

Good Night! Sleep Clean and Tight: Infection Prevention While Bed-Making



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



INFECTION PREVENTION STARTS WITH YOU!



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Objectives

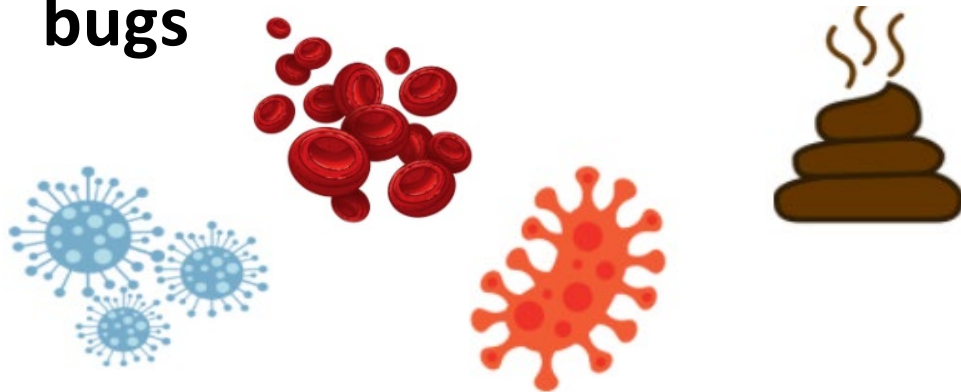
- Review the steps to stop infections from spreading
 - Review the need for hand hygiene while changing bed linen
 - Identify opportunities to disinfect resident bedside area
 - Describe proper PPE for changing bed linens
 - List ways to handle clean and soiled linen
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PREVENTING THE SPREAD OF INFECTIONS WHEN CHANGING LINEN



Proper Linen Management

- Resident linen can become contaminated with germs and bugs

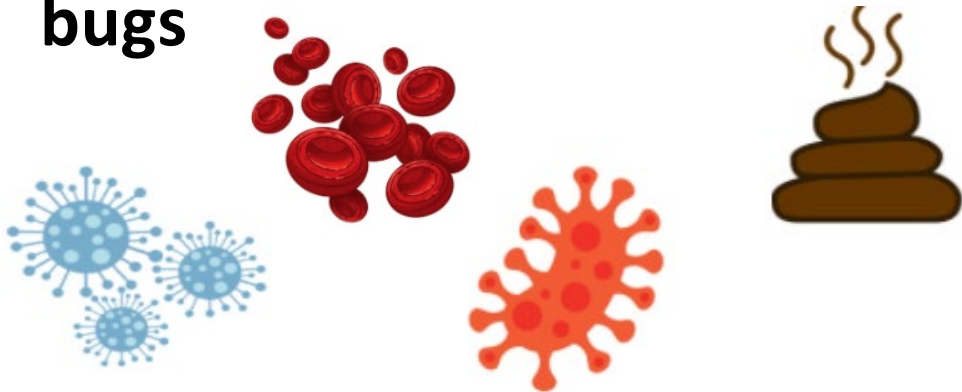


- Germs can be transmitted from linen to resident and/or staff



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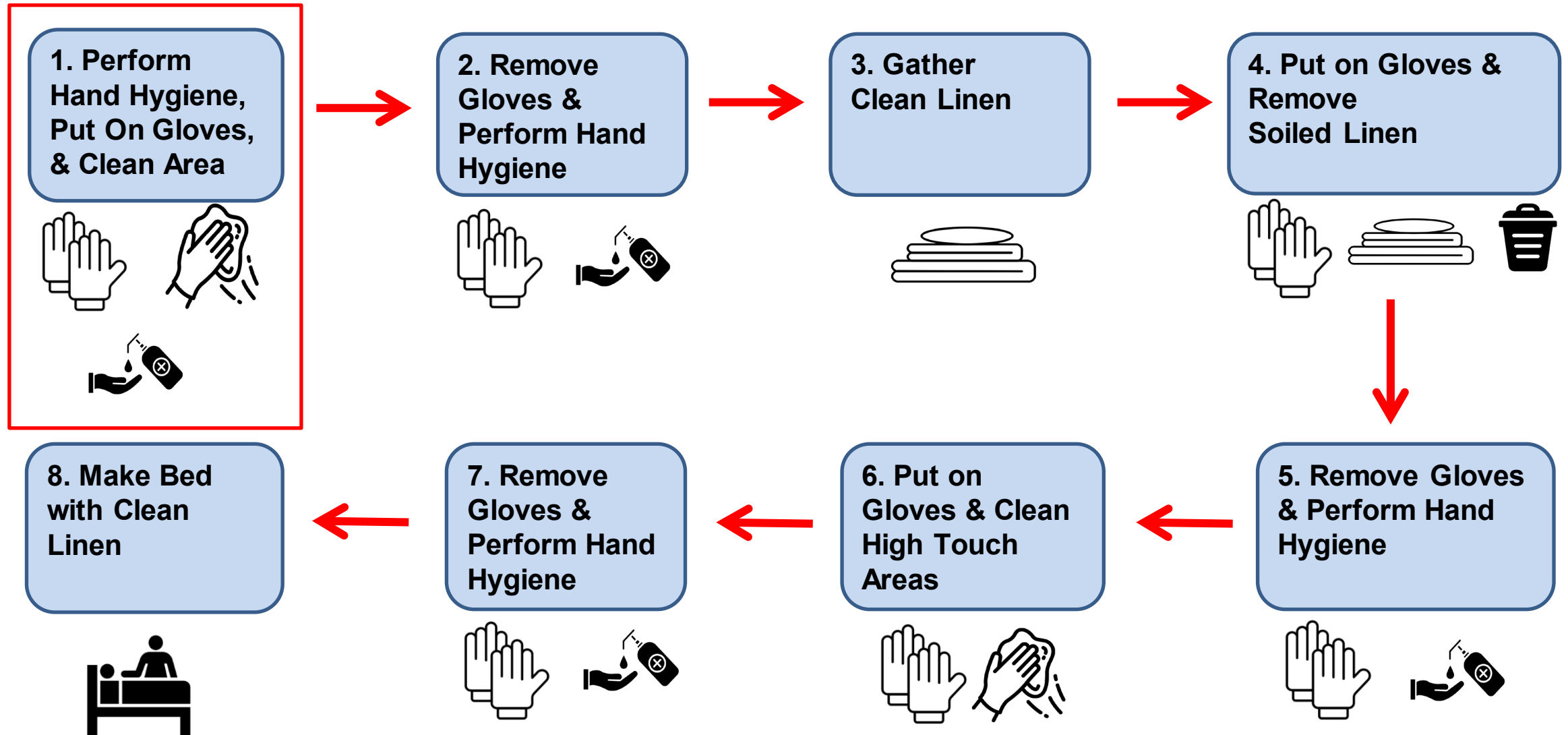


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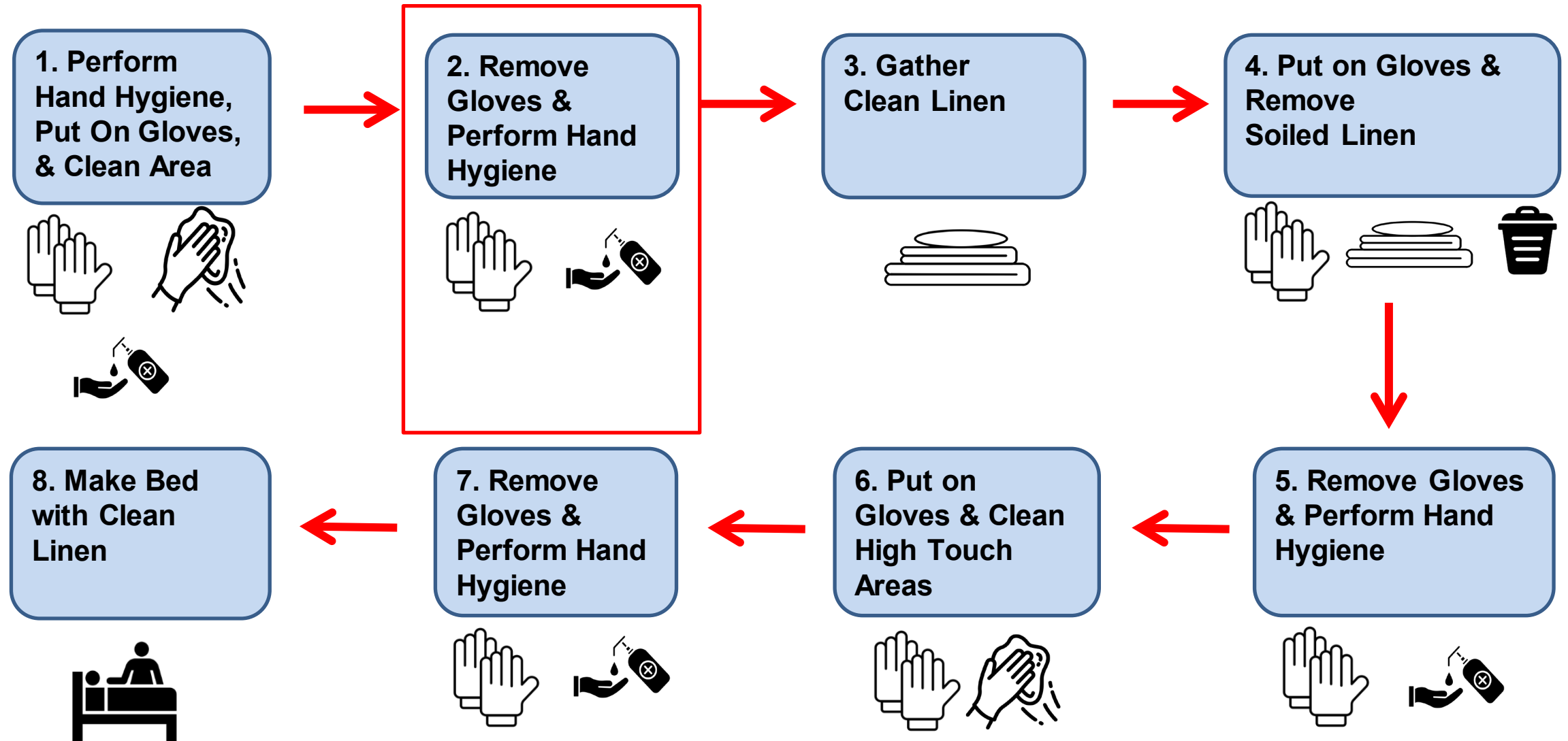


Proper linen management while using Standard Precautions will keep infections from spreading

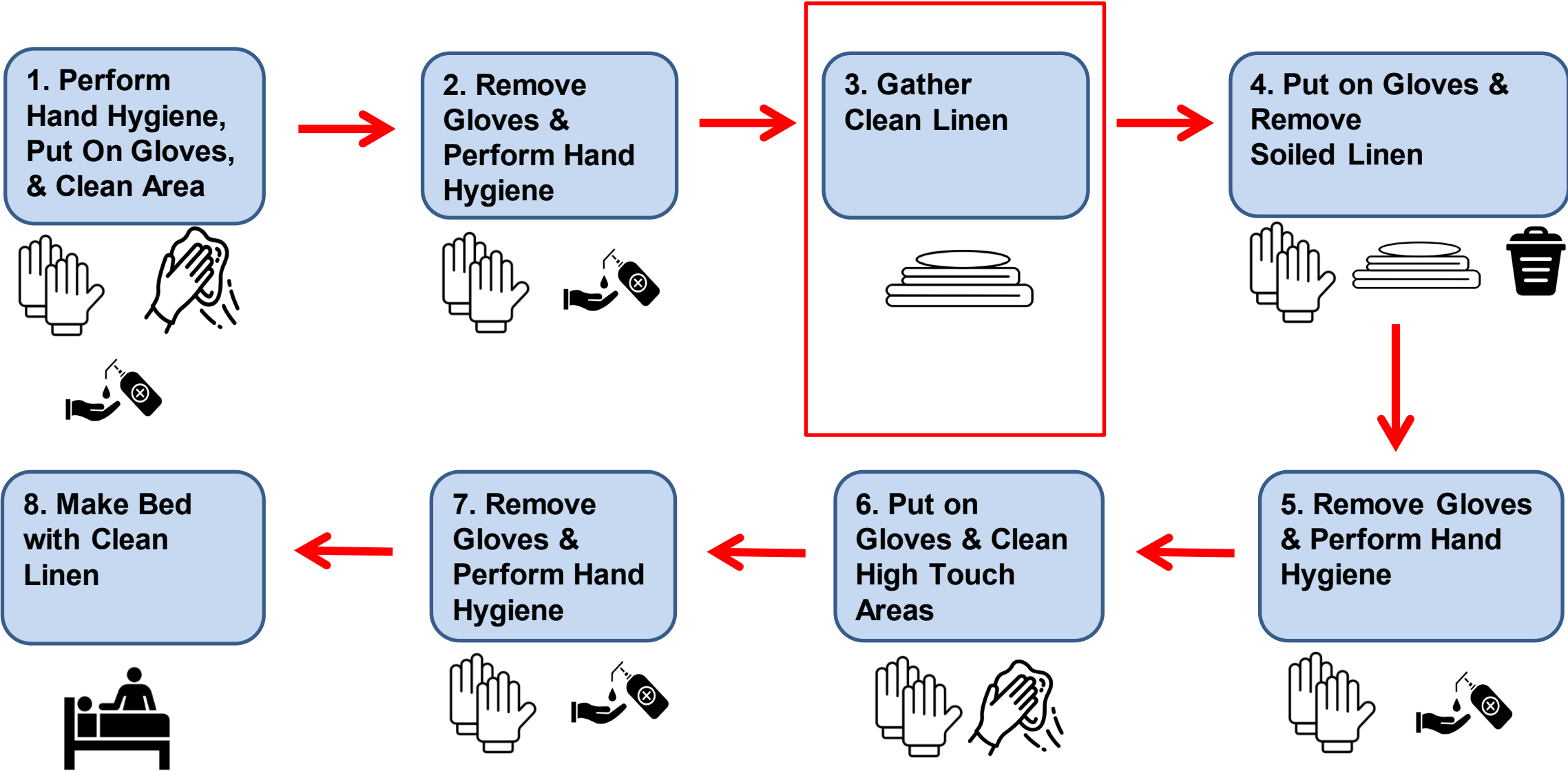
Changing Soiled Linen



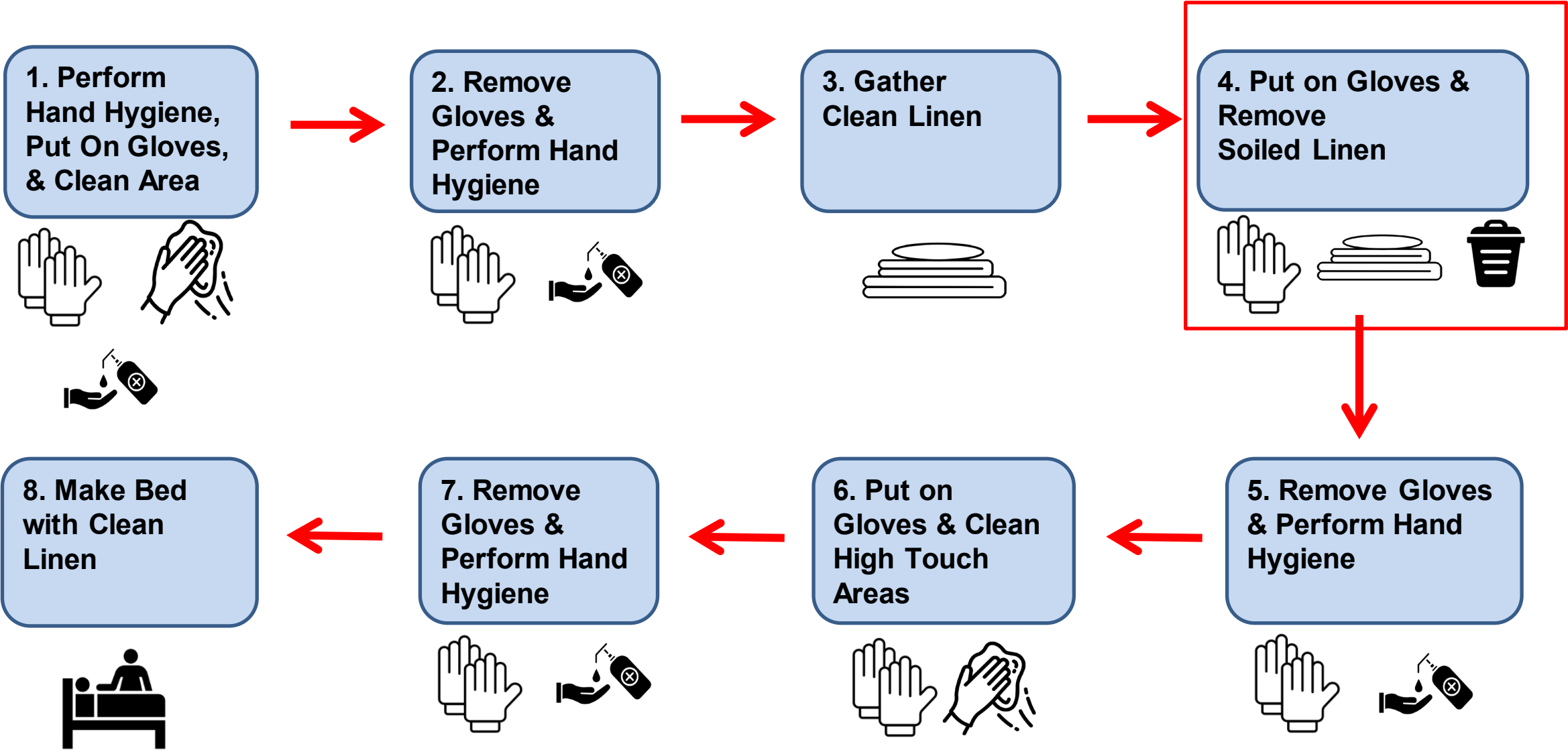
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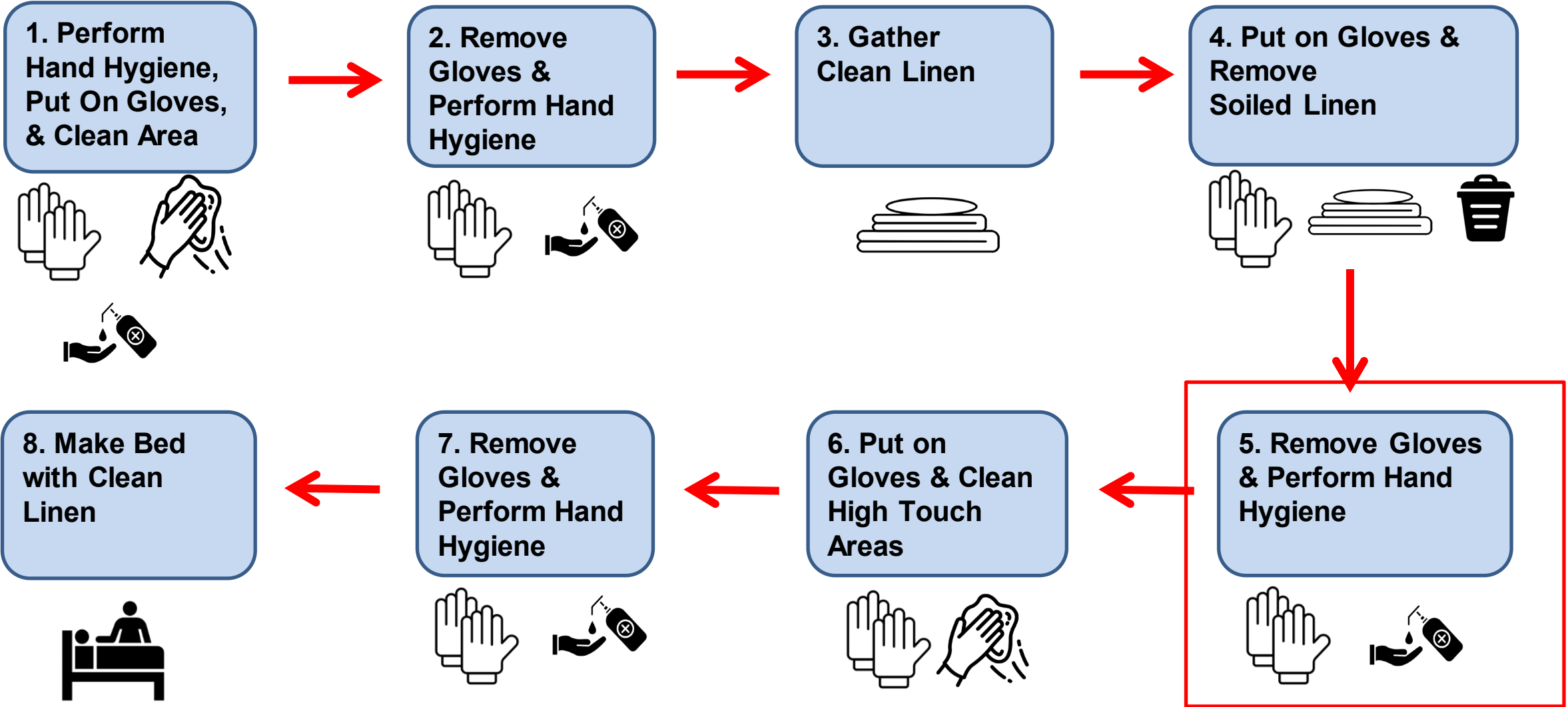
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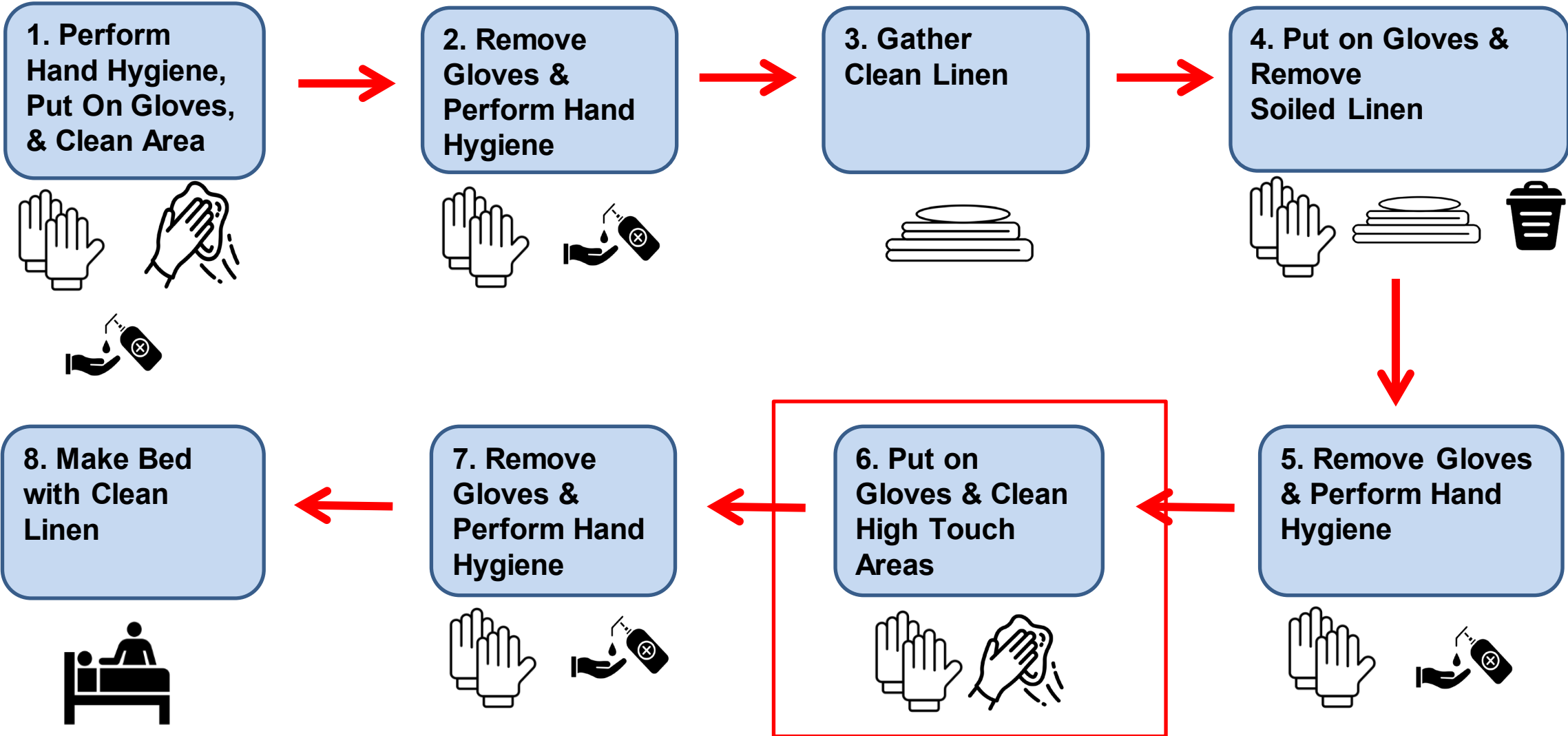
Changing Soiled Linen



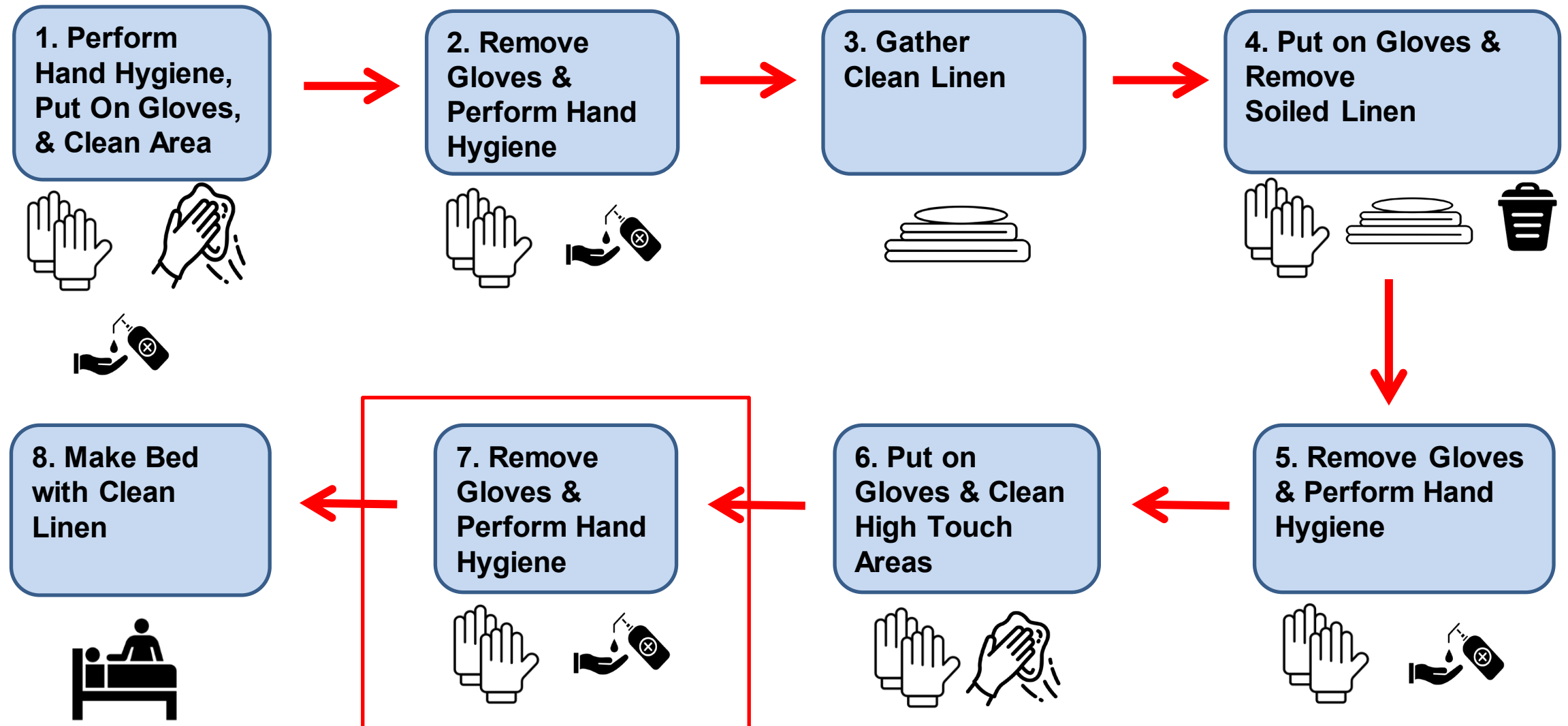
Changing Soiled Linen



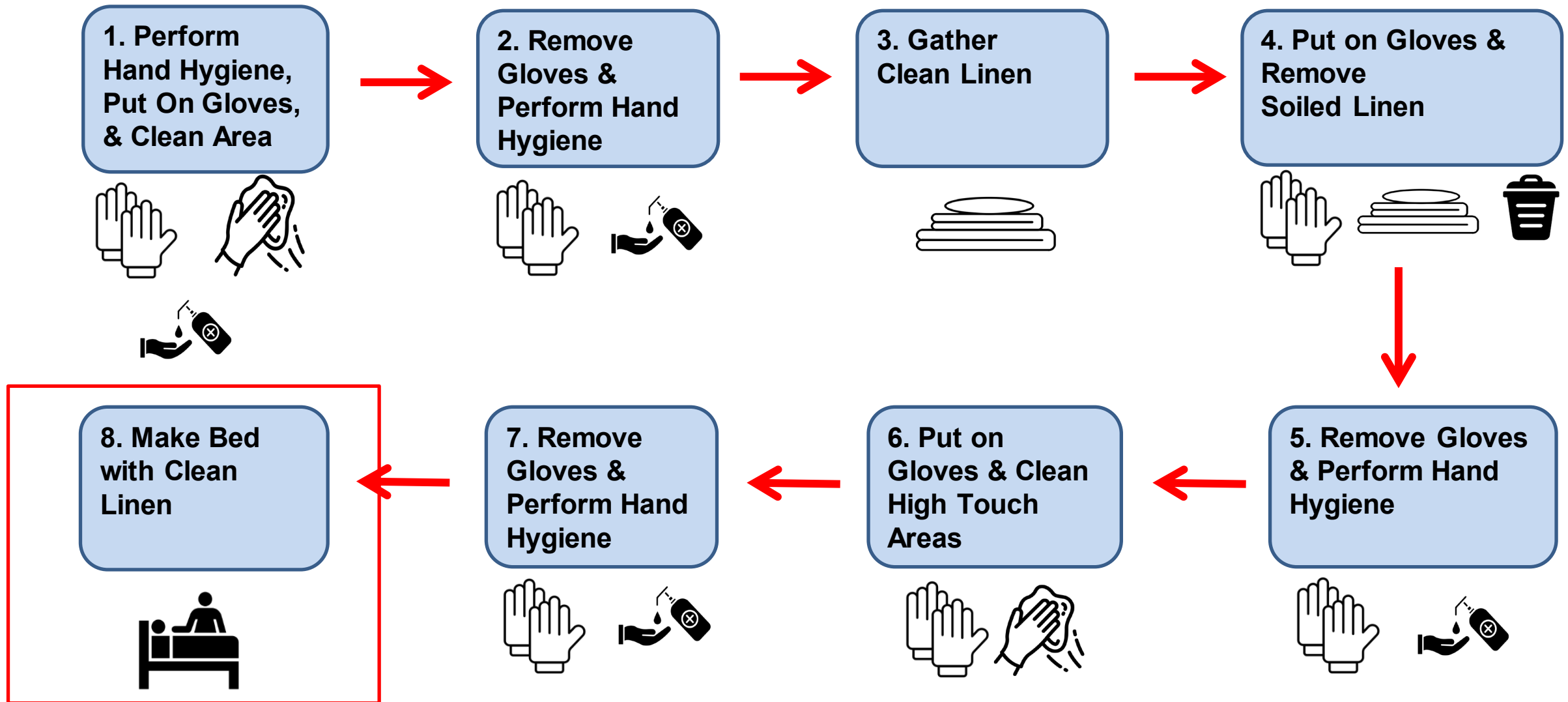
Changing Soiled Linen



Changing Soiled Linen



Changing Soiled Linen



Hand Hygiene Can Stop the Spread of Germs

- Reduce the risk of germ transmission from soiled areas to clean linens
- Perform hand hygiene for at least 20 seconds before resident care



IDENTIFYING AND CLEANING HIGH-TOUCH SURFACES



Identifying High-Touch Surfaces Around a Resident Bed



Identifying High-Touch Surfaces Around a Resident Bed



High Touch Cleaning Reminders

- When cleaning high-touch surfaces ensure the following:
 - Contact/wet times
 - High to low cleaning
 - Clean to dirty areas



PPE AND ISOLATION SPECIFICATIONS



Choosing Appropriate PPE

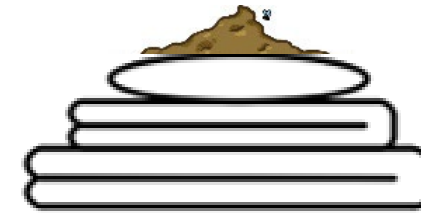


- Before changing linen, assess the situation/resident
 - Is there substantial soiling that poses a risk of splash or spray while changing linens?
 - Is the resident on isolation precautions? (i.e., contact, droplet, etc.)
- Gloves should always be worn when removing grossly soiled linen

Examples of PPE When Changing Bed Linen

Changing bed linen for residents with *C. difficile*:

- Gown
- Gloves
- Perform hand hygiene with soap/water



Changing bed linen for residents with Influenza:

- Gloves
- Mask (if resident is in room or recently was)
- Perform hand hygiene via ABHR or soap/water



LINEN TRANSPORTATION AND DISPOSAL

Proper Transportation of Clean and Soiled Linen

Clean linen may become contaminated with germs when not appropriately transported and stored:

- Cover clean linen cart
 - Leave linen cart outside of the room
 - Clean and disinfect a surface before placing clean linen in resident's room if needed
 - Place soiled linen in a designated cart
 - Do not overfill soiled linen cart
 - Perform hand hygiene before touching clean linen
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Soiled Linen Disposal



What to do with Soiled Linen

When linen is soiled with solid waste, what steps should you follow?

- Follow your facility's policy on the guidelines for removing soiled particles from linen
- Minimize handling used linen and roll linen up when removing from the bed
- Do not shake or hold it close to the body
- Place in designated linen cart or bag



Highlights

- Follow Standard Precautions when changing linen to prevent the spread of infections
 - Clean and disinfect high-touch surfaces surrounding the bedside area
 - Don (put on) and doff (take off) proper PPE as needed for each resident interaction
 - Never overfill a soiled linen cart
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Resources

- [Project Firstline Hand Hygiene, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/videos/EP21-Hands-LowRes.mp4)
(www.cdc.gov/infectioncontrol/projectfirstline/videos/EP21-Hands-LowRes.mp4)
 - [Project Firstline Recommended Glove Use, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/videos/EP11-Gloves-LowRes-New.mp4)
(www.cdc.gov/infectioncontrol/projectfirstline/videos/EP11-Gloves-LowRes-New.mp4)
 - [Project Firstline Recommended Gown Use, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/videos/EP12-Gowns-LowRes-New.mp4)
(www.cdc.gov/infectioncontrol/projectfirstline/videos/EP12-Gowns-LowRes-New.mp4)
 - [Project Firstline Cleaning and Disinfection in Healthcare, 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)
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Resources

- [Project Firstline Contact time for Disinfection, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep22-Contact-LowResolution-New.mp4)
(www.cdc.gov/infectioncontrol/projectfirstline/videos/Ep22-Contact-LowResolution-New.mp4)
- [Healthcare-Associated Infections Program, California Department of Public Health](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)
- [CDC TRAIN - Linen Management, Centers for Disease Control and Prevention](http://www.train.org/cdctrain/course/1081818)
(www.train.org/cdctrain/course/1081818)
- Fuzy, J. L. (2019). Hartman's Nursing Assistant Care: The Basics Hartman Publishing
- [Laundry and Bedding, Environmental Infection Control Guidelines, Centers for Disease Control and Prevention](http://www.cdc.gov/infectioncontrol/guidelines/environmental/background/laundry.html)
(www.cdc.gov/infectioncontrol/guidelines/environmental/background/laundry.html)

Questions?

For more information, contact
ProjectFirstline@cdph.ca.gov

