

Infection Control

Infection Control Procedures

The risk of exposure to blood-borne pathogens and infectious materials is a possibility during internships at St. Luke's University Health Network. Therefore, every intern is expected to adhere to the following infection control guidelines as stated in the Centers for Disease Control (CDC's) Standard Precautions for Infection Control:

- **Annual tuberculin testing** - T.S.T. required
- **Intern illness** - do not come to work if you have a contagious illness
- **Chicken Pox** - must document having disease or vaccine; when in doubt, a titer is required
- **Hepatitis B Vaccine** - is available for volunteers having potential contact with patients' blood or body fluids

Wash Hands, or Use AVAGARD™ or Purell™

Hand washing, or using Avagard™ or Purell™ is one of the most important methods of preventing the transmission of disease. Thorough hand washing or using Avagard™ or Purell™ is recommended when an intern:

- Eats any food or drinks any liquid
- Enters a patient room
- Feeds or prepares food for a patient
- Blows or wipes his/her nose
- Has any physical patient contact
- Uses the restroom
- Is leaving the hospital
- Applies make-up or combs hair
- Removes latex gloves
- Transports a specimen

Procedure for Handwashing

- Wet hands and forearms with warm water. Allow water to run if faucet is hand-operated.
- Apply soap to hands. Use anti-microbial skin cleanser if a bottle is provided.
- Using friction, lather the hands and arms vigorously for 15 to 20 seconds.
- Holding hands in a downward position, rinse under running water.
- Dry hands thoroughly with a paper towel.
- Use the paper towel to turn off the hand-operated faucet or use the foot pedals, if present, to turn off the faucet.

Wear Gloves

- Gloves should be worn when touching blood, body fluids, secretions, excretions and contaminated items.
- Change gloves between tasks and procedures.
- Remove gloves immediately after use and wash hands.
- Remove gloves by pulling them down over the hands. In removing the second glove, handle it only from the inside so that you touch only the non-contaminated area.

Transmission-Based Precautions

In addition to standard precautions, the following transmission-based precautions must also be followed:

- **Airborne Precautions** - Do not enter a patient's room. These patients may have measles, chicken pox or tuberculosis.
- **Droplet Precautions** - Do not enter a patient's room. These patients may have influenza, mumps, measles, whooping cough (pertussus), meningitis or pneumonia.
- **Contact Precautions** - Do not enter a patient's room. These patients may have impetigo, scabies, herpes zoster or chicken pox.