Volume XXI

Limiting Exposure to Blood Borne Pathogens in Long-Term Care

A Video Guide for Staff

Facilitator Guide
LIMITING EXPOSURE TO BLOOD BORNE PATHOGENS IN LONG-TERM CARE

It is common to hear stories about exposure to blood borne pathogens in health care institutions and long-term care facilities. Still, many do not realize that exposure to blood borne pathogens can be devastating. When exposure occurs, blood borne pathogens can cause irreparable harm – from HIV to Hepatitis C infection. OBRA and JCAHO guidelines mandate that all long-term care facilities have comprehensive measures in place to limit the exposure of residents and staff members to blood borne pathogens.

Any single safety procedure will not offer complete protection from exposure, but the combination of increased awareness, safeguards, and prophylactic care programs can decrease the overall risks. Nursing home staff plays a crucial role in protecting themselves and the residents who live there. The better you are prepared, the safer you and your residents will be. And the best way to defend against blood borne pathogens is to limit exposure.

Resident health and safety is your number one priority. Your residents and their families trust you to protect them and to guard their health … the health of people who, in many cases, are more susceptible to serious illness that can occur from exposure to blood borne pathogens. Understand where dangers exist and work to prevent them. Train to protect yourselves and your residents. And above all, be educated and informed so you can provide the best protection for yourself and your residents.
This guide is designed for the facilitator. It will help you plan and conduct sessions to help ensure that your staff is knowledgeable and equipped to limit exposure to blood borne pathogens and to act appropriately in the event of exposure to prevent the onset of serious illness or disease.

“Limiting Exposure to Blood Borne Pathogens in Long-Term Care” is a video-based learning program. It directly addresses the needs and motivations of every staff member in your facility, regardless of their position or job description. It can positively influence every member of the care-giving team by directly guiding them on:

- How to limit exposure to blood borne pathogens
- How to employ the steps of a comprehensive prevention program – Hand washing, barrier protection, sharps precautions, and handling regulated waste.
- What action steps to take if exposure occurs

Conduct the “Limiting Exposure to Blood Borne Pathogens in Long-Term Care” learning sessions for:

- All members of your nursing staff
- All members of support staffs who have direct or indirect contact with residents, such as personnel in social services, admissions, housekeeping, dietary and maintenance.
- All newly hired staff
- All volunteers who work in your facility
“Limiting Exposure to Blood Borne Pathogens in Long-Term Care” is a practical educational tool. It shows long-term care staff and health care providers using proven techniques for identifying risks for blood borne pathogens and limiting exposure. It demonstrates preventive and post-exposure steps that help to minimize the threat to staff and residents. Filled with practical information and useful instruction, this video describes blood borne pathogens commonly present in long-term care settings; what you can do to prevent them; where risks of exposure are most likely to appear, and what to do following possible exposure.

This video training package provides a unique and interactive learning experience. First, it offers valuable learning information and contains a useful workbook. In it, you will find suggestions for facilitated discussion to help involve participants in interactive learning.

During your session, focus on these crucial learning points:

- Identifying common blood borne pathogens that may be present in a long-term care facility
- Recognizing factors which influence the risk of exposure
- Putting procedures in place that will minimize risks and safeguard staff members and residents
- Using Standard Precautions to prevent exposure to blood borne pathogens
- Preparing yourself to respond appropriately in the event of exposure
SAMPLE GROUP SESSION AGENDA

Use the following sample agenda to structure a session featuring “Limiting Exposure to Blood Borne Pathogens in Long-Term Care.”

Length of videotaped program: approximately 25 minutes

Suggested length of session: 45 minutes to 1 hour

Materials needed:
- This facilitator guide
- The “Limiting Exposure to Blood Borne Pathogens in Long-Term Care” video program
- Optional paper and pencils for participant note-taking
- Optional flipchart and markers for writing key ideas
<table>
<thead>
<tr>
<th>Time</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 min</td>
<td>Welcome the group to your session. Introduce the “Limiting Exposure to Blood Borne Pathogens in Long-Term Care” topic by listing the learning objectives for the program.</td>
</tr>
<tr>
<td>3 min</td>
<td>Show first module of video program – Introduction</td>
</tr>
<tr>
<td>10 min</td>
<td>Engage viewers in a brief discussion about MODULE 1. If group members are slow to respond, briefly recap the main ideas emphasized in the first module (or the key situations and behaviors with which you feel your group can most easily relate).</td>
</tr>
</tbody>
</table>

ASK: How many of you have experience with a resident who has been exposed to a blood borne pathogen or infectious disease? (PAUSE FOR SHOW OF HANDS)

ASK: What steps did you take to prevent the resident’s possible exposure to that blood borne pathogen? Could anything have been done differently? What should you do to protect yourself?

ASK: What are some of the common blood borne pathogens (such as HIV or Hepatitis) that you’ve come across in the long-term care facility? (Pause for responses)
ASK: What do you think is the appropriate response if you are exposed to a blood borne pathogen?

DISCUSS: Prior knowledge of blood borne pathogens and response to possible exposure. Understanding the group’s prior knowledge will help you reinforce good practices and change those that are incorrect. (Encourage discussion to help uncover staff knowledge). This baseline knowledge will help you focus later discussion and follow-up exercises to meet the needs of the group. It will also enable you to see how the learning sessions have helped to improve training on limiting exposure to blood borne pathogens.

5 min Show second module of video program – Blood Borne Pathogens and How They Spread

10 min Engage viewers in a brief discussion about MODULE 2. If group members are slow to respond, briefly recap the main ideas emphasized in the second module (or the key situations and behaviors with which you feel your group can most easily relate).

ASK: What is the difference between an airborne infection and a droplet infection? What conditions put you at increased risk for acquiring droplet infections?

ASK: What are common factors that increase the risk of exposure?

ASK: What common blood borne pathogens might affect our residents?

ASK: How do blood borne pathogens spread?
ASK: Have any of you had any experience with a resident infected with HIV? Hepatitis B? Hepatitis C? What precautions were necessary to prevent spread (?) of each infectious disease?

ASK: How many of you have been vaccinated for Hepatitis B?

8 min Show third module of video program – Preventing Exposure to Blood Borne Pathogens

10 min Engage viewers in a brief discussion about MODULE 3. If group members are slow to respond, briefly recap the main ideas emphasized in the second module (or the key situations and behaviors with which you feel your group can most easily relate).

ASK: Describe Standard Precautions for limiting exposure to blood borne pathogens?

ASK: When is it appropriate to wear disposable gloves? Gowns? Masks?

DISCUSS: Standard Precautions. Engage staff and clearly explain the steps involved in Standard Precautions:
- Barrier Protection – appropriate wearing of disposable gloves, gowns and masks when contamination, soiling or spraying may be expected.
- Sharps Precautions – use and disposal of needles, syringes and razors in appropriate leak- and puncture-proof containers. Containers should be labeled and color-coded. Staff members should never attempt to reach inside to retrieve used sharps.
- Regulated Waste – labeling, storage, handling, transport, and disposal of waste that has been possibly contaminated by products such as blood, items caked with dried blood, contaminated sharps, or other potentially infectious materials.

**ASK:** What is the single most important thing you can do to minimize the risk of infection?

**ASK:** Ideally how often should you wash your hands? After what specific activities should you be sure to wash your hands?

**ASK:** Do you believe you practice proper hand washing? When was the last time you reviewed proper hand washing with another staff member or resident?

**HANDWASHING ACTIVITY:**
(this activity can be performed as part of viewing module 3 of the program)

- Apply Glo Germ™ to the participants’ hands.
- Ask participants to wash their hands as they would on any other day.
- Use a black light to illuminate the areas on their hands that were not properly cleaned.
- Demonstrate and narrate the proper hand washing technique. (VIDEO)
- Reapply Glo Germ™ and have the participants rewash their hands.
- Use the black light to illuminate areas on their hands where soil remains. Note the difference.
- Reinforce the proper hand washing technique.
DISCUSS: Talk about the importance of proper hand washing. Explain how hand washing helps reduce the potential risks. Also discuss the staff role in reporting hazards and correcting problems that arise.

ASK: What can you do to ensure that the risk of exposure to blood borne pathogens in your facility is decreased?

ASK: What are the overall benefits of a limiting exposure to blood borne pathogens? To you? To your residents?

To facilitate discussion, consider the following . . .

DISCUSS: Describe common risk factors. Engage group in discussion that involves them in identifying common causes of exposure and contamination that may go unrecognized.

5 min Show fourth module of video – If an Exposure Does Occur.

10 min Engage viewers in a brief discussion about MODULE 4. If group members are slow to respond, briefly recap the main ideas emphasized in the fourth module (or the key situations and behaviors with which you feel your group can most easily relate).

ASK: What should you do immediately following possible exposure to a blood borne pathgen?

ASK: What should you NOT do when cleaning a wound following possible exposure to a blood borne pathogen? Why?

ASK: Following exposure due to a needle stick, what factors affect your risk for infection?
ASK: To whom should you report any possible exposure to and what would you expect the next steps to be?

ASK: What is prophylactic care and how can it decrease your risk of infection following possible exposure to blood borne pathogens?

DISCUSS: Staff role in limiting exposure to blood borne pathogens. Continue to engage staff and clearly explain the steps involved in each step of prevention and treatment.

2 min Show fifth module of video – Conclusion

5 min In closing, ask for questions or additional comments from the group. Discuss as appropriate.

Thank group members for their participation and conclude the session.
EXERCISES AFTER VIDEO

• How do you rate our current success in providing information on blood borne pathogens to staff members and preventing exposure? How do residents rate our success?
• What are some examples you’ve seen in the last two weeks of
  - potential risks of exposure to blood borne pathogens
  - precautionary measures taken by staff members
  - steps taken by staff members after possible exposure
  - training or education to help staff and/or residents understand blood borne pathogens and how to limit exposure
• What can we do to help residents (and visitors) understand the risks associated with blood borne pathogens and how to limit exposure?

Suggest a follow-up assignment to help improve their understanding of blood borne pathogens.

For example:
• Have each staff member check their vaccination status for blood borne pathogens for which e vaccines are available
• Assign each staff person a specific area within the facility and ask them to identify potential risks of exposure to blood borne pathogens.
• Ask them to identify precautionary measures that are in place to minimize risk of exposure
• Have each staff member investigate post-exposure procedures and discuss appropriate and available prophylactic care with a member of the infection control team or physician.

Hold a second meeting where each staff member shares what they’ve learned from their follow-up assignment.

Finally, as a group, decide how you can use what you’ve learned to limit exposure to blood borne pathogens in your facility.
• Dementia in Long Term Care: How Dementia Affects Care Planning (New)
• Delirium: Assessment, Prevention and Management, Part 1 (New)
• Delirium: Assessment, Prevention and Management, Part 2 (New)
• Delirium: Assessment, Prevention and Management, Set (New)
• Preventing Medication Errors in Long Term Care (New)
• Limiting Exposure to Blood Borne Pathogens (New)
• Your Role in Resident Skin Care
• Finding Cognitive Impairment in the Elderly (New)
• Infection Control in Long Term Care (Revised)
• Quality of Life: Homelike Environment
• Respecting Confidentiality (Revised)
• A Commitment to Safety (Revised)
• Fire Prevention & Safety Practices
• Preventing & Handling Elder Abuse and Neglect
• Preventing & Managing Workplace Violence - Staff
• Preventing & Managing Workplace Violence - Managers
• Quality of Life: An Introduction
• Preserving Residents’ Dignity
• Serving the Assisted Living Community, Part 1
• Serving the Assisted Living Community, Part 2
• Meaningful Work
• Resident Transfers: The Safe Way
• No Easy Answer: Moving Beyond the Guilt
• What about using a Restraint?
• Understanding Advance Directives
• Residents’ Rights - Residents
• Residents’ Rights - Residents (Revised)
• Pain in Cognitively Impaired Seniors: Assessment & Management
• Preventing Falls in the Geriatric Patient
• Sleep Problems in the Elderly: Assessment
• Sleep Problems in the Elderly: Management
• Management of Depression in Long Term Care
• Drug Free Workplace: Supervisor
• Drug Free Workplace: Employee
Questions?

If you have questions about how to implement the “Limiting Exposure to Blood Borne Pathogens in Long-Term Care” program, or if you would like information about other programs available from ElderCare Communications, call or write to:

**ElderCare Communications**  
680 C Northland Blvd.  
Cincinnati, Ohio 45240  
Phone: 800-505-3232  
Fax: 513-742-6269

or check online at:

**www.eldercarecommunications.com**

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