

Standard Precautions

Standard Precautions include:

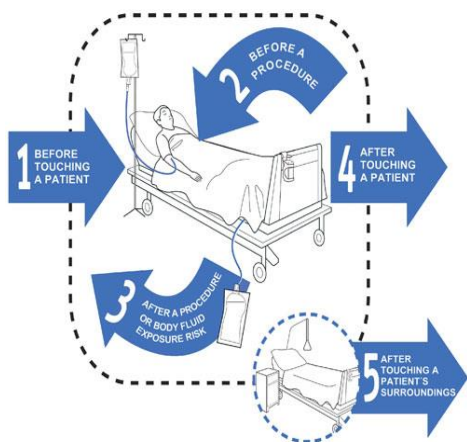
1. Hand Hygiene
2. Environmental cleaning
3. Aseptic technique
4. Use of Personal Protective Equipment
5. Waste Management
6. Safe use and disposal of sharps
7. Respiratory hygiene and cough etiquette
8. Linen management

Standard Precautions – are to be used when caring for all clients regardless of their confirmed or perceived infectious status. Standard precautions are used to prevent the spread of infections and are the first line defence in protecting ourselves and clients.

1. Hand Hygiene

Hand hygiene is the most effective way in preventing the spread of illness and infections. Hand hygiene is the process of cleaning hands with alcohol based hand rub (ABHR) or using a liquid or antiseptic soap with running water. It's encouraged that support workers regularly check their hands are forearms to ensure they have good skin integrity and use a moistening emollient to protect their skin. The World Health Organization recognises the 5 moments of hand hygiene should be used with all clients. The five moments of hand hygiene include:

- Before touching a client
- Before a procedure (eg: supporting a client with toileting)
- After a procedure or body fluid exposure risk (eg: after supporting a client with toileting)
- After touching a clients or participants surroundings (eg: once you have left your clients home)



2. Environmental Cleaning

This includes ensuring the surrounding environment is kept cleaned and disinfected when required. For example supporting any cleaning up after a client has eaten food, or creating a cleaning schedule for sites.

3. Aseptic Technique

Aseptic technique is to be used when there is a risk of introducing micro-organisms to susceptible clients. For example changing a urinary catheter. It is highly unlikely that support workers will be completing any support that is aseptic and this is related to any outsourced nursing or medical care.

4. Use of Personal Protective Equipment

The Parkside Foundation supply Personal Protective Equipment for support workers when this is required. PPE includes gloves, basic plastic aprons, isolation gowns, eye protection including goggles / face shields and masks including surgical and P2 / N95 respirator. Appropriate PPE is to be used when in contact with blood and / or bodily fluids and disposed of accordingly. PPE must be changed between clients.

Aged Care & Individual support PPE:

During orientation each new support worker will be provided with a PPE pack. This includes: surgical masks, booties, alcohol based hand rub, plastic aprons and a box of gloves. When this needs to be restocked, the support worker can collect from the Tullah Road site. Additional supplies will also be available during staff meetings. In the event additional precautions are required, this will be supplied by a coordinator or manager depending on the PPE required.

Parkside sites PPE (including Tullah Road, Derwent Park House, Grace Court, Grove, Llanherne Cottage, Redwood Road, Russell Road, Tower Road, Windsor Street):

It is the responsibility of the senior workers at the sites to order and maintain PPE stock. All sites must stock the following:

- Gloves, aprons and surgical masks
- 1x covid-19 PPE pack
- 2X gastro PPE packs
- 2X influenza PPE packs.

It is the responsibility of the Clinical Aged Care Manager to have these PPE packs made and provided to the sites.

5. Waste Management

This includes ensuring waste is disposed of appropriately including soiled continence aids, gloves, aprons, soiled food and any clinical waste.

6. Safe use & disposal of sharps

Any clients who use sharps require a sharps container to ensure the risk of needle stick injuries is minimised. When the sharps container is full or no longer required, this can be provided to a pharmacy for disposal.

7. Respiratory hygiene and cough etiquette

Support workers are to ensure they cover their mouth when they cough or sneeze with a tissue but if no tissue is available, then use their elbow or upper arm. Hand hygiene is to be performed following coughing or sneezing.

In the case a client is coughing or sneezing, support workers may encourage them to follow respiratory hygiene and cough etiquette if appropriate.

8. Linen management

Support workers are encouraged to wear PPE including gloves and an apron when handling linen which is soiled in blood and / or bodily fluids.

Source:

National Health and Medical Research Council (2019) *Australian Guidelines for the Prevention and Control of Infection in Healthcare*, Canberra: Commonwealth of Australia

<https://www.nhmrc.gov.au/sites/default/files/documents/infection-control-guidelines-feb2020.pdf>