

Tracheostomy and Ventilator Education Program

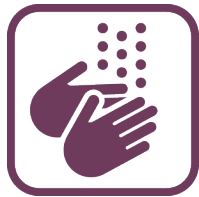
Module 3: Infection Prevention

Disclaimer

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Objectives:

- Introduction to infection prevention
- Handwashing
- Respiratory precautions
- Cleaning and disinfecting respiratory equipment



Infection prevention

- 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

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
- If you or any of your family feels unwell, please call the hospital before visiting
- Guidelines for visiting the hospital: [Alberta Children's Hospital | Alberta Health Services](#)

Infection prevention in hospital

- You may be asked to wear personal protective equipment while in your child's room – your healthcare team will help you
- Please ask your healthcare team if you have questions



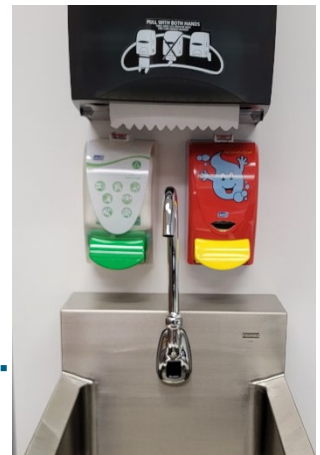
Hand washing



- Hand washing is the single most important thing that you can do to protect your child's health
- Wash your hands when entering and leaving the hospital + before and after providing care for your child
- 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

Hand washing

- 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
- It's ok to ask staff to wash their hands



How to Hand Wash

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If you have any questions or comments regarding this information please contact the Infection Prevention & Control Hand Hygiene Program at: Hand.Hygiene@ahs.ca



- Roll up long sleeves and push up any wrist accessories
- Wet hands with warm water
- Apply enough soap to cover surfaces of the hands



- Vigorously rub soap over palms, backs of hands and wrists
- Include space between fingers, fingertips and thumbs
- Procedure should take 15 to 30 seconds



- Rinse under warm, running water
- Pat hands dry with disposable towel
- Turn tap off with the disposable towel

Periodically apply AHS-provided hand lotion for skin integrity.

Adapted with permission from The World Health Organization

Original date: May 2017
Revised date: June 2019



How to Use Alcohol-based Hand Rub

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- Roll up long sleeves and push up wrist accessories
- Apply a palmful of AHS-provided ABHR to hands
- Rub all surfaces of your hands and wrists



- Include palms, fingers, fingertips and thumbs
- Rub until hands are completely dry



Periodically apply AHS-provided hand lotion for skin integrity.

Adapted with permission from The World Health Organization

Original date: May 2017
Revised date: April 2019



Respiratory precautions



- If your child is **ill** with **any respiratory symptoms**, your healthcare team may put isolation precautions in place and may change the mask they wear and the protective equipment they use
- You may notice filters on some of their respiratory equipment
- This is because a child with a tracheostomy tube requires care like suctioning which can create an aerosol ☁️ and spread infectious particles if they are **ill**





Respiratory precautions

- Once home, you will be responsible for watching your child for signs of **respiratory illness**
- If you feel your child is **ill**, call your Home Care team for guidance and to help yourself and your caregivers with the correct personal protective equipment to safely care for your child
- If they direct you to take your child to the Hospital via the Emergency Department, they will let the Emergency staff know to prepare with proper precautions if needed

Infection prevention at home

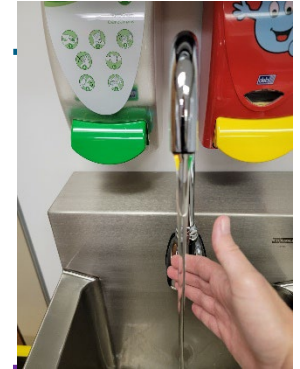
- You should think about how to practice infection prevention at home
- Along with hand washing and housekeeping, you will also need to keep your child's respiratory equipment clean to prevent possible contamination
- You will need to have a clean place to store all respiratory equipment
- You will also need a clean place to clean, disinfect, and dry respiratory equipment (a counter or a table)

Infection prevention at home

- **Cleaning** versus **disinfecting**:
 - **Cleaning** is when you physically remove any visible dirt or organic material from equipment by using soap or hand sanitizer
 - The dirt is **cleaned** by either wiping or scrubbing the dirt away
 - **Disinfecting** is when you are destroying germs on equipment by using solutions like bleach and water or disinfecting wipes
 - The germs are **disinfected** by either wiping or soaking to **disinfect** the germs



Infection prevention at home



- You will need to follow the instructions for **cleaning** and **disinfecting** equipment that are provided for you:
 - You have a copy of the Home Respiratory Cleaning Guide <http://fcrc.albertahealthservices.ca/health-information/tracheostomy/doc/Home-Respiratory-Cleaning-Guide.pdf> which covers the principles of **cleaning** and **disinfection** and provides recipes for bleach/water and/or hydrogen peroxide for **disinfection** at home
 - You will be provided MIFUs (Manufacturer Instructions for Use) from your respiratory vendor for how to **clean** and **disinfect** any equipment they provide for your child
 - All respiratory equipment will need cleaning and changing of filters or circuits on a schedule

Infection prevention at home

- You will be given specific **cleaning/disinfection** instructions for any equipment provided by the Respiratory Outreach Program
- We recommend using a whiteboard to schedule and map when and how different items should be **cleaned** or **disinfected** + which items can be disposed of
- **All** respiratory equipment requires **cleaning**, but not all equipment requires **disinfection**

*Miley's Equipment
Schedule:*

Example

- ✓ Daily - clean trach adaptors, wipe all surfaces
- ✓ Mondays - disinfect all plastics
- ✓ Tuesdays - clean and disinfect water bags, humidity pots, reusable adaptors
- ✓ Every 4th Monday - change all circuits, dispose of disposables, clean and disinfect all circuit plastics

Summary:

- This module has provided a basic overview of Infection prevention, handwashing techniques, respiratory precautions, and how to clean and disinfect respiratory equipment at home
- If you have concerns or questions, please talk to your healthcare team