

# Not Just for EVS: The Role of CNA in Environmental Cleaning and Disinfection

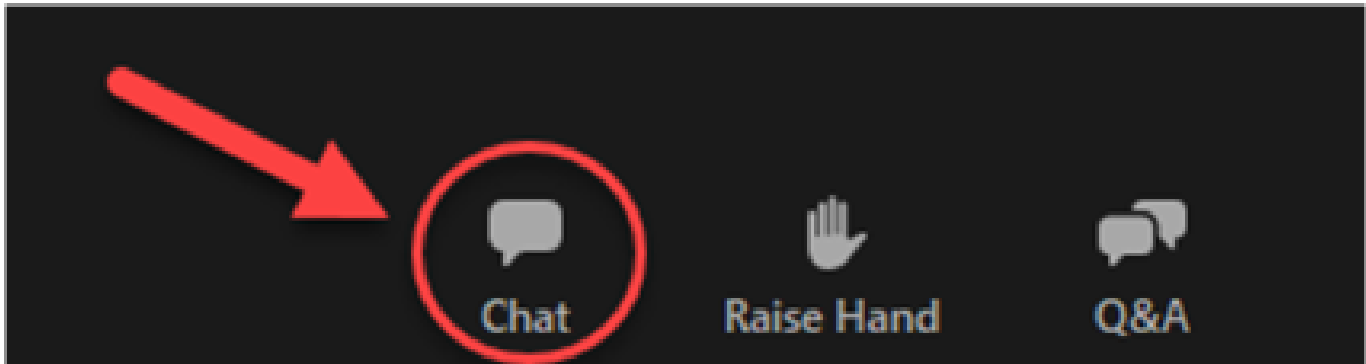
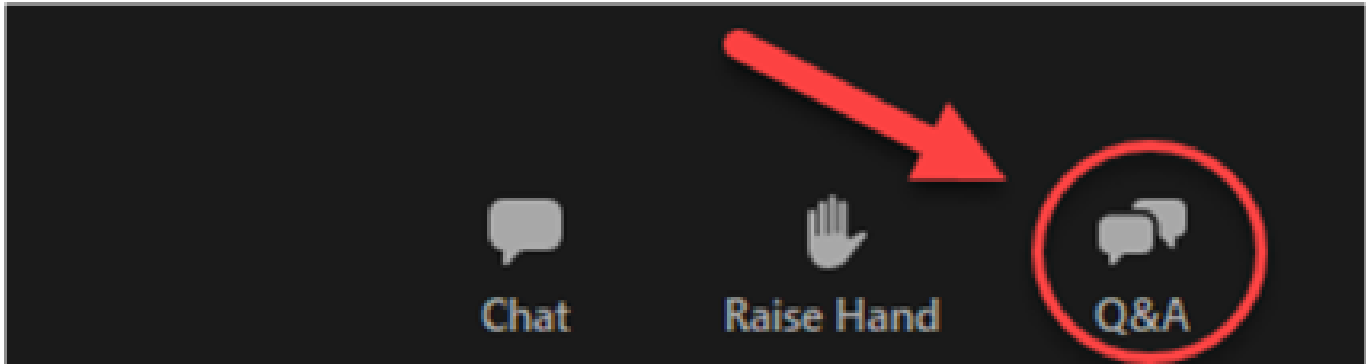


**Project Firstline**  
Healthcare-Associated Infections Program  
Center for Health Care Quality  
California Department of Public Health



✓ Submit questions via Q&A

✓ Use the chat feature to participate in the discussion



# INFECTION PREVENTION STARTS WITH YOU!



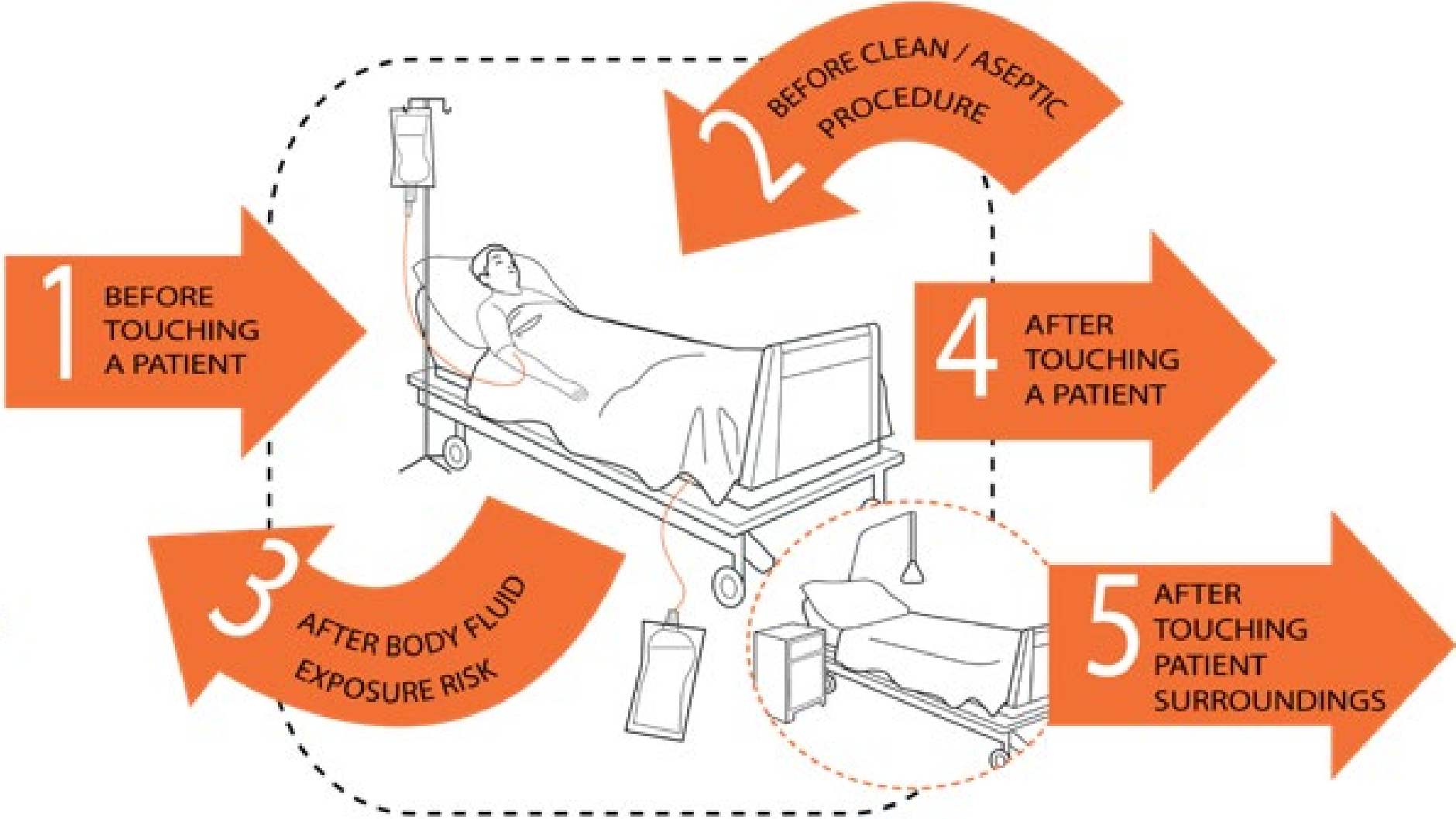
# Objectives

- Discuss the role of environment in the spread of germs
- Discuss how environmental cleaning and disinfection prevents spread of germs
- Discuss how to read product labels for contact/wet times
- List steps on how to clean and disinfect high-touch areas
- Discuss strategies used to ensure effectiveness of cleaning and disinfection

# Keep All Residents Safe



# 5 Moments for Hand Hygiene



[World Hand Hygiene Day, World Health Organization](http://www.who.int/campaigns/world-hand-hygiene-day)  
([www.who.int/campaigns/world-hand-hygiene-day](http://www.who.int/campaigns/world-hand-hygiene-day))





**I'M A CNA,  
HOW DOES ENVIRONMENTAL CLEANING AND  
DISINFECTION START WITH ME?**





# THE ROLE OF THE ENVIRONMENT IN GERM SPREAD





# How Do Contaminated Environmental Surfaces Lead to Resident Infection?

- The healthcare environment can be a source of germs spreading
- Some germs live on surfaces for hours, days, or even months
- **Example:** When a resident, staff worker or visitor touches a surface, they might leave germs. Anyone who touches the same surface picks up the germs.



# Spread of Germs



Resident A uses a cane



CNA assists Resident B with the same cane without proper cleaning and disinfection



Resident B picks up germs from the cane Resident A used

# Environmental Contamination

1. Surface becomes contaminated by direct contact, droplets or spray of body fluids
2. Germs survive on the surface for months to years (like *C. difficile*)
3. Surface is touched by a second person, who picks up germs
4. Second person does not perform proper hand hygiene
5. Person spreads the germs to a third person or other objects



# How Do CNAs Play a Role in Environmental Cleaning?

- Observe
- Report
- Respond

This can mean that the CNA needs to clean before EVS staff arrive, such as high touch surfaces.



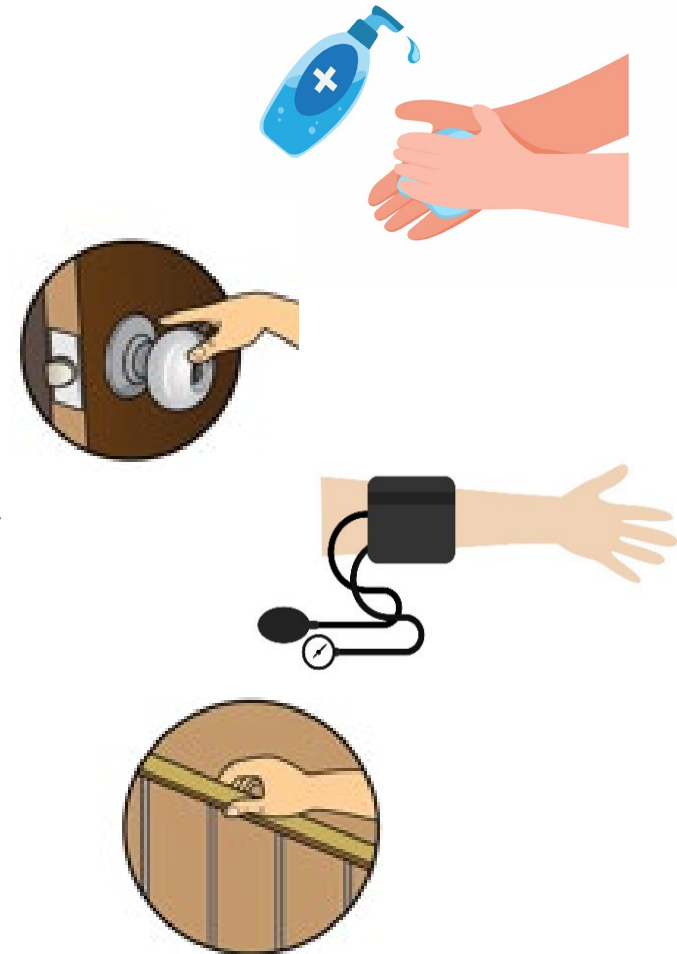
# Cleaning versus Disinfection

- **Cleaning** is the removal of visible soil (e.g., organic and inorganic material) from objects and surfaces
- **Disinfection** removes most germs present on surfaces that can cause infection or disease
- **If a disinfectant product label does not specify that it can be used for both cleaning and disinfection, then Surfaces must be first cleaned in order to be disinfected**



# How to Reduce Environmental Bioburden

- **Bioburden** is the number of germs on an object or surface
  - Perform hand hygiene and wear appropriate PPE
  - Clean and disinfect all portable equipment after each use
  - Clean and disinfect high-touch surfaces at least daily
  - Ensure thorough cleaning and disinfection of all rooms after discharge and at the time of admission of new residents



# CLEANING SUPPLIES AND PROCESSES





# Disinfectants

- Inhibits growth or kills germs
- When using a disinfectant, follow manufacturer's instructions for:
  - Contact/wet time to kill germs
  - PPE to be used
  - Surfaces to use the product on



## Contact/Wet Times

- The time required for a disinfectant to kill germs on a *pre-cleaned* surface (clean surface or item first if the disinfectant does not specify it can be used for both cleaning and disinfection)
- The disinfectant must remain wet long enough to kill the germs on a surface
- Follow manufacturer's instructions for the contact/wet time to kill germs
- Always perform hand hygiene after cleaning a surface and/or using these products

# Environmental Protection Agency (EPA) Label

“What can you find on the label of a product?”

- What it will kill:
  - ✓ Viruses
  - ✓ Bacteria (e.g., TB)
  - ✓ Fungus
  - ✓ Spores (e.g., *C. difficile*)
- Instructions for use
- Contact/wet time to follow
- Appropriate surfaces to be used on



## Read the Label!

- Not all products work the same
- Use EPA disinfectants approved for healthcare and follow your facility policy
  - There is no way to know whether homemade products are effective for killing germs



# What to Wear: PPE Used in Cleaning

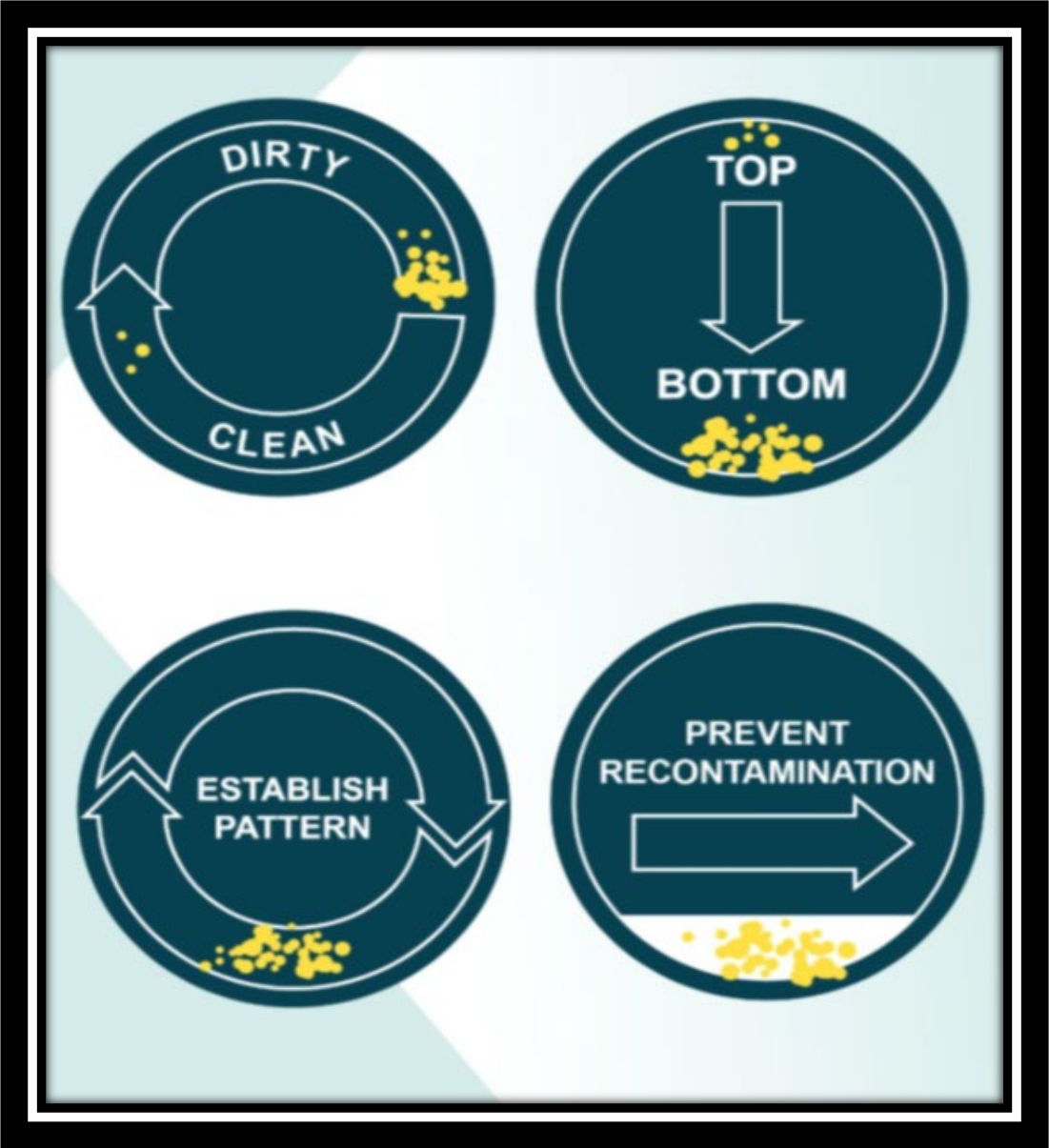
- Appropriate use of PPE is critical to prevent the spread of germs and is important for some cleaning and disinfection tasks
- Select PPE based on:
  - Type of infection prevention precautions assigned to the resident
  - Chemicals to be used to clean the room
  - Refer to the Safety Data Sheet (SDS), manufacturer's instructions, and facility policy chemical usage and safety steps



**I'M A CNA,  
HOW SHOULD I CLEAN AND DISINFECT?**



# Environmental Cleaning: Step By Step Process

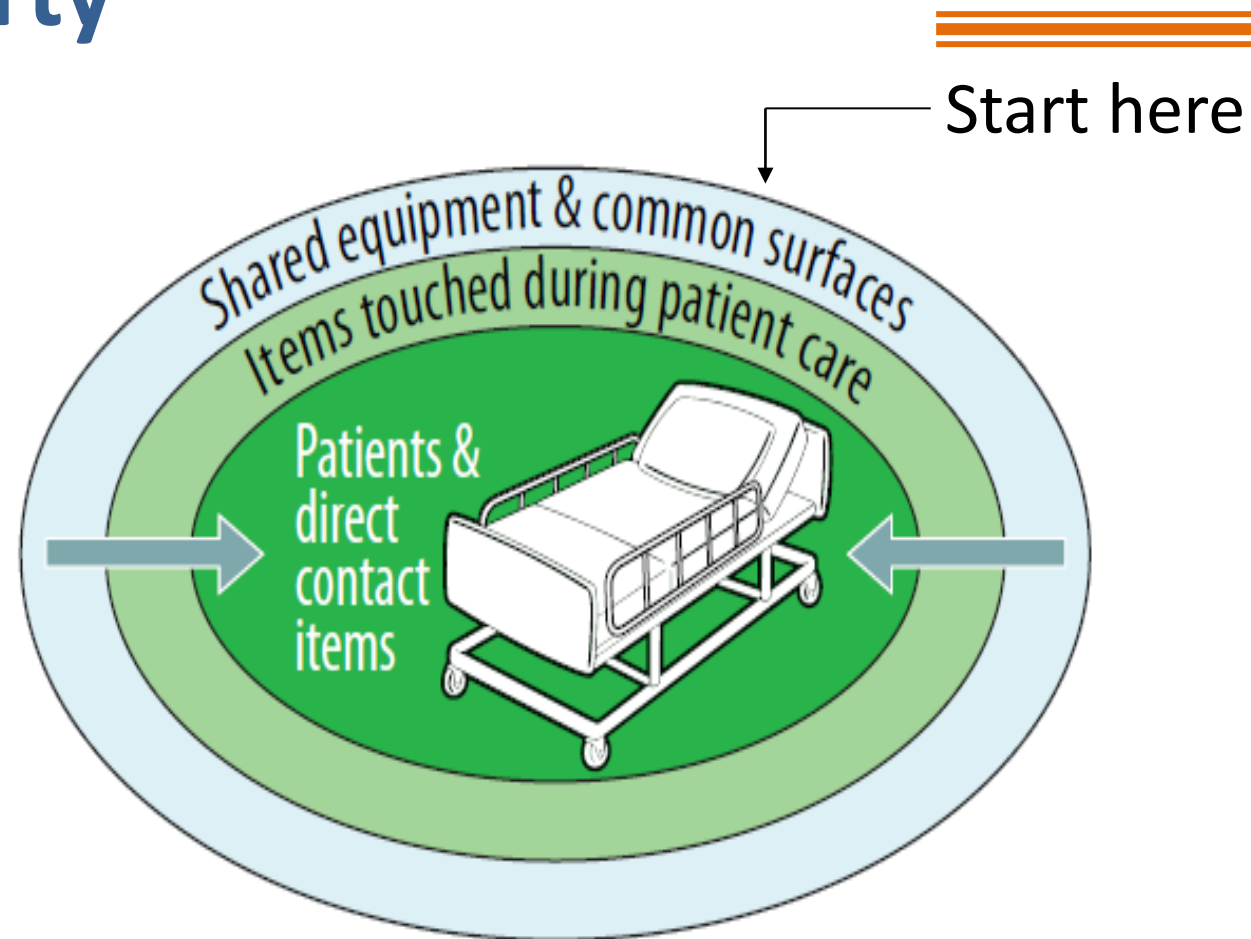


[Environmental Cleaning and Disinfection, Centers for Disease Control and Prevention](https://courses.cdc.train.org/Module11B_EnvironmentalCleaningandDisinfection_LTC/index.html)  
([courses.cdc.train.org/Module11B\\_EnvironmentalCleaningandDisinfection\\_LTC/index.html](https://courses.cdc.train.org/Module11B_EnvironmentalCleaningandDisinfection_LTC/index.html))



## Proceed from Clean to Dirty

- It helps avoid spreading dirt and germs
- Always clean resident areas before resident bathroom
- During terminal cleaning, clean other surfaces before high-touch surfaces



# Healthcare Personnel Touch Many Surfaces



- Door handles
- Toilets
- Showers
- Between Bedspaces



- Bedrails
- Beds
- Chairs
- Bed side table



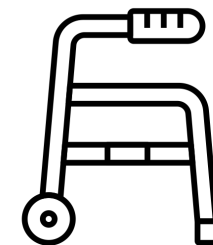
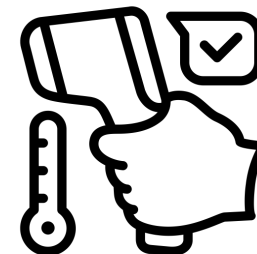
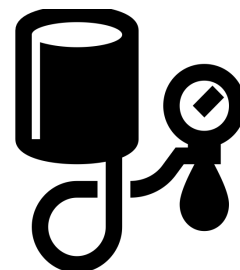
- Floors
- Light switches
- Sinks
- Clean Supplies

# Cleaning and Disinfecting Reusable Items

- Various equipment may be used for more than one resident. Clean and disinfect items between each resident.
- Follow the manufacturer instructions for use (IFU)

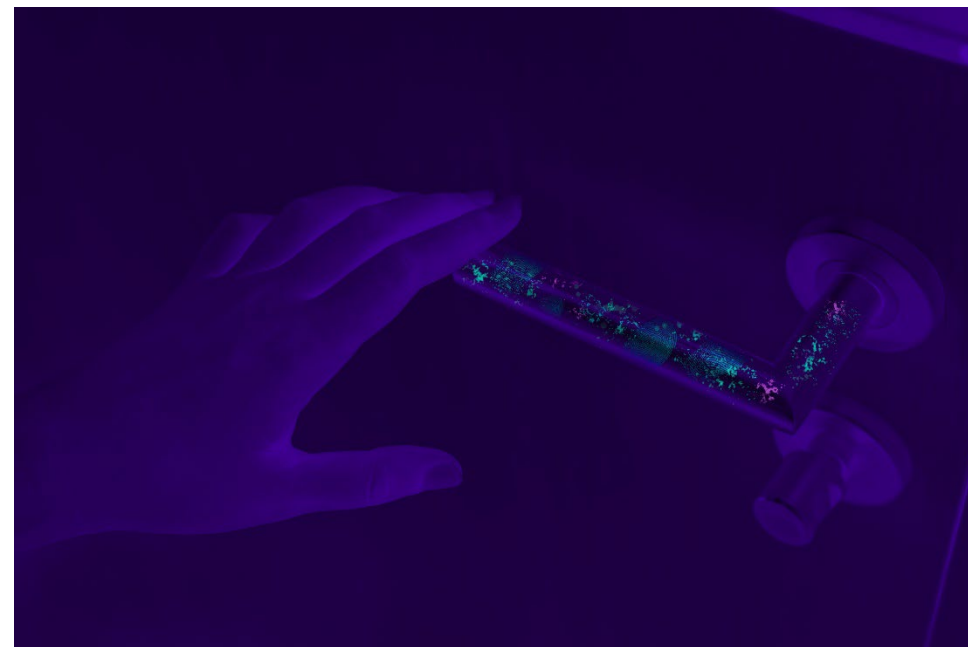
- Examples:

- Walker
- Wheelchair
- Thermometer
- Blood pressure cuff



## How Do You Know if a Resident's Room is Clean?

- Appears visually clean or finger-swipe clean
  - Fast and inexpensive, but lacks objectivity
- Confirmed via technology
  - The use of fluorescence is increasingly becoming the community standard
  - Environmentally stable marker is visible to UV light if still present after cleaning (“Glo-Germ”)



## Summary

- Contaminated surfaces can spread germs
- Thoroughly cleaning and disinfecting high-touch surfaces such as light switches, bedside tables, and door handles can prevent the spread of germs
- Clean from 'cleanest to dirtiest' and 'highest to lowest' when cleaning a resident room
- Follow manufacturer's instructions for contact/wet times to kill germs
- Environmental cleaning is everyone's responsibility and CNAs can play a role, too!

# References

- [Cleaning? Disinfection? What is the difference?, Project Firstline, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep16-CLEANING-LoRes.mp4)  
(www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep16-CLEANING-LoRes.mp4)
- [Why do Cleaning and Disinfection Matter in Healthcare?, Project Firstline, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/videos/EP20-CandD-LowRes.mp4)  
(www.cdc.gov/infectioncontrol/projectfirstline/videos/EP20-CandD-LowRes.mp4)
- [Project Firstline, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/about.html)  
(www.cdc.gov/infectioncontrol/projectfirstline/about.html)
- [EVS and the Battle Against Infection: a Graphic Novel, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/training/evs-battle-infection.html)  
(www.cdc.gov/infectioncontrol/training/evs-battle-infection.html)

# References

---

---

- [Recommendations for Disinfection and Sterilization in Healthcare Facilities, Centers for Disease Control and Prevention](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/recommendations.html)  
([www.cdc.gov/infectioncontrol/guidelines/disinfection/recommendations.html](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/recommendations.html))
- [Disinfection & Sterilization Guidelines, Centers for Disease Control and Prevention](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/cleaning.html)  
([www.cdc.gov/infectioncontrol/guidelines/disinfection/cleaning.html](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/cleaning.html))
- [Environmental Cleaning and Disinfection, Centers for Disease Control and Prevention](https://courses.cdc.train.org/Module11B_EnvironmentalCleaningandDisinfection_LTC/index.html)  
([courses.cdc.train.org/Module11B\\_EnvironmentalCleaningandDisinfection\\_LTC/index.html](https://courses.cdc.train.org/Module11B_EnvironmentalCleaningandDisinfection_LTC/index.html))
- [Steps for Safe & Effective Disinfectant Use, United States Environmental Protection Agency](https://www.epa.gov/sites/default/files/2020-04/documents/disinfectants-onepager.pdf)  
([www.epa.gov/sites/default/files/2020-04/documents/disinfectants-onepager.pdf](https://www.epa.gov/sites/default/files/2020-04/documents/disinfectants-onepager.pdf))



# References

---

---

- [Reduce Risk from Surfaces, Centers for Disease Control and Prevention](http://www.cdc.gov/hai/prevent/environment/surfaces.html)  
(www.cdc.gov/hai/prevent/environment/surfaces.html)
- Otter, J., Yezli, S., Salkeld, J. A., et al. (2013). [Evidence that contaminated surfaces contribute to the transmission of hospital pathogens and an overview of strategies to address contaminated surfaces in hospital settings](#), *American Journal of Infection Control*, 41(5 Suppl.), S6-S11  
(www.ajicjournal.org/action/showPdf?pii=S0196-6553%2813%2900004-7)
- [Options for Evaluating Environmental Cleaning, Healthcare- Associated Infections \(HAIs\), Centers for Disease Control and Prevention](http://www.cdc.gov/hai/toolkits/evaluating-environmental-cleaning.html)  
(www.cdc.gov/hai/toolkits/evaluating-environmental-cleaning.html)

## Next Steps

---

---

- Fill out the post-training evaluation
  - Join us for Office Hours (See confirmation email for meeting link)
    - Friday, June 24<sup>th</sup>, 2pm-3pm
  - Watch for upcoming training sessions next month about “Nail Care and Shaving”!
  - Visit the [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)  
([www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx))
- 
-

## Group Registration

- Have training coordinator send a list of participants and email addresses to CDPH Project Firstline
- If you do not have an email, free email accounts are available
- Once the training coordinator sends the list, instructions will be emailed to each participant to register and be able to receive their Certificate of Attendance
- Email at: [ProjectFirstline@cdph.ca.gov](mailto:ProjectFirstline@cdph.ca.gov)

# Questions?

For more information, contact  
[ProjectFirstline@cdph.ca.gov](mailto:ProjectFirstline@cdph.ca.gov)

