

### **Modes of Transmission – Contact Routes**

- + *Direct Contact Transmission*
- + *Indirect Contact Transmission*
- + *Droplet Transmission*

### **Indirect contact contamination**

- + *Clothes*
- + *Soiled bed linen*
- + *Personal care products*
- + *Personal care equipment*
- + *Utensils*
- + *Instruments*
- + *Soiled dressings*

### **Modes of Transmission – Vehicle Routes**

- + *Blood*
- + *Food*
- + *Water*
- + *Drugs*

### **Modes of Transmission – Airborne Routes**

- + *Contaminated Air*
- + *Contaminated Dust*

### **There are 2 main reasons why gloves are worn in health and social care settings:**

- + *To protect service users from any pathogens on the carer's hands*
- + *To protect the carer from contamination with the service user's bodily fluids*
- + *There are 2 types of gloves – sterile and non-sterile*

- ✚ Sterile gloves are used for invasive procedures and for direct contact with non-intact skin (O'Toole, 1997)
- ✚ Non-sterile gloves are used when there is contact or potential contact with faeces, urine or vomit (including the collection of a stool sample)

### Gloves

- ✚ Always check gloves for defects
- ✚ Hands should be washed before and after the use of gloves
- ✚ Long finger nails can perforate gloves so keep them short
- ✚ Gloves should always be used for changing bandages, plasters and dressings
- ✚ Gloves are for single use only
- ✚ They should be disposed of in an appropriate bin and in such a way as to avoid skin contamination
- ✚ Gloves must be put on PRIOR to contact with a service user
- ✚ They should be removed IMMEDIATELY following such contact
- ✚ They should be disposed of as clinical waste in the appropriate bin and in such a way as to avoid skin contamination
- ✚ **Then wash your hands before touching anything**
- ✚ Gloves should be removed AFTER you have removed a protective apron (not before)
- ✚ CHECK THE POLICY at your setting for all occasions when gloves should be worn

### Aprons are worn:

- ✚ To protect the clothes of the carer
- ✚ To reduce the risk of a transmittable acquired infection

### **Aprons**

- ✚ Plastic aprons should be worn for any contact with non-intact skin, mucous membranes or any activity that involves bodily fluids (toileting or changing incontinence pads)
- ✚ Plastic aprons are single use items
- ✚ Aprons must be put on PRIOR to contact with a service user
- ✚ They should be removed IMMEDIATELY following such contact
- ✚ They should be disposed of as clinical waste in the appropriate bin and in such a way as to avoid skin contamination
- ✚ Gloves should then be removed
- ✚ Hands should then be washed
- ✚ CHECK THE POLICY at your setting for all occasions when aprons should be worn

### **Eye Protection and Face Masks**

- ✚ Should be worn when there is a risk of blood, bodily fluids, secretions or excretions splashing into the face or eyes
- ✚ CHECK THE POLICY at your setting for all occasions when eye protection and face masks should be worn

### Hepatitis A

- ✚ More commonly known as jaundice.
- ✚ It is usually spread by **ingestion** as a result of **poor hygiene:**
- ✚ Transmitted following **toileting** and **handling of body fluids** of an infected person
- ✚ Transmitted by food intake
- ✚ **Symptoms include** - Yellowing of the skin and whites of the eyes, fatigue, fever, diarrhoea, abdominal pain and nausea
- ✚ Not a long-term infection
- ✚ Vaccines available

### Hepatitis B

- ✚ The most common infection in the healthcare environment
- ✚ Blood borne (and sexually transmitted disease)
- ✚ Causes severe inflammation of the liver
- ✚ The use of sharps and resulting injuries are a common factor in the transmittal of this infection
- ✚ Carriers may not exhibit external signs of infection
- ✚ After 6 months of infection can become chronic and carriers are at risk of cirrhosis and liver cancer
- ✚ Carriers may not be aware that they have the infection during the first 6 months
- ✚ Vaccines available
- ✚ **Everyone working in a healthcare environment should be given this vaccine**
- ✚ **Symptoms include** – Joint pain, abdominal pain, jaundice, loss of appetite, nausea and vomiting, fatigue

### **Hepatitis C**

- ✚ Symptoms, mode of transfer and outcome are similar to Hepatitis B
- ✚ There is no vaccine for Hepatitis C
- ✚ Prevention of transmittal is only attained by strictly following Infection Control Precautions
- ✚ Infection can be transmitted via body fluids and sharps

### **Hepatitis D**

- ✚ Occurs in people who have already been infected by Hepatitis B
- ✚ A blood-borne disease causing long-term illnesses

### **Hepatitis E**

- ✚ There is no vaccine for Hepatitis E
- ✚ Transmitted through contaminated water (water contaminated by faeces of an infected person)
- ✚ Can be caught by people travelling abroad or by sexual activities with someone who has been infected