

Infection Control Worksheet

Name: _____

Date: _____

Name of Trainer: _____

Name of Company: _____

Segment 1

List 3 desired outcomes from having a Infection Control programme in your facility

- 1 Improve Safety
- 2 Increase awareness
- 3 identify baseline for good practice

List 4 objectives of Infection Control (any of the following)

- 1 Minimize risk of infections
- 2 Make facilities accountable and continually improve quality care and safe guard high standards of care (any of these is suitable)
- 3 Ensure resources are available for staff
- 4 Have policies & procedures in place that are practical, safe and appropriate/suitable
- 5 Provide education for staff on infection control practices
- 6 Keep records and evaluate them monthly

List who is at risk when Infection control principles are not kept to

- 1 People (staff, residents, families)
- 2 Environment (home, work, families home)
- 3 Unknown (community)

What are the 3 components necessary for disease to spread?

- 1 A host (something for the organism to live on)
- 2 Right environment for it to multiply
- 3 Susceptible immune system

What are the modes of infection and how are they transmitted?

- | | | |
|----|------------------|--|
| 1 | contract | direct/skin person to person |
| 2. | indirect/ | by an object |
| 3 | airborne/droplet | inhaled through nose or ingested (swallowed) through mouth |
| 4 | airborne | Inhaled or ingested – deposited on host or surfaces |
| 5 | ingestion | swallowed |
| 6 | vectors | flies, mosquitos, rats and mice Birds etc – infect food – ingested |

Segment 2 - Virus

List the areas of the body that viruses commonly affect

- 1 Nose
- 2 Throat
- 3 Upper Respiratory Tract

Give 3 examples of how virus spread

1. Droplet
2. Airborne

3. Injection
4. Ingestion

Give 2 examples of a virus

Any of the following: Influenza, herpes, hepatitis, warts

Segment 3

What are bacteria?

List 6 places where bacteria are found – Any 6 of these

- Soil
- Radioactive waste
- Water
- Plants
- Animals
- Deep in the earth's crust
- Organic material
- Artic ice
- Glaciers
- Hot springs
- The stratosphere
- oceans

Name the bacteria that is responsible for causing rheumatic fever?

Streptococcus A

Name the bacteria that can live on any surface.

Pseudomonas

Give 2 examples of a bacteria

Any of the following: Staphylococcus, Streptococcus, E Coli (Escheria Coli), Pseudomonas

Segment 4

What are parasites?

Organisms that live on other organisms

Where can parasites be found?

1. In Food
2. Water
3. Air

Give 2 examples of a parasite?

Any of the following: Scabies, Giardia, Intestinal worms

How can parasites enter the body? Any 3 of these

- Insect bites
- Walking barefoot
- Eating raw or undercooked pork, beef or fish
- Eating contaminated raw fruits and vegetables

- Eating foods prepared by infected handlers
- Drinking contaminated water
- Contact with infected persons (included kissing, sexual contact, sharing drinks, beds or toys)
- Inhaling dust that contains parasitic eggs or cysts
- Playing with or picking up pet litter contaminated with parasitic eggs or cysts

Segment 5

What part of the body can fungi affect?

- Skin
- Mucous membrane

Give 2 examples of fungi

Any of the following: Thrush (*Candida Albicans*), athlete's foot (*tinea*) Ringworm

Segment 6

What does MRDO mean? Multi Resistant Drug Organism

What does MRSA mean? Methicillin Resistant *Staphylococcus Aureus*

and list 3 places it is commonly found nostrils (nose) axilla (under arms) perineum (between vagina and rectum in women and between scrotum and rectum in men) wounds or ulcers, on the skin,

What does VRE mean? Vancomycin resistant enterococcus and who does it usually affect severely debilitated or very sick people eg .people in intensive care or who have kidney failure

What does EBSL mean Extended Spectrum Beta Lactamases

And it is an enzyme

Clostridium Difficile? Is a Spore infection that becomes active when ingested (swallowed) . Who is at risk from this bacteria? Elderly people, people who have been on antibiotics for a long time, people whose immune system is compromised (susceptible immune system)

List 4 contributing factors to the increase in Multi Resistant Drug Organisms? Any 4 of the following

- 1 excessive use of antibiotics
- 2 Poor hand washing or hand hygiene
- 3 Catheters or medical devices that alter the normal body defenses
- 4 Increase in frail and vulnerable people
- 5 Large numbers of people living together
- 6 More mobile population
- 7 Building design
- 8 Variable cleaning standards

What is the single most effective means of managing Multi Resistant Drug Organisms
Hand washing/hand hygiene practices

Segment 7

What are the 4 things in your role

- 1 Reduce the risk to yourself and others
- 2 Understand and apply standard precautions
- 3 Report all infections

4 Follow policies and procedures

What is the aim of Standard Precautions?

To protect yourself and others by utilizing good work practices and using appropriate protective barriers to prevent cross infection.

List the 5 things in standard precautions.

- 1 wash hands
- 2 wear protective clothing
- 3 treat all body fluids as potentially infectious
- 4 place syringes immediately in sharps container
- 5 keep all cuts and abrasions on hands and forearms cover with water proof dressings

When must you wash your hands? Before you start work or if they become soiled

What do use at other times? Alcohol gels or hand rubs

List 6 times you must wash your hands or use alcohol hand rub (any 6 of the following)

- 1 Before entering and leaving a work area
- 2 Before & after any physical contact with a person
- 3 Before and after handling patient devices
- 4 During food preparation activities
- 5 Before serving food or administering medications
- 6 After performing any bodily function
- 7 After handling any wound dressing, secretions, drainage or blood products, used special containers urinals, bedpans or soiled linen
- 8 Before and after collecting any laboratory specimen
- 9 Before and after any wound care
- 10 After removing gloves

What is now the new standard for hand hygiene set by World Health organization?

Alcohol based hand rubs

Name 3 diseases that can be passes o from handling blood and body products

1. Norovirus
2. Hepatitis
3. HIV

List the process of cleaning up blood and body fluid spills or splashes on the floor

- Wash hands
- Put on gloves
- Isolate the spill with paper towel
- Clean floor with mop and bucket
- Follow Policies and Procedures

What is the first aid process if you get a body fluid splash in your eye.

- Wash your eye under running water
- Wash your hands with soap and water
- Report to Registered Nurse or Manager
- Complete Accident/Incident Report

What is a needle stick injury [Any injury involving exposure to blood or other human material](#)

List the 4 First Aid steps you must take if you get a needle stick injury

- 1 [Immediately rinse affected area under warm water for at least 3 mins](#)
- 2 [Gently squeeze the puncture wound to flush out contamination](#)
- 3 [Paint puncture wound with Betadine or Isopropyl Alcohol](#)
- 4 [Cover with a dry waterproof dressing](#)

Step 2 if you sustain a needle stick injury is to notify [the doctor](#) for instructions and [your employer](#) and complete an [accident incident form](#)

List 6 Precautions that need to be taken in the laundry? (any 6 of the following)

- 1 [Treat all linen as potentially infectious](#)
- 2 [wash hands or use alcohol gel frequently](#)
- 3 [Wear gloves and apron when handling soiled linen](#)
- 4 [Wear clean apron when handling clean linen](#)
- 5 [Soak all soiled line to remove any human waste before placing in washing machine](#)
- 6 [Keep soiled and clear line separate](#)
- 7 [Refer to facility laundry Manual](#)

List 6 precautions you must take in the kitchen?

- 1 [Wear apron at all times](#)
- 2 [Wash hands before handling any food](#)
- 3 [Wear gloves when handling food](#)
- 4 [Cover all cuts with water proof dressing and reapply dressing frequently and wear gloves and change frequently](#)
- 5 [Don't cough over food](#)
- 6 [Keep all surfaces clean and dry when not in use](#)
- 7 [Keep floor free of food and mop at the end of each meal](#)
8. [Keep all cleaning materials marked "Kitchen only"](#)
- 9 [Soak tea towels and wash separately from general laundry at the end of each shift](#)
- 10 [Stay home if unwell](#)
- 11 [Refer to Kitchen Manual for specifics for your facility](#)

Segment 8

How many infection does a facility have to have to have an outbreak of infections?
[Three](#)

If an outbreak occurs, what does it suggest? [Breakdown in normal hygiene practices](#)

Isolation precautions are applied depending on what 2 factors?

- 1 [Virulence of organism](#)
- 2 [Risk to people](#)
- 3 [Vulnerability of patient](#)

What are the aims of a lock down of a facility?

[Prevent further spread of infection](#)

How can a facility prevent further spread of infection?

- 1 Restrict access
- 2 Reinforce hand washing
- 3 Review cleaning procedures
- 4 Educate staff and residents
- 5 Follow standard precautions for type of outbreak

List 3 notifiable diseases

- Norovirus
- Pandemic influenza
- Hepatitis A

Segment 9

Facilities are required to

- 1 Record all infections
- 2 Analyze and track records for trends
- 3 Provide recommendations for reducing infections
- 4 Educate staff and keep them informed

What is the overall aim of recording, analyzing and reporting on infections in the facility?

To keep people safe

Where must Infections be recorded.

- 1 Recorder in residents/patients notes
- 2 Recorded on Infection Notification form

Infection control records must be collated, investigated and analysed each month

List the most likely infections in a facility that you have to look for

1 Eye	6 Skin
2 Ear	7 Diarrhoea
3 Nose & throat	8 Vomiting
4 Urinary Tract	9 Chest
5 Wound	10 Fungal

What are the 7 best ways to keep everyone safe and free of infections?

- 1 Good hand hygiene
- 2 Good cleaning policies
- 3 Wearing protective clothing
- 4 Following Policies & Procedures
- 5 Regular random auditing processes
- 6 Staff training
- 7 Keeping healthy with a strong immune system to combat infections