

# TRAINING FOR MU STUDENTS

## UNIVERSAL PRECAUTIONS

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# What are Universal Precautions

- Universal precautions refers to the practice, in medicine, of avoiding contact with patients' bodily fluids, by means of the wearing of nonporous articles such as medical gloves, goggles, and face shields.





# What are Universal Precautions

- These are control guidelines designed to protect workers from exposure to Diseases spread by Blood and other Body fluids.





# Why Universal health Precautions



The concept of Universal Health Precautions emphasizes that all our patients should be treated as though they have potential blood born infections, and can infect the caring health care workers.





# Highly Infectious Fluids

- Blood
- Semen
- Vaginal secretions
- C S F
- Synovial fluids
- Amniotic fluid
- All other body fluids





# Not Infectious unless contaminated with Blood or Body fluids

- Feces
- Nasal secretions
- Sputum
- Sweat
- Tears
- Urine / Vomitus
- Saliva unless blood stained





# Types of PPE Used in Healthcare Settings

- Gloves – protect hands
- Gowns/aprons – protect skin and/or clothing
- Masks and respirators– protect mouth/nose
- Respirators – protect respiratory tract from airborne infectious agents
- Goggles – protect eyes
- Face shields – protect face, mouth, nose, and eyes







# Factors Influencing PPE Selection

- Type of exposure anticipated
- Splash/spray versus touch
- Category of isolation precautions
- Durability and appropriateness for the task
- Fit





# Elements of Universal Precaution

- Standard precautions include:
  1. Hand hygiene
  2. Use of personal protective equipment (e.g., gloves, gowns, masks)
  3. Safe injection practices
  4. Safe handling of potentially contaminated equipment or surfaces
  5. Respiratory hygiene/cough etiquette.





# Hand Hygiene





# Why Hand Hygiene Matters

- Hand hygiene is especially important for people who handle food or work in the medical field, but it is also an important practice for the general public.





# Hand washing

- Handwashing reduces diarrheal disease-associated deaths by up to 50%.
- Researchers in London estimate that if everyone routinely washed their hands, a million deaths a year could be prevented .
- A large percentage of foodborne disease outbreaks are spread by contaminated hands.
- Appropriate hand washing practices can reduce the risk of foodborne illness and other infections.





# Hand Hygiene

- Hand hygiene is the single most important way to prevent the spread/transmission of infection.
- Hand hygiene can be performed with:
  - ✓ Warm water and liquid soap (for cleaning soiled hands),
  - ✓ Warm water and antiseptic solution (prior to invasive procedures or after contact with patients or infective materials) or
  - ✓ By using a hand sanitiser (for hands that are socially clean i.e. Not visibly soiled).





# Hand Hygiene procedure

- Hand hygiene should be performed before and after each patient contact and between tasks on the same patient
- To facilitate effective hand hygiene:
  - **WEAR** sleeves above the elbows. If wearing long sleeves, these should be “**ROLLED UP**” to above the elbows
  - **REMOVE** any hand or wrist **JEWELLERY**.
  - **Keep NAILS SHORT** and do not wear **FALSE NAILS**,
  - **Do NOT** use **BAR SOAP** or **NAIL BRUSHES**





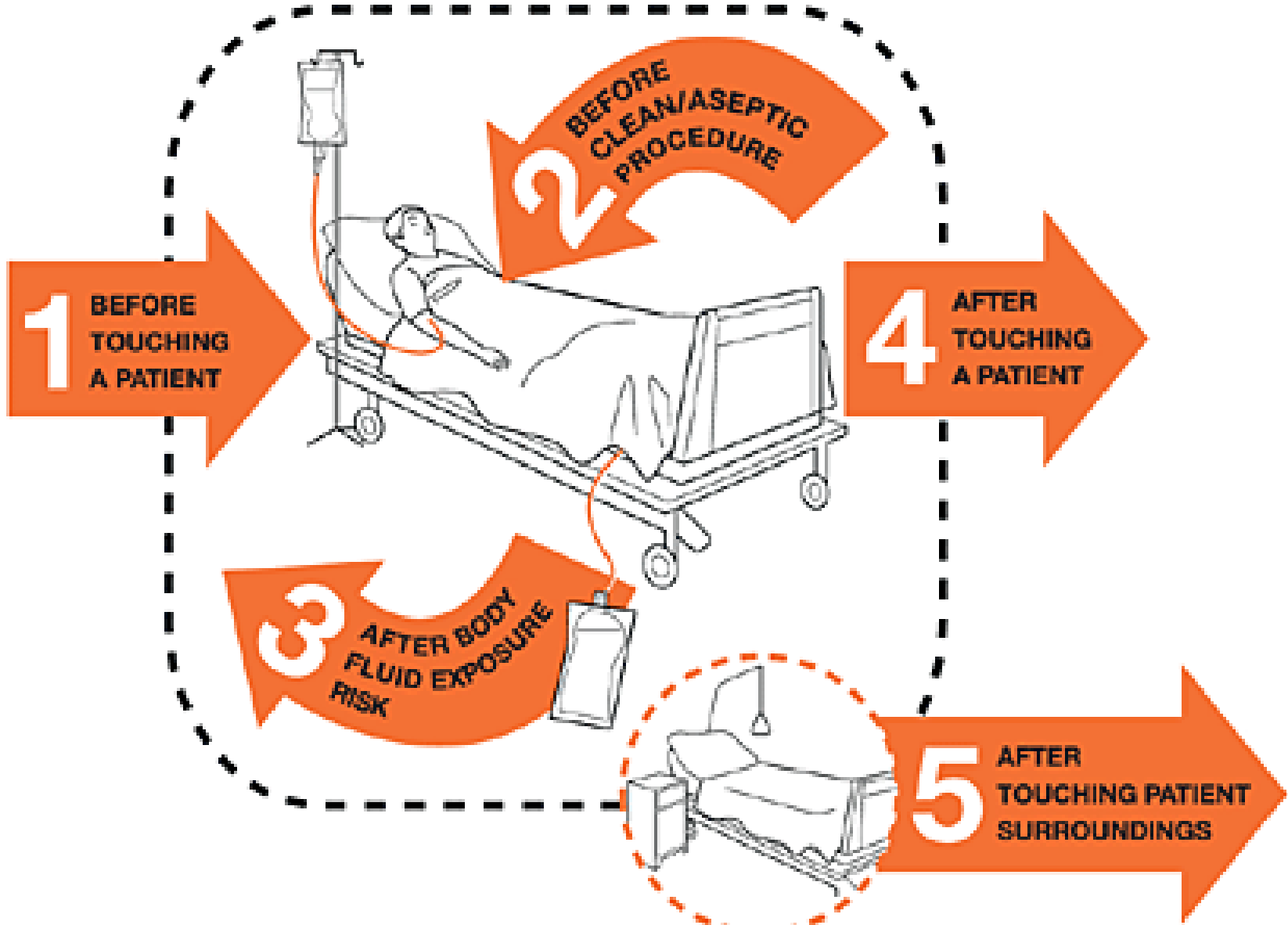
# When to preform Hand Hygiene: The Five Moments for Hand Hygiene

This approach recommends health-care workers to clean their hands

- Before touching a patient,
- Before clean/aseptic procedures,
- After body fluid exposure/risk,
- After touching a patient, and
- After touching patient surroundings.









# When to Wash Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



# Personal Protective Equipment (PPE)

- Personal protective equipment, commonly referred to as "PPE", is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses.
- Personal protective equipment is special equipment you wear to create a barrier between you and germs.
- This barrier reduces the chance of touching, being exposed to, and spreading germs.



# Personal Protective Equipment (PPE)

- Personal protective equipment (PPE) helps prevent the spread of germs in the hospital.
- This can protect people and health care workers from infections.
- All hospital staff, patients, and visitors should use PPE when there will be contact with blood or other bodily fluids.



# Personal Protective Equipment (PPE)

Use these according to your agency policy:

- Gloves
- Gowns/Aprons
- Masks
- These are to protect YOU and the people you support.

# Gloves are the most commonly used protective equipment

- **They should be used:**

- ❑ To avoid contact with blood or other body fluids
- ❑ When handling contaminated items (e.g. laundry with urine or fecal soiling)
- ❑ When there are open cuts, scratches or wounds on the person you are supporting or on your own hands



# Gloves

- Gloves should be worn when there may be exposure to blood, bodily fluids, secretions or excretions and when handling contaminated equipment.
- Gloves should also be worn when patients require transmission based precautions





# Gloves

- Increased awareness among healthcare workers of the potential for gloves to provide protection against various pathogenic microorganisms, has led to the increased use of gloves in health care.







# Gloves

- Gloves do not replace the requirement for good hand hygiene.
- Gloves should be changed when they have become contaminated i.e. between patients and between different procedures on the same patient.
- Hands should always be decontaminated following the removal of gloves.
- Gloves are single-use items and should not be washed or reused.







# Gowns

- Gowns are examples of personal protective equipment used in health care settings.
- They are used to protect the wearer from the spread of infection or illness if the wearer comes in contact with potentially infectious liquid and solid material.





# Aprons

- An apron is a garment that is worn over other clothing and covers mainly the front of the body.
- There are many different apron forms depending on the purpose of the apron.





- A Mask is intended to be worn by health professionals during surgery and certain health care procedures to catch microorganisms shed in liquid droplets from the wearer's mouth and nose.



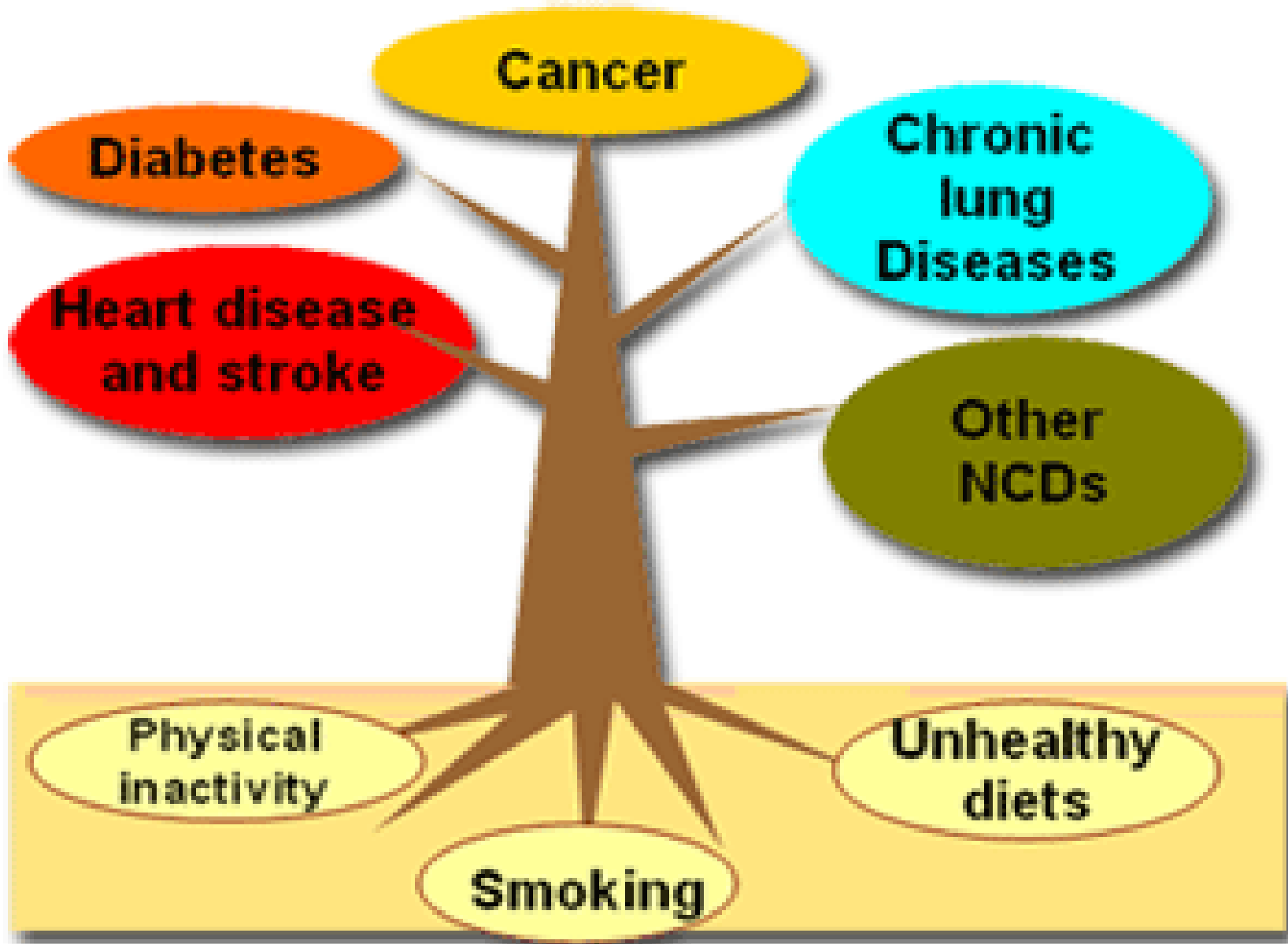


# Overview of Communicable Diseases

- Communicable Diseases: Are diseases what are transmitted from person to another.
- Non-communicable Diseases: Are diseases which can't be transmitted from person to person.

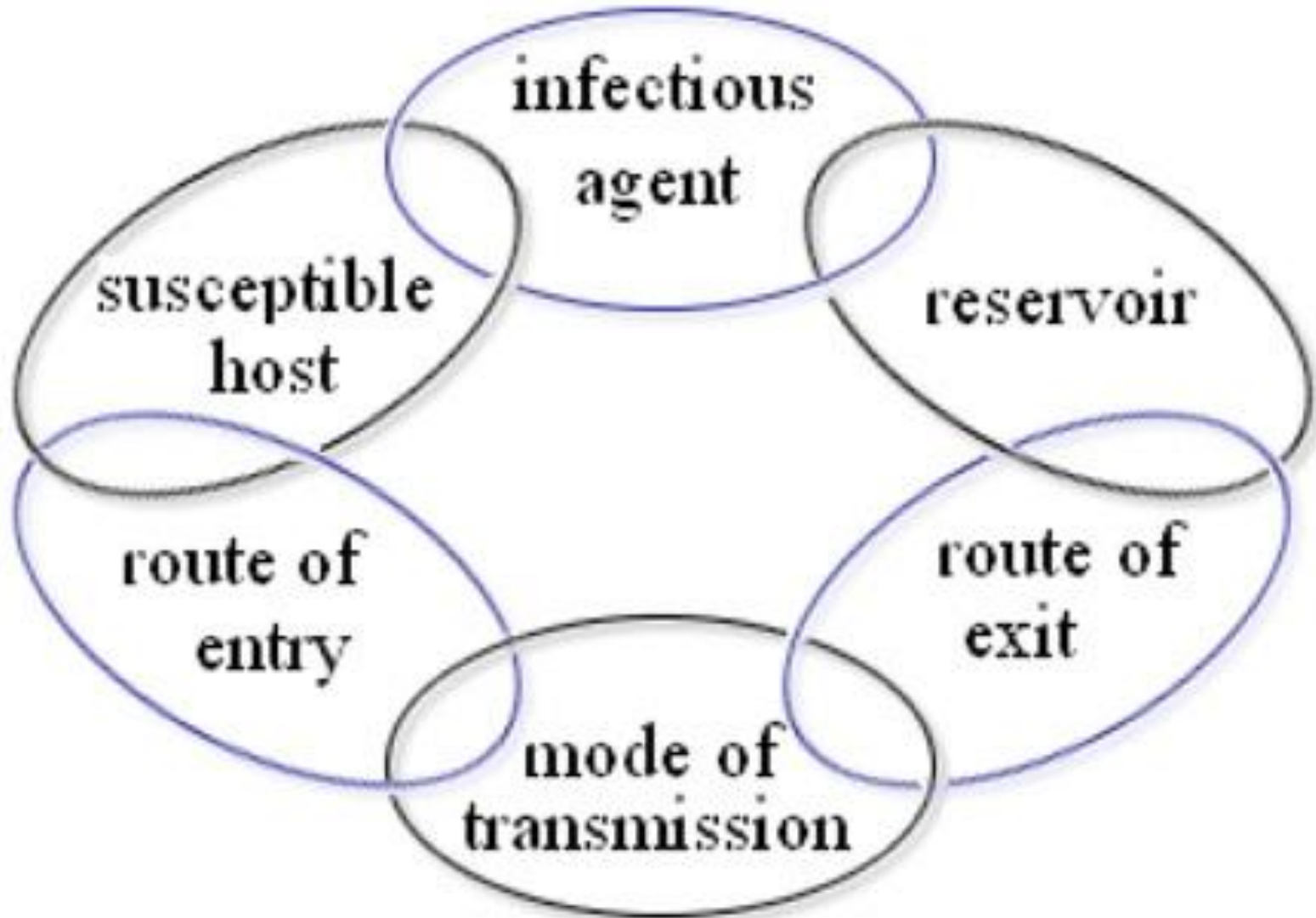


# Risk Factors of NCD





# Chain of Disease Transmission







# Levels of Disease Prevention



Preventive Services

Treatment

## Population Health for Returning Combat Veterans

Primary  
Prevention

Secondary  
Prevention

Tertiary  
Prevention

**No Disease**

*Prevention*

**Subclinical  
Disease**

*Detection*

**Diagnosed  
Disease**

*Treatment*

**No Impairment**

**Impairment**

**Disease with Impairment**





END





# QUESTIONS & COMMENTS

