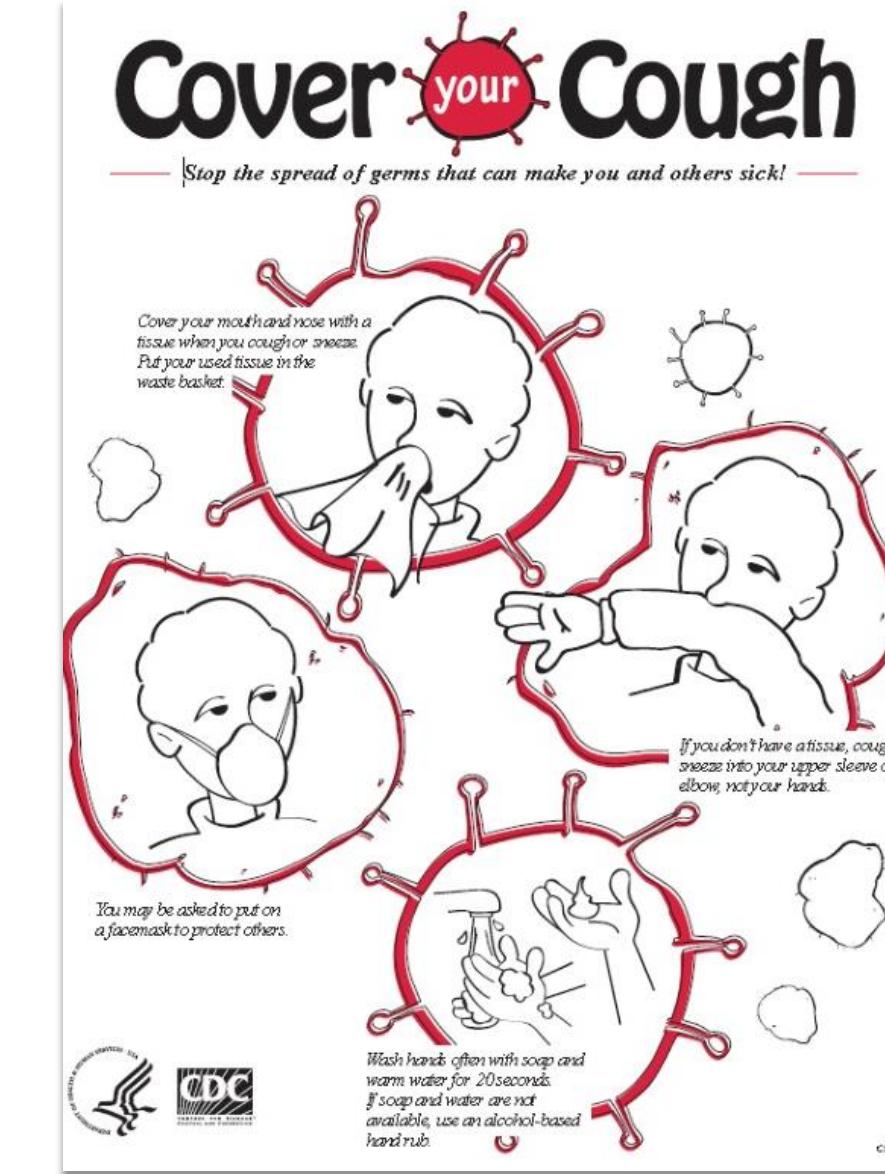


Surfaces

- ▶ Apply Universal Precautions to Possibly Contaminated Materials and Surfaces
- ▶ OSHA requires:
 - ▶ Prompt and proper cleaning and decontamination for equipment or surfaces that have had contact with blood or potentially infectious materials
 - ▶ Wearing gloves and using leakproof transport containers to handle laundry that may have had contact with blood or other potentially infectious fluids



Respiratory Etiquette



Resources

- ▶ Middle Georgia State University Environmental Health and Safety(unk). *13-Universal precautions: Safety training*. Retrieved from https://www.mga.edu/environmental-health-safety/docs/safety-manual/personal/info/Universal_Precautions.pdf
- ▶ Muchiri, J, RN (2018). *Universal precautions. Keeping germs away. Keeping you healthy*. Retrieved from <https://www.slideshare.net/gatebe1/universal-precautions-9435570>
- ▶ United States Department of Health and Human Services Center for Disease Control and Prevention (1998). *Perspectives in disease prevention and health promotion update: Universal precautions for prevention of transmission of Human Immunodeficiency Virus, Hepatitis B Virus, and other bloodborne pathogens in health-care settings*. Retrieved from <https://www.cdc.gov/mmwr/preview/mmwrhtml/00000039.htm>
- ▶ United States Department of Labor, Occupational Safety and Health Administration (unk.). *Healthcare wide hazards. (Lack of) universal precautions*. Retrieved from <https://www.osha.gov/SLTC/etools/hospital/hazards/univprec/univ.html>

Test

- Name, email address, and date on a piece of paper
- 1. True or False: HIV is a bloodborne pathogen that can cause AIDS and damage to the immune system, and HPV is Hepatitis, which can cause damage to the liver.
- 2. True or False: If I know a person doesn't have AIDS or HPV, I don't need to use Universal Precautions
- 3. True or False: Coughing or sneezing, touching an infected person, or sharing equipment, materials, toilets, water fountains, or showers with an infected person can cause HIV or HPB
- 4. Four types of PPE are: _____
- 5. Use _____ or _____ instead of hands to clean up broken glass
- 6. I should wash my hands before _____ and after _____, _____, and _____.
- 7. Turn in your answers to the Training Coordinator. You will receive a .5 hr Certificate of Completion, which will also be retained in your employee file.