

INFECTION PREVENTION FOR RESIDENTS AND FAMILIES

Supporting a partnership between residents, families,
and providers to develop a plan to prevent infections



Welcome

Welcome. We are honored to work with you and your family so that all of you can stay as healthy as possible while being cared for here.

Among all the services and care we provide, preventing infections is one of the most important. Our staff has been trained specifically to provide our residents with exceptional care while reducing the risk of infections for you, your loved ones, and all of our residents.

The guidelines we have implemented will help protect you, but we need your help to minimize your risk of infection.

The following pages provide more information to help you understand and truly partner with us in reducing the risk of infection. This will not only help you, but also other residents and guests in our care. The key areas we will be discussing and asking for your help include:

	Infection Prevention		Safe Visitation Practices
	Family Staff Partnership		Antibiotic Use
	Hand Hygiene		Standard and Contact Precautions
	Personal Hygiene		Sepsis

Together we can create an environment where you or your loved one are safe and stay well. Preventing infections is one of the best ways we can help you live your best life.

Thank you for your trust in us to care for you.

Infection Prevention



Each of us have an important role to play in preventing infections and keeping our residents safe from harm. Knowing the basics of infection prevention will help you to help us keep you or your loved one safe.

Tips for Residents:

- Cleaning your hands is the most important thing you can do to stay infection free.
- Do not pick at sores or remove bandages.
- Cover your mouth with the inside of your elbow when you sneeze or cough.
- Don't share personal items.
- Don't demand antibiotics.
- Take antibiotics as directed.
- Stay in your room if you are required to due to an infection.
- Remind providers to wash their hands before caring for you.
- If your room is dirty, ask to have it cleaned.

Tips for Families and Visitors:

- Clean hands before and after every visit
- Do not visit if you are ill.
- Cover your mouth with the inside of your elbow when you sneeze or cough.
- Don't demand antibiotics for your loved one.
- Wear mask, gown, or gloves as instructed if required



We want to be your partner in helping your loved one to enjoy the best quality of life possible. Together we can prevent infections and help our residents remain healthy.

Infection Prevention

Infection Prevention *and You*

You are an important part of infection prevention!



Wash your hands with soap and water or use hand sanitizer often. Ask healthcare workers and your visitors to do the same.



Who are infection preventionists?

Infection preventionists use their detective skills to find the bad germs and make sure everyone is doing the right things to keep you safe.



Catheters or other devices will be placed in your body after your skin receives proper cleaning.

Healthcare workers will clean their hands before and after they care for you.



Your healthcare workers will wear gloves, gowns, and masks at the right times. If you are in isolation, you and your visitors may need to do the same.

Your room and any equipment that is used on you will be cleaned.



What are healthcare-associated infections?

Healthcare-associated infections are a result of germs entering your body during medical care.



Catheter-associated urinary tract infections
When germs travel along a urinary catheter and cause an infection in your bladder or kidney.



Surgical site infections
An infection that happens after surgery in the part of the body where the surgery took place.



Bloodstream infections
When germs enter the blood by way of a catheter or tube that is placed in your vein.



Pneumonia
Infection of the lungs.



Learn more www.apic.org/InfectionPreventionAndYou

www.facebook.com/APICInfectionPreventionAndYou

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Family Staff Partnership



No one can be everywhere or see everything. That's why your help is necessary to ensure the best care for your loved one. Our staff is here to provide the best medical care, but we don't know your loved one like you do.

That's why your relationship with the staff is important. It's important that you and the staff talk about the changes that you're seeing in your loved one's condition and any concerns you may have. This communication helps us give your family member the excellent care they deserve.

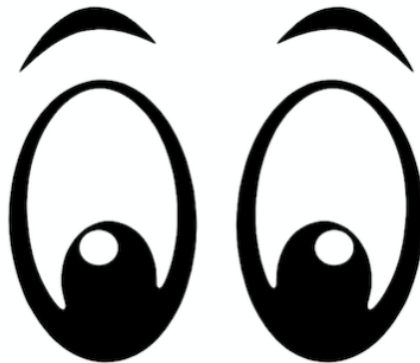
You may not know what to do when you see changes in how your loved one is thinking, memories they have forgotten, how they are talking, how they look, or how they are moving around. However, if you can share what you notice with the staff, we can take steps to find and solve potential problems. Some of these changes may not be important, but you won't know until you share what you see.

Any changes you notice in your loved one should be shared with the staff so we can evaluate your family member and see if additional follow up is necessary.

Key observations of changes to report:

- Thought patterns
- Memories
- Speaking pattern
- Appearance
- Mobility
- Things that concern you or just seem strange

If You SEE Something



SAY Something

Hand Hygiene



Cleaning your hands stops germs from spreading and prevents infections.

Hand hygiene has been the cornerstone of infection prevention for over 150 years. Hands of health care workers (HCWs) have been implicated in infection transmission in all health care settings. Despite efforts to increase hand hygiene practices, compliance remains poor.

The culture in long term care is to provide care in a homelike setting and to avoid institutional influences whenever possible. Relationships between residents and staff may be closer than in acute care due to time spent together, the nature of activities, and the care provided.



Tips for Residents:

- Hands carry germs from everything we touch.
- You can get sick from your own germs.
- Clean your hands often.
- Speak up...ask your caregivers and visitors to clean their hands.
- Clean hands with soap and water after using the restroom.
- Clean hands with soap and water when they look dirty.
- Clean hands with alcohol-based sanitizers at all other times.

Tips for Families and Visitors:

- Clean your hands before and after visiting.
- Remind your loved one to clean their hands often, including:
 - before eating
 - after using restroom
 - after blowing nose, coughing or sneezing
- Speak up if you believe anyone needs to clean their hands.
- Remind your loved one it's ok to ask caregivers and visitors about clean hands.



Safety is in your hands!

We want to be your partner in helping you or your loved one enjoy the best quality of life possible. Cleaning your hands from germs with either soap and water or alcohol-based hand sanitizers stops the spread of infection and keeps our residents safe. The Center for Disease Prevention and Control (CDC) recommends using alcohol-based hand sanitizers as the main way to keep hands germ free with a few exceptions. Practice hand hygiene frequently for the safety of your loved ones.

Handwashing and Hand Sanitizer Use

at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- 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 bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it’s dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

Personal Hygiene



Personal hygiene (keeping clean) is important for our residents and their family and guests. Families can help your loved one when it comes to personal hygiene. It's important that family and visitors practice personal cleanliness as well. This includes being mindful of strong cologne or body care products, tobacco smoke odor, and dirt from work or outdoors that may bother your loved one. Many residents have breathing issues and strong odors can make it difficult for them to breathe.

Tips for Residents:

- Establish morning and bedtime routine for personal cleanliness, just as you would at home.
- Perform as much self-care as you safely are able.
- Keep a bathing schedule.
- Be sure the folds of your skin- under your belly, behind your knees, etc., are cleaned and dry.
- Use lotions and moisturizers to protect your skin.
- Be sure private areas are cleaned daily.
- Wear clean clothing daily.
- Brush your hair every day.
- Brush your teeth 2-3 times per day.
- Clean your hands often.



Tips for Families and Visitors:

- Be patient with your loved one's hygiene routines. Don't rush them and give them the privacy they want in order to maintain their dignity.
- Do not wear cologne or use body products with strong odor
- Do not wear work clothing that is heavily stained or dirty.
- Ask your loved one if they need help brushing their teeth after meals.

Providing the best care for our residents requires that staff and families work together. Please speak up if you feel like your loved one's personal hygiene or supplies are not clean.

Personal Hygiene

The High Cs of Caring for Residents Collaborative Approach

- **C**lean Hands and Gloves
- **C**lean Clothes
- **C**lean Equipment and Environment
- **C**ontained Drainage – Includes urine and feces
- **C**overed Wounds
- **C**areful Antibiotic Use

It's **OK** to ask.



Do not be afraid to speak up!

Safe Visitation Practices



Living in a nursing home, assisted living facility or other long-term care facility increases the risk of getting an infection. You or your loved one have a **higher chance** of getting an infection, so it's important to use safe visitation practices. Many germs that make you sick are spread just a few days before you actually feel sick. To help keep your loved one and other residents healthy, please do not visit if you have any signs or symptoms of an infection, which are listed below.

Tips for Families and Visitors:

1. Do not visit if you are sick.
2. Do not visit if you have a fever, cough, or flu-like symptoms.
3. Do not visit if you have diarrhea or recent vomiting.
4. Do not visit if you have a cold with runny nose, cough, sneezing, or chills.
5. Do clean your hands before and after every visit.
6. Do clean your hands from germs after blowing your nose or coughing.
7. Do cover your cough or sneeze by using a tissue or your sleeve.
8. Do wear a facemask if you have a cold lingering and must absolutely visit.
9. **Do get your annual flu shot -- it protects your loved ones too!**



Residents are more likely to get flu complications that can cause hospitalization and sometimes death.

Flu also can make chronic health problems worse, such as asthma, chronic lung, and heart disease.

Tips for Residents:

- Cleaning germs from your hands is one of the most important things you can do to stay healthy.
- Ask your family and visitors to not visit if they are sick.
- Make sure that you get your flu and pneumonia shots.

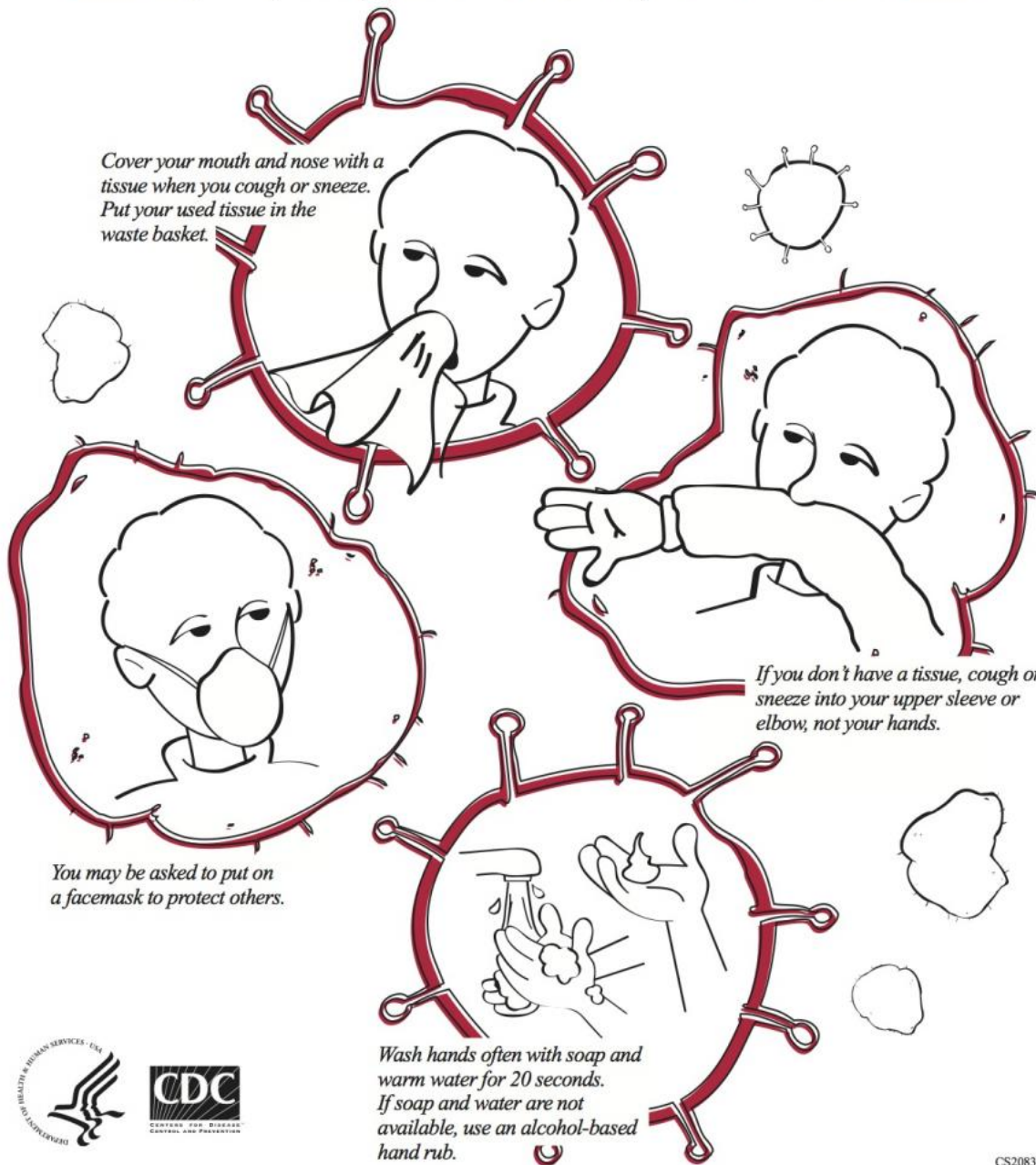
We want to be your partner in helping you and your loved one enjoy the best quality of life possible. Together we can prevent infections and help all of our residents remain healthy. We need your cooperation with safe visitation practices.

Safe Visitation Practices

Cover Cough

— Stop the spread of germs that can make you and others sick! —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



Antibiotic Use



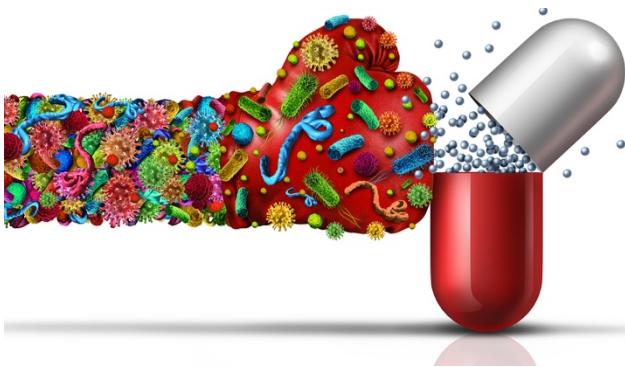
No one likes to be sick. We all would like a medicine that will make us better faster and with fewer side effects. The problem is that too often antibiotics are prescribed when they are not the right answer. We know that antibiotics can save lives, but did you know that when antibiotics are prescribed unnecessarily they can cause harm?

In nursing homes, it is estimated that up to **75% of antibiotics are prescribed incorrectly**. Harm from overuse of antibiotics can be significant. Potential harm from antibiotic overuse includes adverse drug reactions, interfering with the effect of other drugs the resident might be taking, antibiotic-resistant bacteria, and *Clostridium difficile*, an infection that can cause severe sickness and even death. We are committed to improving antibiotic prescribing practices. Prescribing the right antibiotic at the right time, as well as not prescribing antibiotics when they are not the right choice, is an important step in preventing antibiotic-resistant bacteria.

75%
of antibiotics
in nursing
homes are
prescribed
incorrectly

Antibiotic-resistant bacteria are bacteria that have developed the ability to survive and thrive despite treatment with antibiotics. Antibiotic resistance is becoming more widespread and dangerous. The World Health Organization has announced that antibiotic-resistance is one of the biggest threats to global health today. Many infections, like pneumonia, are becoming harder to treat because of antibiotic resistance. There are even some bacteria that are resistant to all known antibiotics.

In nursing homes with higher antibiotic use, even residents who do not receive antibiotics are at an increased risk of indirect antibiotic-related harm. This is due to the spread of resistant bacteria or *Clostridium difficile* germs from other residents. We are committed to safe antibiotic prescribing practices.



What can you do?

- Take antibiotics exactly as prescribed.
- Ask what to expect when taking antibiotics.
- Do not demand antibiotics.
- Do not expect antibiotics for the prevention of infections.
- Prevent the spread of infection through hand hygiene, safe visitation practices, personal hygiene, and effective communication.

Antibiotic Use



Antibiotic Stewardship in Nursing Homes

4.1 MILLION

Americans are admitted to or reside in nursing homes during a year¹



UP TO **70%**
of nursing home residents
received antibiotics during a year^{2,3}



UP TO **75%**
of antibiotics are
prescribed incorrectly^{2,3}



CDC recommends
7 CORE ELEMENTS
for antibiotic stewardship in nursing homes

Leadership Commitment ● Accountability
Drug Expertise ● Action ● Tracking
Reporting ● Education

*incorrectly = prescribing the wrong drug, dose, duration or reason

¹ AHCA Quality Report 2013.

² Lim CJ, Kong DCM, Stuart RL. Reducing inappropriate antibiotic prescribing in the residential care setting: current perspectives. *Clin Interv Aging*. 2014; 9: 165-177.

³ Nicolle LE, Bentley D, Garibaldi R, et al. Antimicrobial use in long-term care facilities. *Infect Control Hosp Epidemiol* 2000; 21:537-45.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Antibiotic Use

The ABC's of Antibiotics

A

sk

"Are these antibiotics necessary?"
"What can I do to feel better?"



B

acteria

Antibiotics do not kill viruses.
They only kill bacteria.

C

omplete the Course

Take all of your antibiotics
exactly as prescribed
(**even** if you are feeling better).



Do not pressure your healthcare provider for antibiotics.



You do **not** need antibiotics for:

- ✗ Colds or flu;
- ✗ Most coughs and bronchitis;
- ✗ Sore throats not caused by strep;
- ✗ Runny noses; or
- ✗ Most ear aches.

Using antibiotics the wrong way can
cause bacteria to grow into superbugs.

This could make your next infection
much harder to treat.

Infection Prevention *and You*



APIC

Association for Professionals in
Infection Control and Epidemiology

Learn more about antibiotic resistance at
apic.org/infectionpreventionandyou and
cdc.gov/getsmart.

Standard & Contact Precautions



Standard precautions are basic steps that every caregiver uses to prevent the spread of germs. It includes using gowns, gloves, and masks. These do not take the place of having clean hands, but are extra steps to keep you or your loved one safe and help prevent spread of germs to the staff and other residents.

Tips for Residents: Gowns, gloves or masks may be worn during your daily care as follows:



- Dressing
- Bathing/Showering
- Transferring
- Providing personal hygiene
- Changing linen
- Changing briefs
- Assisting with toileting
- Device care; urinary catheters
- Wound care or skin openings



Contact Precautions. Sometimes you or your loved one may need added precautions, such as having everyone wear gowns, gloves or masks **upon entry** to the resident's room and during **all of their care**. These safeguards will be listed by the facility and most will have a **Stop sign** on the door of the resident's room asking visitors to wear gowns, gloves, or masks during their visit.

Both the resident and family should ask the healthcare team for more information about the cause of the infection, so everyone understands the contact precautions and the reasons for them. Together we can make our residents feel safe and secure.



Tips for Residents, Families and Visitors:

- All these precautions are for safety.
- Moving to a private room may be necessary.
- Movement about the facility may be limited while they have the infection.
- Clean hands often using soap and water if your loved ones have diarrhea or vomiting.
- Clean hands often with alcohol-based hand sanitizers at all other times.
- The number of visitors or children may be limited during the infection period.

Sepsis



In healthcare, we hear the word “sepsis” a lot. Before we talk about how to prevent or identify sepsis, we need to know what sepsis is:

- Sepsis is life threatening.
- Sepsis is the body’s extreme response to an infection.
- You can think about sepsis as your body’s overactive and toxic reaction to infection.
- Normally our bodies try to fight infections. In sepsis, our body stops fighting the infection and starts to attack itself.

Anyone can get an infection -- and almost any infection can lead to sepsis. Some people are at a higher risk of sepsis. These include:

- People 65 years old or older
- People with chronic illness, such as diabetes, lung disease, cancer, and kidney disease
- Infants under the age of one
- People of any age with a weakened immune system

The key to surviving sepsis is preventing infections in the first place. There are many ways to prevent infections. These include:

- Receiving all appropriate vaccinations, such as flu shots
- Hand washing
- Management of chronic illnesses
- Caring for wounds
- Early identification and appropriate treatment of infections
- Use of personal protection equipment (gloves, masks, gowns) as required

Know the symptoms of sepsis:



**CONFUSION OR
DISORIENTATION**



SHORTNESS OF BREATH



HIGH HEART RATE



**FEVER, OR SHIVERING,
OR FEELING VERY COLD**



**EXTREME PAIN OR
DISCOMFORT**



**CLAMMY OR
SWEATY SKIN**

If you suspect the possibility of sepsis, let us know immediately.

Sepsis is a medical emergency and requires prompt treatment.

Sepsis

When it comes to sepsis, remember
IT'S ABOUT TIME™. Watch for:



TEMPERATURE
higher or lower
than normal

INFECTION
may have signs
and symptoms of
an infection

MENTAL DECLINE
confused, sleepy,
difficult to rouse

EXTREMELY ILL
"I feel like I might
die," severe pain
or discomfort

Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, "I AM CONCERNED ABOUT SEPSIS."

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SEPSIS.ORG



258,000

sepsis patients will die
each year in the U.S. –
one every 2 minutes,
more than prostate
cancer, breast cancer
and AIDS combined.

KNOW

DON'T
KNOW

ONLY

55%

of U.S. adults have
heard of sepsis

MORE THAN

**1.6 million
people**

are diagnosed with sepsis in the U.S. each year
– one every 20 seconds.