



Alberta Health
Services

Alberta **Children's** Hospital

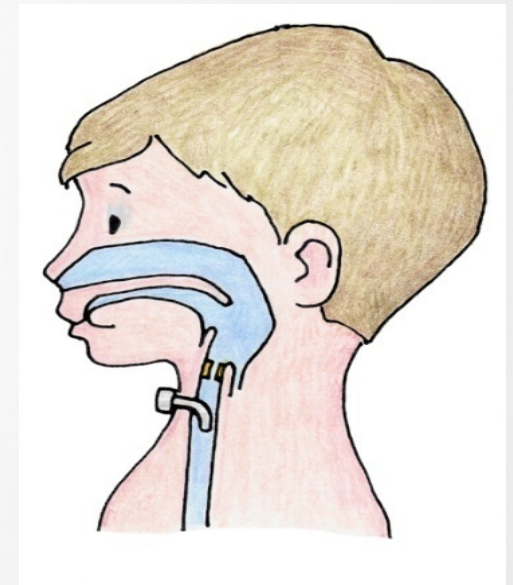
Module 3: Infection Prevention

Disclaimer

This material is intended for use by trained family members and caregivers of children with tracheostomies who are patients at the Alberta Children's Hospital. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional, so please seek medical advice from an appropriate health professional for questions regarding the care and treatment of any patient. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

Infection Prevention

- A basic introduction to the principles of infection prevention and control
- When a child has a tracheostomy tube in place, they are at a much greater risk of exposure to infections
- Practicing good infection prevention techniques will help decrease the risk of your child getting sick



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Infection Prevention in Hospital

- While your child is in hospital, you must follow all Infection Prevention precautions
- If your child is in isolation – you must follow all precautions posted at the entrance to your child’s room – please talk to your health care team
- If you or any of your family feels unwell, talk to your health care team before visiting the hospital or your child

Hand Washing

- Hand washing is the single most important thing that you can do to keep yourself and your child from exposure to infections
- At Alberta Children's Hospital, we wash our hands:
 - Before and after any contact with a patient
 - Before and after any procedures
 - After any exposure to body fluids
 - Any time we feel it's appropriate



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Hand Washing

- Hand washing is very important to prevent the spread of infection to keep our patients, families, visitors, physicians and staff safe
- Please wash your hands when entering and leaving the hospital and patient areas as well as before and after providing care for your child
- To keep your hands clean, use soap and warm water when you have access to a sink or use the hand sanitizer located throughout the hospital
- Please feel free to ask members of your health care team to wash their hands

Hand Washing

- Always use plain soap and water when your hands are visibly soiled - especially with body fluids like mucus, blood, vomit, or diarrhea/stool
- Alcohol based hand rub is effective when your hands are not soiled as long as the preparation is at least 70% alcohol
- You should always wash your hands:
 - Before and after providing care for your child
 - After any contact with body fluids
 - Before and after eating
 - Before and after using the washroom

How to Handwash



1. Wet hands with warm water



2. Apply soap and lather thoroughly



Vigorous rubbing of hands (steps 3 & 4) must take at least 15 seconds



3. Rub palms, spaces between fingers, backs of hands and wrists



4. Rub fingers, fingertips and thumbs



5. Rinse under running water



6. Pat hands dry with paper towel

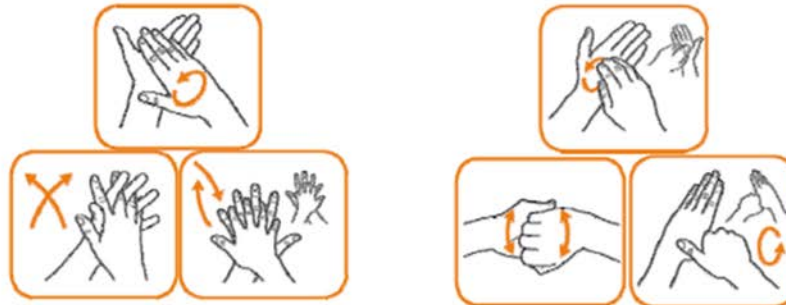


7. Turn off tap with paper towel

How to Use Alcohol-based Hand Rub



1. Apply product to palm of one hand



2. Rub all the surfaces of your hands and wrists

3. Include fingertips and thumbs



4. Rub until hands are completely dry

While in Hospital

- Talk to your health care team about Infection Prevention and how you can help decrease the risk of infection for your child and your family
- We are happy to answer any questions you have

Going Home

- When you are ready to go home, you will need to start thinking about how to practice Infection Prevention at home
- Along with hand washing and housekeeping, you will also need to keep your child's respiratory equipment clean as well
- You will receive the *Home Respiratory Equipment Cleaning Guide* from your Home Care team to help you understand how to keep things clean at home
- You can always ask your health care team for help

General Principles

- You will need to have a clean place to store all respiratory equipment
- You will also need a clean place to clean, disinfect, and dry respiratory equipment such as a counter or table
- You will be responsible for cleaning and disinfecting respiratory equipment that your child uses as per the *Cleaning Guide* – some equipment may also have a cleaning schedule from your Respiratory Vendor as well (they will let you know if that is the case)

General Principles

- Cleaning is when you physically remove any visible dirt or organic material from equipment by using soap
- Disinfection is when you are destroying germs on equipment by using solutions like bleach
- All respiratory equipment requires cleaning, but not all equipment requires disinfection
- You will be instructed as to what procedures are applicable in the *Cleaning Guide* for your child and their equipment