

Volume XI

# **Infection Control in Long-Term Care**

A Video Guide for Staff

## **Facilitator Guide**



**ElderCare**  
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## INFECTION CONTROL IN LONG-TERM CARE

Infections acquired in health care institutions and long-term care facilities can be common. When infections occur, they can be devastating. OBRA mandates that all long-term care facilities have comprehensive infection control measures in place to protect residents and staff members.

Any single safety procedure will not offer complete protection from infection, but the combination of multiple infection safeguards and increased awareness can decrease the overall risks. Staff and health care providers in nursing homes play a crucial role in protecting themselves and the residents who live there. The better prepared you are, the safer you and your residents will be. And the best way to defend against infection is to prevent it -- to focus on *infection control*.

Resident health and safety is your number one priority. Your residents and their families trust you to help protect them and to guard their health ... the health of people who, in many cases, are more susceptible to serious infection. 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.



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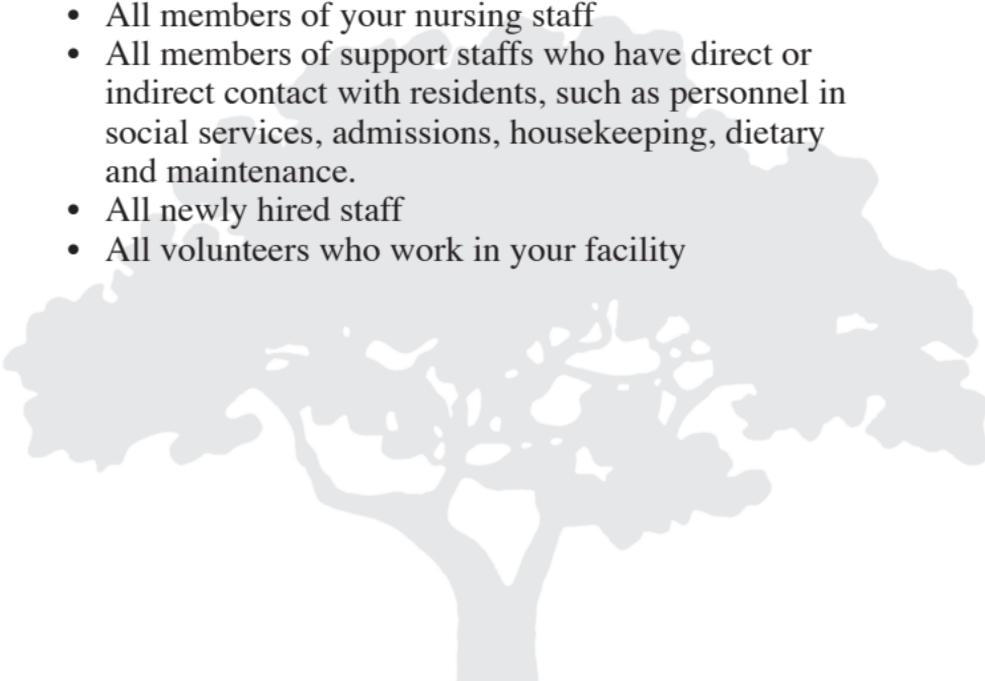
## VIEWING GUIDELINES

This facilitator guide will help you plan for and conduct sessions to help ensure that your staff feels equipped to prevent infection and act appropriately in the event of infection to prevent facility wide outbreaks.

“**Infection Control in Long-Term Care**” is a video-based learning program. It speaks directly to 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 helping:

- How to prevent infection
- How to employ the steps of a comprehensive infection control program - Hand washing, barrier protection, sharps precautions, patient placement, food handling and housekeepig

Conduct the “**Infection Control 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
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## PROGRAM CONTENT

**“Infection Control in Long-Term Care”** is a practical educational tool. It shows long-term care staff and health care providers using proven techniques for identifying and protecting against infection risks. It also demonstrates preventive measures that help to minimize the threat to staff and residents. Filled with practical information and useful instruction, this video will explain the major causes of infection in long-term care settings, what you can do to prevent them, where infection risks are most likely to appear and much more.

This video training provides a unique and interactive learning experience. In addition to the valuable learning information contained in the video and accompanying workbook, the video in-service provides opportunities for facilitated discussion to help involve participants in the acquisition of knowledge that will help everyone understand how to prevent infection and how to be prepared to respond quickly and correctly if infections occur.

During your session, focus on these crucial learning points:

- Identifying contamination hazards in the workplace and resident care areas
  - Recognizing factors which influence the risk of infection
  - Putting procedures in place to minimize infection risk and safeguard your residents
  - Using Standard Precautions in a comprehensive infection control plan to prevent and control serious infection outbreaks
  - Preparing yourself to respond appropriately in the event of an infection
  - Using additional infection control resources to increase awareness of federal and facility guidelines
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## SAMPLE GROUP SESSION AGENDA

Use the following sample agenda to structure a session featuring “**Infection Control in Long-Term Care.**”

Length of videotaped program: approximately 25 minutes

Suggested length of session: 45 minutes to 1 hour

Materials needed:

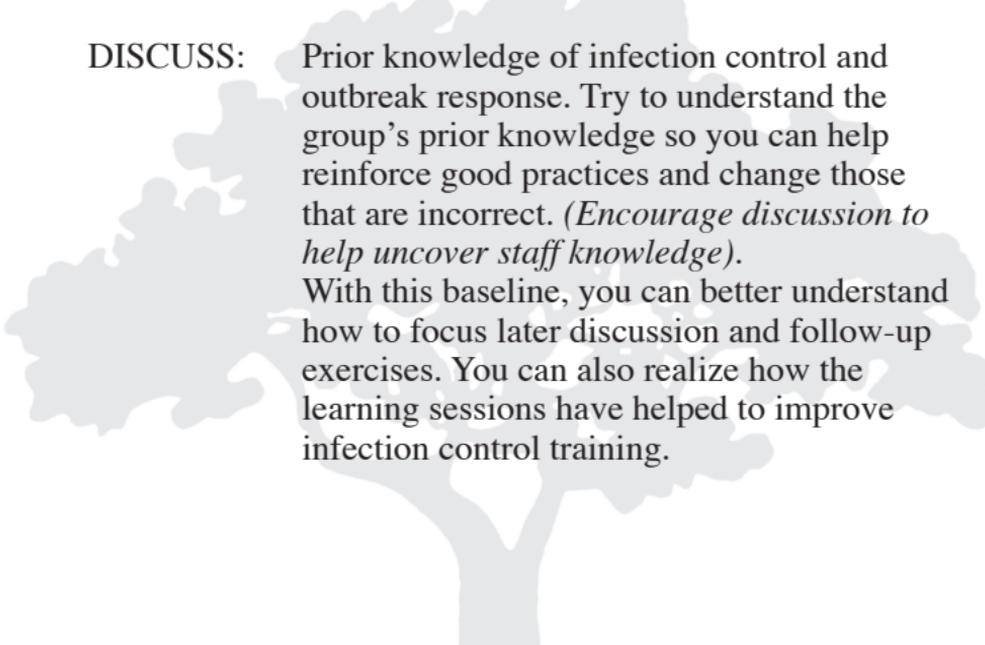
- This facilitator guide
- The “**Infection Control in Long-Term Care**” video program
- Optional paper and pencils for participant note-taking
- Optional flipchart and markers for writing key ideas



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## SUGGESTED SESSION AGENDA

<i><b>Time</b></i>	<i><b>Content</b></i>
<b>15 min</b>	Welcome the group to your session. Introduce the “ <b>Infection Control in Long-Term Care</b> ” topic by leading this discussion:
ASK:	How many of you have experience with resident infections? <i>(Pause for a show of hands)</i>
ASK:	Do you believe that the infection could have been prevented? What could have been done to prevent that infection?
ASK:	What are some of the common causes of infection in a long-term care? <i>(Pause for responses)</i>
ASK:	What do you think is the appropriate response if an infection occurs?
DISCUSS:	Prior knowledge of infection control and outbreak response. Try to understand the group’s prior knowledge so you can help reinforce good practices and change those that are incorrect. <i>(Encourage discussion to help uncover staff knowledge)</i> . With this baseline, you can better understand how to focus later discussion and follow-up exercises. You can also realize how the learning sessions have helped to improve infection control training.



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- 8 min** Show first module of video program --  
***INTRODUCTION / INFECTION RISKS***
- 10 min** Engage viewers in a brief discussion about MODULE 1. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the first module (*or the key situations and behaviors with which you feel your group can most easily relate*).
- ASK: Why are our residents more susceptible to infection? What are the most common factors that increase the risk of infection?
- ASK: What are Antibiotic Resistant Organisms (ARO)? Have any of you had any experience with a resident infected with an ARO? What further infection control precautions were necessary?
- ASK: How can infection control procedures reduce your residents' and your facility's risk of an infection or outbreak?
- ASK: What can you do to insure your facility's infection control measures are followed?
- ASK: What are the overall benefits of a comprehensive infection control program? To your residents? To you? To your facility?

To facilitate discussion, consider the following

- DISCUSS: Describe common infection risks. Engage group in discussion that involves them in identifying common causes of contamination and hazards that may go unrecognized.
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**5 min**

Show second module of video program --  
***HAND WASHING***

**10 min**

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

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?

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

ASK: What role does each staff person play in making sure everyone is practicing proper hand washing techniques?

ASK: What role does each staff person play in correcting potential problems?

DISCUSS: The importance of proper hand washing in eliminating infection. Explain how hand washing can help reduce the potential risks. Also discuss the staff role in reporting hazards and correcting problems that arise.

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- 5 min** Show third module of video program --  
***STANDARD PRECAUTIONS***
- 10 min** Engage viewers in a brief discussion about MODULE 3. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the first module (*or the key situations and behaviors with which you feel your group can most easily relate*).
- ASK: Can you list Standard Precautions for infection control?
- ASK: When is it appropriate to wear disposable gloves? Gowns? Masks?
- ASK: What do we mean by Resident Placement? And why is it important to consider privacy and confidentiality when containing an infection?
- ASK: If an infection occurs, should you isolate a resident immediately? What risks and other factors impact resident placement?
- DISCUSS: Standard Precautions. Engage staff and be clear in explaining 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 and staff members should never attempt to reach inside to retrieve used sharps.
  - Resident Placement – following infection efforts should be made to protect the rest of the residential population. Consider the resident’s privacy and confidentiality in all matters of placement per HIPAA guidelines.
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**5 min**

Show fourth module of video –  
***FOOD HANDLING / HOUSEKEEPING***

**10 min**

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

ASK: What types of materials are considered contaminated? How should you handle them in the course of infection control?

ASK: During a tube feeding what steps should you take to prevent contamination and control the risk of infection?

ASK: How can good housekeeping impact an infection control program?

DISCUSS: Staff role in infection control. Continue to engage staff and be clear in explaining the steps involved in each step of prevention and containment.

**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.**

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## EXERCISES AFTER VIDEO

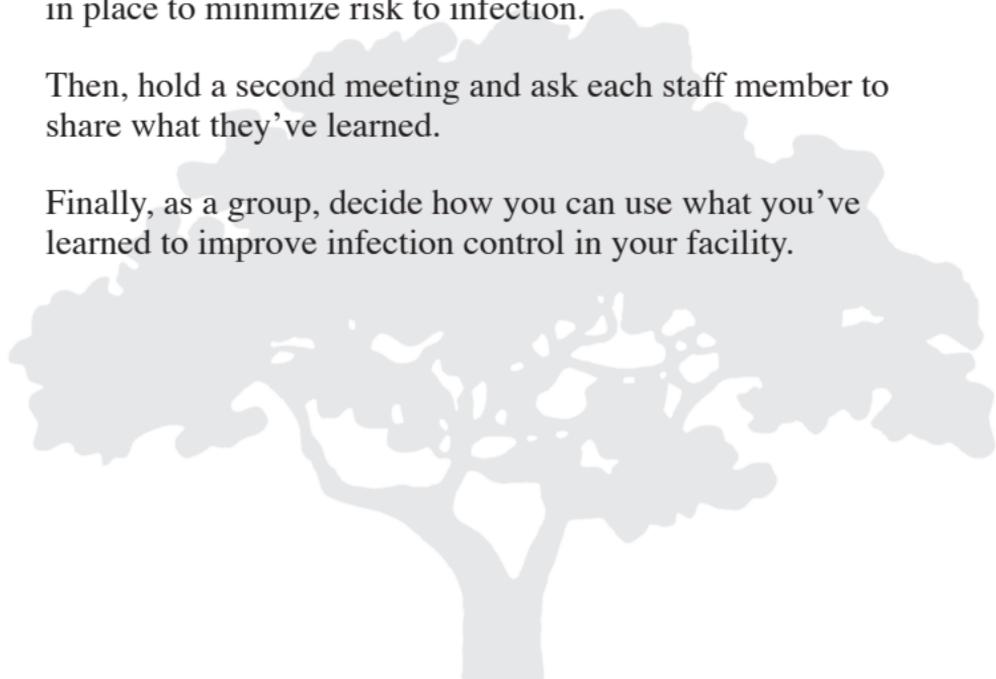
- How do you rate our current success in providing infection control and prevention information? How do residents rate our success?
- What are some examples you've seen in just the last week or two of
  - potential infection risks
  - precautionary measures taken by staff residents
  - training or education to help staff and/or residents understand infection risks and prevention
- What can we do to help residents understand infection control and prevention

Suggest that team members accept a follow-up assignment as a proactive step in improving their understanding of infection control.

For example, each staff person might be assigned a specific area within your facility -- ask them to identify potential hazards. Ask them to identify precautionary measures that are in place to minimize risk to infection.

Then, hold a second meeting and ask each staff member to share what they've learned.

Finally, as a group, decide how you can use what you've learned to improve infection control in your facility.





## • *Product Catalog* •

- 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: Assesment & 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



ElderCare Communications is a leading provider of high quality video-based education and information to help improve the quality of care and resident quality of life in long-term care settings.

For more information on this and other videos that we offer please contact us at:

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or visit us online at:

**[www.eldercarecommunications.com](http://www.eldercarecommunications.com)**







## Questions?

If you have questions about how to implement the “**Infection Control 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.

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Phone: 800-505-3232

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The logo for ElderCare communications, featuring the text "ElderCare" in a large, bold, serif font and "communications" in a smaller, bold, sans-serif font, both in white, set against a solid brown rectangular background.

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