Infection Control for Respiratory Care

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This Presentation is Approved for 1 CRCE Credit Hour

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Learning Objectives

- Classify types of Microorganisms
- Discuss pathogenicity vs. non-pathogenicity as pertaining to microorganisms
- Locate sources of infection encountered in general patient care
- Describe routes of transmission of infections in general patient care

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Learning Objectives

> Select methods to prevent infections in general patient care

- Locate sources of infection encountered in critical care areas
- > Explain routes of transmission of infections
- > Select methods to prevent infections in critical care areas

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Types of Infectious Organisms

> Bacteria

- Algae: birdbath blight
 Protothecosis (rare)
 - Blue-green algae blooms produce saxitoxins that affect animals & humans

Terms

Pathogenicity: capability for causing infectious

> Normal flora: normal bacterial habitation of a

> Virulence: the extent of an organism's

> Fungi

disease

tissue

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pathogenicity

- * Unicellular: yeasts
- * Multicellular: moulds

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Types of Infectious Organisms

- > Protozoa: malaria, amebiasis
- > Viruses: HIV, HPV
- > Helminths: unicellular & multicellular
- > Prions: infectious proteins
 - Transmissible spongiform encephalopathies (TSEs)
 Mad cow dx
 - Kuru cannibals
 - Creutzfeldt-Jakob dx

FYI see links below for article on prions





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Normal Flora

Bacteria perform * Physiological * Nutritional and

- * Protective functions in the human body
- Maintaining a balance is crucial
- Normal flora consists of communities of bacteria that function as microbial ecosystems

See links below for diagram showing normal flora & locations

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Normal Flora

- If these ecosystems are disrupted the consequences can be unpredictable
- > Disruptive mechanisms

* Antibiotics

- Wrong antibiotic • Inadequate potency of antibiotic
- Cessation of medication before dosage schedule is completed

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Normal Flora

If these ecosystems are disrupted the consequences can be unpredictable

- > Disruptive mechanisms
 - * Antibiotics * Tissue damage
 - Provides pathway for invasion
 - Deprives tissue of oxygen, encouraging anaerobic bacterial growth

Normal Flora

- If these ecosystems are disrupted the consequences can be unpredictable
- > Disruptive mechanisms
 - * Antibiotics * Tissue damage

 - * Medical procedures: tissue contamination
 - * Changes in diet: disruption of gastrointestinal flora
 - $\boldsymbol{\ast}$ Introduction of new pathogens by various routes









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Sources of HAI



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Transmission Mechanisms for HAI

- Contact: direct, indirect
- > Droplet transmission
- > Common vehicle transmission: reservoir for microbes
- > Vector borne transmission: flies, mosquitoes, lice
- > Blood borne
- Self-infections & cross infections: spread to other tissues, organs

Central nervous system infections

Urinary tract infections (UTI)

> Lower respiratory infections

> Primary bacteremia

> Surgical wound infections (SWI)

> Gastrointestinal tract infections

> Traumatic wounds & burns infections















	(n)	per infection (USS)	year
Surgical-site infection	290,485	25,546	13,088
Ventilator-associated pneumonia	250,205	9,966	35,967
Central-line-associated bloodstream nfection	248,678	36,441	30,655
Catheter-associated urinary tract infection	561,677	1006	8205













Patient Care Devices

- Clean patient-care items with high-level disinfection or sterilization procedures
- > Clean devices as soon as practical after use (e.g. at the point of use) because soiled materials become dried onto the instruments
- Ensure that the rinse step is adequate for removing residues to levels that will not interfere with disinfection/sterilization
- > Inspect equipment surfaces for breaks in integrity that would impair cleaning or disinfection/sterilization

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High Level Disinfection for Endoscopes

- Test each flexible endoscope for leaks as part of each reprocessing cycle. Remove from clinical use any instrument that fails the leak test.
- > Meticulously clean the endoscope with an enzymatic cleaner
- > Disconnect & disassemble endoscopic components (e.g. suction valves) as completely as possible & completely immerse all components in the enzymatic cleaner. Steam sterilize those components if they are heat stable.

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Hand Hygiene • When to clean hands • Before eating • Before & after having direct contact with a patient's intact skin • After contact with blood, body fluids, or excretions • After contact with inanimate objects in the immediate vicinity of the patient



High Level Disinfection for Endoscopes

Indications for

Sterilization/Disinfection
Sterilize critical medical & surgical devices & instruments
that enter normally sterile tissue

> Perform low-level disinfection for noncritical patient-care

 Provide, at a minimum, high-level disinfection for semicritical patient-care equipment
 Gastrointestinal endoscopes
 Endotracheal tubes

Anesthesia breathing circuits
 Respiratory therapy equipment

surfaces

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- Flush & brush all accessible channels to remove all organic material (e.g. blood, tissue) & other residue
- Process endoscopes & accessories that contact mucous membranes as semi-critical items, & use at least high-level disinfection after use on each patient

Hand Hygiene

- When hands are not visibly dirty, alcohol-based hand sanitizer is the preferred method for cleaning your hands in the healthcare setting
- > Soap & water are recommended for cleaning visibly dirty hands

Wearing Gloves

> Wearing gloves is not a substitute for hand hygiene

> Always clean hands after removing gloves

> Dirty gloves can soil hands

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Hand Hygiene

- Alcohol-based hand sanitizers are the most effective products for reducing the number of germs on the hands of healthcare providers
- > Antiseptic soaps & detergents are the next most effective & non-antimicrobial soaps are the least effective

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Wearing Gloves

- Steps for glove use
 - Remove gloves after contact using proper technique to prevent hand contamination
 - $\boldsymbol{\ast}$ Failure to remove gloves may lead to the spread of
 - potentially deadly germs from one patient to another * Do not wear the same pair of gloves for the care of more than one patient

Fingernails, Jewelry

- Microbes live under artificial fingernails despite alcoholbased hand sanitizer & handwashing
- Do not wear artificial fingernails or extensions during patient contact
- > Keep natural nail tips less than 1/4 inch long
- > Rings may foster microbial activity

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Personal Protective Equipment

> General guidelines

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- Wear PPE when anticipated patient interaction indicates contact with blood or body fluids
- Prevent contamination of clothing & skin during the process of removing PPE
- Remove & discard PPE before leaving the patient's room or cubicle

Personal Protective Equipment

- Wear gloves for all patient contact
- Wear a gown when contact with blood, body fluids, secretions, or excretions is anticipated
- > Do not reuse gowns
- Remove gown & perform hand hygiene before leaving patient's room
- Routine donning of gowns upon entrance into a high risk unit (e.g. ICU, NICU) is not indicated

See links below for illustrations of PPE wear

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Personal Protective Equipment

- Use PPE to protect the mucous membranes during procedures likely to generate splashes or sprays of body fluids
- During aerosol-generating procedures in patients wear one of the following
 - Face shield that fully covers the front & sides of the face
 Mask with attached shield, or a mask & goggles

Isolation Procedures

- Disease based different germ, different isolation type
- > Visitors educated and regulated
- > Standard precautions
- * Wearing the appropriate PPEs, handwashing
- * Safe injection practices
- * Masks for insertion of catheters and spinal punctures
- * Cough etiquette containment of respiratory secretions



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Recommended Vaccinations

- Hepatitis B: series of 3 (required)
- > Influenza: annually (employer may require)
- > Not required, but recommended
 - * Measles, mumps, rubella (MMR)
 - Chickenpox (varicella)
 - * Tetanus, diphtheria, pertussis (TDaP)
 - Meningococcal (if exposure is likely)

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Emergency Department Nursing home patient conditions Homeless patients Craepy crawlies Lice Scabies











Intensive Care Units Common microbes • Candida species * Fungi * Aspergillus Zygomycetes

Exhaled Aerosols

& Legionella (pneumonia)

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Intensive Care Units

- HAI prevention for respiratory therapists * Adherence to institutional policies & procedures pertaining to infection control * Special attention to infection control associated with Artificial airways
 - Mechanical ventilation devices
- * Monitoring RT devices for risk of contamination

Exhaled aerosols must be isolated * Avoid unnecessary aerosol treatments * Avoid treatments by aerosol masks * Use devices to trap exhaled particles * Monitoring RT devices for risk of contamination

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Intensive Care Units

- Good news! Current research finds that the incidence of HAI is declining
 - Organizational cultures that promote preventive measures
 - Streater attention & adherence of caregivers to infectious control protocols & procedures
 - * Improved facility design
 - Air handling
 - Isolation areas
 - Increased accessibility of handwashing stations

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Specific Agents

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Specific Agents

Specific Agents

CRE- Carbapenems Resistant Enterobacteriaceae

• Long courses of certain antibiotics * Healthy people generally safe

* One study claimed 50% contribution to death

* Patient in healthcare settings

• Urinary or I.V. catheters

> Acinetobacter

- * Cause variety of infections
 - Pneumonia, blood or wound infection
- $\boldsymbol{\ast}$ May colonize in trachs or open wounds
- * Little risk to healthy people
 - Found in healthcare facilities
 - Especially vent patients
 - Weakened immune systems
 - DM
- Chronic lung dx
- * Transmission/Prevention
- * Treatment

* Klebsiella

Vents

Difficult to treat

* E-coli

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Specific Agents • Costridiodes difficile - used to be called Clostridium difficile • Life-threatening diarrhea • Sually caused by antibiotics • Over 65, take antibiotics, and receive medical care • Long term hospital or nursing home patients • Previous *C. diff* infection • Transmission/Prevention

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Specific Agents

Causes AIDS – Acquired immune immunodeficiency

* Transmission in healthcare settings possible – very rare

> HIV – Human immunodeficiency virus

syndrome

- amoxicillin

* Most community infections are skin













Summary & Review

- Much of the body is sterile; there are also sites such as the GI tract and skin inhabited by bacteria that play a commensalistic role
- These are normal flora and crucial to health. Disruption of these by various interventions can cause superinfections and opportunistic infections
- > HAIs can arise from numerous sources in the hospital
- Among these are the hospital environment, patients, caregivers and medical devices

Summary & Review

- Transmission of HAIs can be through contact, droplets, contaminated reservoirs, body fluids, and self infections
- HAT

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Preventative Measures for HATS

- Environmental infection control
- > Hygiene
- > Isolation Precautions
- OSHA regulates practices to prevent people from acquiring infections in the workplace * Education of workers of safe practices * Ensuring proper use of PPE
- > Sterilization and disinfection procedures > Cleaning of all devices thoroughly > Sterilization or high level disinfection as indicated

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Special Requirements for Critical Care Areas

Emergency Departments (ED)

- * Especially important in inner-city EDs, where you never know what will walk in the door
- * Patients from all socioeconomic classes and foreign countries can arrive with many types of infections and infestations
- ICU patients are more susceptible to infections for many reasons, such as immunosuppression, antibiotics, and indwelling lines
- > Indwelling lines if the patient didn't already have the line in, would you put it in today? If the answer is no, perhaps you should take it out

- Survey of 11,000 patients found 452, or 4% had at least 1
- > The mortality rate for HAIs can be 14%
- > Dollar cost of about \$1000-\$36,000 per infection

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Hand Hygiene

- Critical to prevention of HAIs
- > Wash before and after all contact
- > Sanitize per facility protocol
- > Gloves are indicated for all patient contact, but are not a substitute for hand sanitation
- Other PPE include gowns, caps, shoe covers, masks or respirators per facility protocol
- > Caregivers should also protect themselves for being vaccinated for Hep B and Flu
- In regards to PPE, if it's on the door AKA if there's a sign that says you should wear something, then it's on me and you should do the same

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VAP & Exhaled Aerosol VAP – Prevention of Ventilator Associated Pneumonia is important to RTs Avoidance of exhaled aerosol particles that can transmit all kinds of infections, as well as medications to the practitioner

Good News for HAIs

- Incidence of HAIs is declining due to improved organizational cultures, facility design and the efforts of caregivers
- > It is incumbent upon you to keep your patients and yourself safe
- > Foremost thing you can do is maintain hand hygiene
- > Gel in and out of every patient room

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Specific Agents

- > Acinetobacter
- > C-Diff > CRE
- Gram negative/positive
 Hepatitis
- > HIV
- > Klebsiella > MRSA
- > Norovirus
- > Pseudomonas
- > Staph
- > TB > VRE
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