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