

CNA TODAY

CDPH-HAI PROGRAM PROJECT FIRSTLINE



Print this newsletter and display it in your break room!

Oral Care and Feeding

In This Newsletter

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Oral Care is the care of the mouth, teeth, and gums.

The mouth has been called a *mirror of health and disease** because it is in the mouth where you find signs of other bodily diseases, microscopic infections, and nutritional deficiencies.

Infections in the mouth may be hard to see - they could be just below the gums, in a tooth, or even on the tongue, palate, or cheek. Daily removal of plaque is vital to prevent oral infections.

Oral care and proper feeding methods can also help prevent inhalation of germs, food, fluid, or foreign materials into the lung that may cause lung infection such as pneumonia.

How can you, the CNA, provide better mouth care and ensure proper feeding when you have so many other things to do?! Think of the mouth as just one of the many parts of the body to be kept clean!



[HHS Oral Health in America](#) (PDF)

(www.nidcr.nih.gov/sites/default/files/2017-10/hck1ocv.%40www.surgeon.fullrpt.pdf)

Infection Prevention Practices

While Performing Oral Hygiene

Aspiration is the inhalation of food, fluid, or foreign material into the lungs and can lead to aspiration pneumonia. Pneumonia is the second most frequent healthcare-associated infection in long-term care facilities.*

To decrease the risk of aspiration, brush your resident's teeth following these steps:

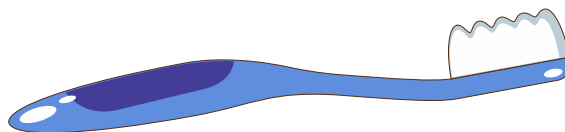
1. Wash your hands and don appropriate personal protective equipment "PPE".*
2. Sit your resident up at least 45 degrees or more, depending on your facility's policy.
3. Use only a small amount of toothpaste* to prevent the excess from being swallowed.
4. As you brush the resident's teeth, inspect the mouth for signs of infection such as cuts or sores.
5. If the resident is able, allow them to take a small amount of water into the mouth and swish to remove remaining toothpaste after brushing. Otherwise, suction saliva and toothpaste from the mouth.
6. Assist your resident back into a comfortable position.
7. Dispose of gloves and wash your hands.

Use little or no toothpaste. The effectiveness of tooth brushing mainly comes from the manual back-and-forth motions of the toothbrush which remove buildup and plaque. It is better to use less toothpaste if your resident has difficulty with swallowing or is not able to report whether they dislike the taste.

For Toothbrush Care

To care for your resident's toothbrush, ensure the following:

- After brushing, rinse the toothbrush with tap water until it is completely clean, let it air-dry, and store it in an upright position.
- Avoid covering toothbrushes or storing them in closed containers.
- Replace your resident's toothbrush every 3 to 4 months, or sooner if the bristles look worn out.
- You **do not** need to soak toothbrushes in disinfecting solutions or mouthwash.
- You **do not** need to use dishwashers, microwaves, or ultraviolet devices to disinfect toothbrushes.



*[CDPH Preventing the Most Common HAI](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/SNF_PreventingCommonHAI.aspx) (www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/SNF_PreventingCommonHAI.aspx)

*[Project Firstline Resources](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline_Resources.aspx) (www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline_Resources.aspx)

Infection Prevention Practices

While Performing Denture Care

If the person you care for has dentures, remember to:

- Remove dentures at night and brush before putting them into a cup of water. Ask the dentist if denture cleaning tablets should be used.
- Rinse and brush dentures again before placing them in the mouth.
- Always keep dentures in water when not in the mouth.
- Change the water in the cup daily.

To Prevent Dry Mouth

- Dry mouth can lead to periodontal (gum) disease, malnutrition, halitosis, & other infections.
- Besides practicing good oral hygiene, maintain proper hydration among residents to prevent dry mouth.



WHAT DOES AN ORAL INFECTION LOOK LIKE?

If you observe any of these signs of an infection while brushing your resident's teeth, contact your nurse.

- Bad breath
- Bitter taste in the mouth
- Fever
- Pain
- Sensitivity of the teeth to hot or cold

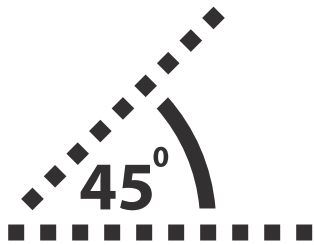


- Swelling of the gum
- Swollen glands of the neck
- Swelling in the jaw
- Any changes in color or appearances on the tongue, cheeks, gums, or palate

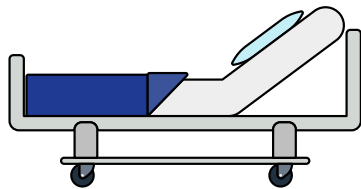
Feeding Your Residents

Proper nutrition and hydration strengthen the immune system to fight against infection. Nutrition and hydration are particularly important for skilled nursing facility residents, who often have chronic conditions or take medications (such as antibiotics) that may deplete nutrient storage.

To ensure our residents are getting proper nutrition, it is important to encourage and help residents to take foods, even if they are reluctant.



Remember...*aspiration, the inhalation of food, fluid, or foreign materials into the lung that may cause lung infection such as pneumonia or even death, can be avoided by following these steps before, during, and after feeding a resident:*



- If your resident needs to eat while in bed, keep bed elevated to at least 45 degrees or more depending on your facility policy (Some facilities may have policies on resident's positioning during feeding; follow your facility's policy)
- Allow plenty of time to chew foods completely
- Alternate giving solid and liquid foods
- Monitor for swallowing difficulties

Proper Linen Management



Proper linen management
will keep infections from spreading



While Changing Bed Linen

- Standard Precautions should be used for all residents at all times, including when changing bed linen
- Don and doff proper PPE for each resident interaction
 - For linen that is visibly soiled, ensure gloves are always used
- Perform hand hygiene before and after removing soiled bed linen
- Clean high-touch surfaces around the resident bedspace
- Follow contact/wet times and a high to low pattern when cleaning
- Follow your facility policy for removing soiled particles from linen
- Minimize handling used linen and roll linen up when removing from the bed
- Do not shake or hold soiled linen close to your body
- Place soiled linen in designated linen cart or bag

PPE for Residents on Isolation Precautions:

- Wear appropriate PPE when changing linen for a resident on isolation precautions
 - For example, for residents with influenza that are on droplet or contact precautions, gloves must be worn in order to prevent droplet transmission to yourself. If a resident is currently in the room or recently was, it would be beneficial to wear a mask as well.
 - When changing linen in rooms where residents are infected with *C. difficile* ensure that you wear both gown and gloves to prevent the transmission of germs onto your scrubs.

While Transporting Clean and Soiled Linen

- Cover clean linen cart
- Leave linen cart outside the room
- Place soiled linen in a designated cart
- Do not overfill soiled linen cart



FAQ Expressway

Frequently Asked Questions

Certificate Of Attendance

Q: My facility has two residents in one room. Can I feed both residents at the same time?

A: Do not feed two residents at the same time. Feeding two residents at the same time might put them at risk for aspiration, by way of choking or getting food or fluid in their lungs. Unfortunately, you cannot give your full attention to more than one resident at a time. It can also cause cross contamination from unwashed hands. For their safety, give each resident your focus by feeding them at different times.

Q: Do I serve and feed residents on isolation precautions in between all other residents?

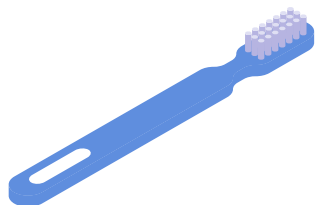
A: A resident on isolation precautions should be served last to reduce the risk of spreading germs to other residents.

Q: Do I need to perform hand hygiene in between every tray pass?

A: Yes, to prevent the spread of germs when passing trays, you must perform hand hygiene before and after passing a tray.

Q: Would using a toothette alone be sufficient in providing oral care?

A: A toothette is gentler than a toothbrush and may be used in certain conditions. Inspect your resident's teeth. If your resident has gums that bleed or sores in their mouth, a toothette may be used. Toothettes can be used as often as needed. Otherwise, a soft toothbrush is preferred in all other situations.



Q: Will I receive a certificate of attendance after your sessions?

A: YES! After you attend a session, we will email you within 7-10 days with a link to a course evaluation. You will receive your Certificate of Attendance upon completion of the evaluation.

For groups (registered under one email): Participants will need to register with a unique email address to receive a post-session evaluation and Certificate of Attendance. The person who registered the group for the training sessions should send a list of participants, their email addresses, and training dates/topics to projectfirstline@cdph.ca.gov from the registered email. Once received, we will confirm attendance and reach out to each participant with next steps.

FAQ Expressway cont.

Q: When I change the bed at our facility, we place the dirty linens on the floor. Is this okay?

A: No. Placing soiled linen on the floor can contaminate the resident's room, allowing the spread of germs or body fluids from the bed to be tracked from room to room on shoes. It is best to place them in the soiled linen cart as they are removed from the bed.

Q: What do I do if the dirty linen carts are full?

A: Facilities should have a policy that addresses the handling of soiled linen. CNAs should be aware of who is responsible for picking up linen and who to contact if this is not being done in a timely manner. When bags are overfilled, this can be a hazard to staff responsible for moving the linen carts or linen bags, sometimes leading to injuries and poses a risk for germs to spread.

Q: Some staff bring the plastic bag with linens to the laundry chute. Is it okay for them to wear gloves in the hallway?

A: Generally, PPE use is not recommended in the hallway. However, to prevent the spread of germs when carrying a soiled laundry bag, you can wear gloves, go immediately to the laundry chute (not touching anything else on the way), drop the laundry off, remove gloves, and immediately perform hand hygiene.

Q: How should we clean a resident's personal quilt or blankets?

A: Always follow your facility policy to clean residents' personal quilts and blankets. If your facility allows personal items to be laundered in the facility, ensure that the resident's belongings are labeled before laundering. Other options are to send it home with family or send out to a laundry service.

Q: If you have a resident who is sensitive to the detergent used at the facility, are they able to use their own detergent?

A: Depending on your facility policy, a hypoallergenic cleaning solution can be used for that resident's laundry. Some facilities will also allow their clothing to be washed at home by family or done through a personally arranged laundry service. There are a lot of ways to make this work!

CNA Runway

Happy CNA Appreciation Week!

June 16th-22nd

With CNA Appreciation week this month, we wanted to spotlight some very special CNAs in California. Out of the hundreds of possible CNAs to spotlight, we had a difficult time narrowing down our choices.

The following pages highlight only a fraction of the nominated CNAs and tell only a small story of each CNA. Every one of them, however, desires to help people and all are pained when their residents pass. Nobody chooses to become a CNA because it's easy, and you'd probably laugh if someone said something along those lines to you. It takes a special person to care for a sick stranger and treat them as though they are a family member.

Though your work can be tough, please know that you make a great impact on others. There might be residents you've forgotten about, but their families have not forgotten about you and about how you made their loved ones feel comfort and love.



CNA Spotlight

Jenelyn Samai



"I am nominating our CNA Jenelyn Samai as one of our best CNA in our facility. Jenelyn has been with us for almost 5 years now and she's one of our best employees. She never gets upset; she always has a smile on her face every day even if she is taking care of the most difficult patient. For those patients that are refusing care or refusing to eat or just being difficult, it is only Jenelyn who could motivate them to participate and finish their meal.

During showers, if resident refuses to have one, Jenelyn would sing and dance in front of the patient just to motivate them to have a shower.

Jenelyn comes with a lot of experience. She is currently working on [becoming] an RN here in the US. She has 11 years' experience as an operating room nurse in Singapore and she was given an award 4x while she was working there. She also speaks **FOUR(!)** languages: English, Mandarin, Tagalog, and Bisaya.

College Oak is so proud to have Jenelyn as one of our best CNA. Hope she could continue to provide great care and love to our patients."

*Lorena N Villamor BSN RN
Director of Nursing
College Oak Nursing and Rehabilitation Center*



Olga Lopez

Pacific Haven Healthcare Center is very lucky to have Olga, a CNA with 29 years of experience, as a member of their day shift. She became a CNA to make a difference in people's lives and she does this by helping them in any way she can, to the best of her abilities. The best part of being a CNA for Olga is when her patients feel cared for. The most difficult part of the job for her is when she has a patient pass away. With the demands and challenges she faces each shift, Olga says she "makes sure to pray before and after her shift" which "gives her great comfort and helps with any challenges" that she may encounter.

If Olga could give one piece of advice to a brand-new CNA, she says: *"Do your work from your heart and treat others the way you would like to be treated."*

Olga has a great sense of humor, and her favorite ice cream is black cherry. We're sure she'd love to sit and have a scoop (or two!) with anyone who wants to share a laugh!

Thank you, Olga!



Sharell Love

Sharell works the AM shift in Martinez, CA. Her story of why she became a CNA is selfless. When she was still in high school, she took care of her aunt Thelma because she was sick. Sharell helped to bathe her, ensured she got her medicine each day, and was quick to administer insulin when Aunt Thelma's blood sugar got too high. Sharell would often exercise and watch movies with her. Her aunt knew she'd make a great nurse, which is why Sharell joined the healthcare field to become a CNA.



When we asked what she liked most about being a CNA, she said she likes getting to spend time with her patients and enjoys seeing them graduate and recover.

Her least favorite part of her job is when she has a patient pass away.

In spite of how stressful and exhausting her job can be, she still finds time to go to the gym after work to ensure she gets a good night's rest for the next day.

Sharell's advice to someone brand new to being a CNA: *"Work as a team, don't try to do everything on your own."*

She just finished the show 'Money Heist' and enjoys spending time with her family and friends while she's not at work or the gym.

Sharell will be transitioning into the role of an LVN once she completes her training and says that *"Hand hygiene can always be discussed, it's important."*

We very much agree with your take on hand hygiene, Sharell. Thank you for what you do and thank you for your kindness and strength.



Magaly Fonseca

Magaly has worked at Harvard Creek Post Acute in LA County for **23 years!** As a single mother of 4, she chose to go back to school to pursue a career in healthcare to help others.

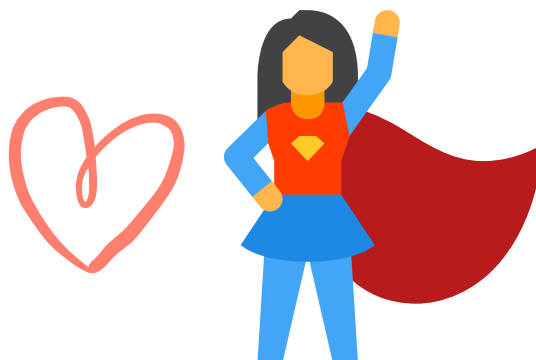
When we asked Magaly what she liked most about being a CNA, she said *"Spending time with my residents, helping them to recover and getting to know each and every one of them. I enjoy spending time with my elderly residents, allowing them to have a friend and a helper in me."*

Her advice to new CNAs is to *"treat residents as they are your own family members. Many times, residents come in afraid of the new environment and feel lonely, so it is very important to be loving and welcoming"*.

Magaly has passed along her compassion, intelligence, and respect to her 4 children, two of which are twins. One of her kids is a doctor and researcher, another is a Registered Nurse, one is working in radiology, and the fourth child is a bilingual teacher.

To decompress from long days, Magaly listens to music, reads good books, spends time with her children and grandchildren, and explores new cuisine through cooking. She watches reality TV, Spanish TV, and *General Hospital*.

Thank you, Magaly, for being so kind and for dedicating your life towards improving the lives of others. You have made a positive impact on this world!



Fatima Chavez

Fatima currently works the AM shift at Anberry Nursing Rehab Center. She became a CNA to see what it was like working in the medical field, in addition to helping our senior population who rely on CNAs for their care.



If Fatima could tell a new CNA one thing, it would be that PATIENCE is key to this job. *"They [CNAs] have to have patience because this job is very challenging"*. She says patience is important especially with the elderly population or those with a declining mental status. Fatima ensures she takes time away to breathe and think to compose herself during work. She says that CNAs are there for their residents, no matter how hard things can get.



Fatima relaxes with her baby after work, listens to heavy metal and rock, and keeps herself active while hiking and swimming. For any true crime fans, she recommends *Delhi Crime* on Netflix.

Thank you so much for your patience and understanding, Fatima. It takes a strong person to be able to work with our aging population. It's a great comfort knowing you're there to help them, no matter the circumstance.



"What I like the most [about being a CNA] is that you get to know the residents that you work with, and they become part of your life. Also, you get to make their days better and make them smile."

-Fatima

Jihoon "Tim" Lee



"I am nominating Jihoon "Tim" Lee for the CNA appreciation. Tim is fairly new to our company, but he has shown great care to our patients. Our patients love to compliment Tim and they always say that he would provide great care and compassion whenever he is taking care of them. At such a young age, Tim has shown utmost professionalism and dedication to our senior population. He is very gentle, never in a hurry, would take some time to feed the residents, comb their hair, put on their shoes, give them showers, etc.

Tim is pursuing higher education to become a physician assistant. He is young but very smart. College Oak was lucky to have him as an employee."



From:

Lorena N Villamor BSN RN

Director of Nursing

College Oak Nursing and Rehabilitation Center

California is very lucky to have you, Tim. Thank you for your dedication and compassion to our seniors, as they are an underserved community. Your CNA experience will serve you greatly while you're pursuing higher education. Keep smiling!



Gwendolyn Lindsey



Gwendolyn currently works the 11PM to 7AM shift in Los Angeles County at a Post Acute Rehabilitation Hospital. She has experience with illness in her family, as her brother has lupus. Her best friend saw that she had the heart for it and told her she should enter the medical field. She's been a CNA for over 16 years, so her heart is definitely in the right place!

The best part of Gwendolyn's job is helping her patients, and *"...learning about their previous lives and their family. I like forming life-long bonds with my patients."*

"CNAs wear many hats; we are family to the patients when they do not have any, we are a listening ear when they have no one to talk to, and we know them the best..." CNAs make a lot of sacrifices, and many often feel underappreciated and overlooked for their hard work. To relieve the stress she faces, she takes deep breaths and prays.



After work, she watches movies, crochets, bakes, spends time with her family, and listens to bedtime prayers. When we asked if there was something she wished she'd have known before becoming a CNA, she wishes she'd have known how physically and mentally demanding this job can be. Her advice for a new CNA is *"...you have to love the work you do, have an open mind, have patience, be helpful, and treat the patients like they are your family (which will make you think twice about mistreating them!)."*

Gwendolyn has a lot on her mind, so to help her remember the names of her many residents, she gives them nicknames. Being given a nickname is a special feeling that makes people feel noticed and memorable. Thank you for being so kind, Gwendolyn!



Mindfulness Mainstay Word Jumble

*Mindfulness doesn't have to be meditation or silence!
Let your mind wander towards a puzzle in order to
reset and refresh your brain.*

*All answers are oral care or changing bed linen related.
Answers can also be found on the bottom of this page.

- | | | | |
|----------------|-------|------------------|-------|
| 1. alsitohis | _____ | 8. anprtasioi | _____ |
| 2. dieesas | _____ | 9. cnfetoiin | _____ |
| 3. ntrepve | _____ | 10. linne | _____ |
| 4. puanmonie | _____ | 11. nartuliitmon | _____ |
| 5. fgeeind | _____ | 12. ctaivy | _____ |
| 6. hydritnao | _____ | 13. neeturds | _____ |
| 7. pireooantld | _____ | 14. ynigehe | _____ |



Answers: 1.halitosis 2. disease 3. prevent 4. pneumonia 5. feeding
6. hydration 7. periodontal 8. aspiration 9. infection 10. linen
11. malnutrition 12. cavity 13. dentures 14. hygiene

Meet the Team!

Join the California Project Firstline Team at our next Training Session!



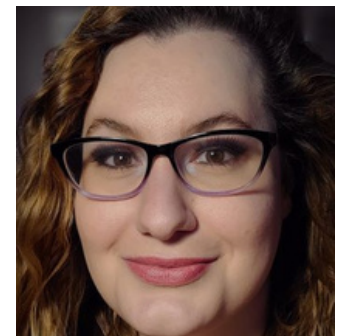
Ashya Cabral
IPC Trainer



Ayda Alemayehu
IPC Trainer



Geraldo Garcia
IPC Trainer



Kirsten Keller
IPC Trainer

***IPC:** Infection Prevention
&
Control Trainer

***PM:** Project Manager



Brie Martin
PM- Northern



Neha Sardana
PM- Central



Lisa Franqui
PM- Southern

July Schedule

Training Sessions (Online)

"Nailed It: Infection Prevention while Assisting Residents with Grooming"

Mondays: 11th, 18th, 25th @ 2pm-3pm

Tuesdays: 12th, 19th, 26th @ 10am-11am

Wednesdays: 13th @ 5am-6am, 20th @ 10pm-11pm, 27th @ 4pm-5pm

Thursdays: 14th, 21st, 28th @ 6pm-7pm

Fridays: 15th, 29th @ 2pm-3pm

Saturday: 23rd @ 11am-12pm

Review Session

Friday: 22nd @ 2pm-3pm

Monthly Topic Schedule



Curriculum Topics*

Nail Care & Shaving

July 2022

Encore Sessions of All Topics

September- October 2022

Previously Recorded Topics Available on Our Website

- Standard Precautions
- Bathing & Dressing
- Oral Care & Feeding
- Proper Positioning & Transferring
- Personal Protective Equipment (PPE)
- Skin, Perineal, & Urinary Catheter Care
- Changing Linens & Bed Making
- Environmental Cleaning & Disinfection

*Trainings focus on infection prevention and control practices while performing common CNA tasks

For More Information

Email:

ProjectFirstline@cdph.ca.gov

CDPH Project Firstline Website

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline)

CDC Project Firstline Website

(www.cdc.gov/infectioncontrol/projectfirstline/about.html)