

# **Personal Care Attendant (PCA) Fundamentals Training**

Overview of Infectious  
Disease

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# Module 05: Overview of Infectious Disease

## Goal

Introduce candidate PCAs to practical principles of infection control including safe procedures to follow on-the-job

# At the end of this training, candidate PCAs should be able to:



**Describe differences between infections and germs**



**Name at least three modes of transmission for germs**



**Explain why universal precautions are used to control infection when working for consumers**



**List seven ways a PCA can help prevent the spread of germs**



**Demonstrate proper infection control practices such as hand washing and gloving**

## What do you know about:

- **Infectious diseases (communicable diseases)**
- **Epidemics/Pandemics**
- **Germs**
- **Vaccines**

# Introduction

**What do you currently do to protect yourself from getting diseases from other people?**

**And from transferring diseases to other people?**

**How do germs get from one person to another?**

## **Infections happen when:**

- **Germs get into the body**
- **Increase in number**
- **Then cause a disease or physical condition**

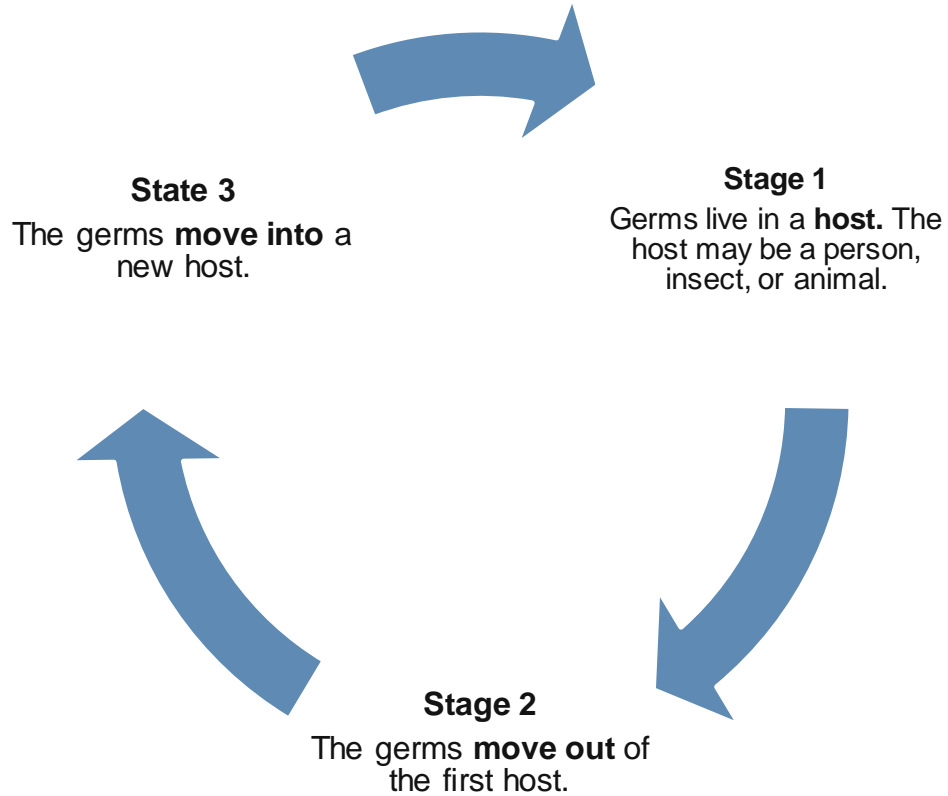


**Tiny living things found almost everywhere, inside and outside our bodies.**

## **Types of germs:**

- **Bacteria** (ex: **Streptococcus Mitis** (strep throat))
- **Fungi** (ex: toe/finger nail infections, ringworm)
- **Parasites** (ex: mosquitos deliver parasites that cause malaria)
- **Viruses:** (ex: **COVID**)

# Cycle of Infection



# **Germs use many routes to get from one host to another - 1**

## **Air**

- **Someone coughs or sneezes and others breath in the germs**

## **Animal and insect bites**

- **Dogs, cats, insect bites**

## **Food and water**

- **Eating contaminated food, drinking contaminated water**

## **Objects**

- **Puncture wounds or breaks in the skin from contaminated broken glass, needles, or other sharp objects can enter the blood and cause internal infections**

# Germs use many routes to get from one host to another - 2

## Body fluids

- **Blood, mucus, pus, saliva, stools, urine, vomit, sperm, vaginal discharge**
- **Body fluids can infect another person through open cuts or sores, mouth, nose, eyes, vagina or anus**

## Blood-borne pathogens

- **Any germ that can travel in blood**
- **Diseases caused by Blood-borne pathogens include HIV-human immunodeficiency virus, hepatitis B, hepatitis C**

# Universal Precautions

- An infection control safety practice
- Treat all human blood and certain human body fluids as if they are known to contain pathogens
- Because:
  - People infected with a blood borne pathogen may not look sick
  - Or feel sick
  - And do not know they carry a blood borne pathogen
- PCAs **MUST** follow infection control procedures at all times

# Strategies for Controlling Infections

- **Wash your hands**
- **Avoid contact with body fluids**
- **Safely handle and dispose of sharp objects**
- **Use personal protective equipment as needed and, if available, when assisting with:**
  - **Personal hygiene**
  - **Household tasks such as handling soiled laundry and cleaning toilet areas**

# Personal Protective Equipment (PPE)

- **Clothing**
- **Gloves**
- **Goggles or glasses**
- **Other equipment which protects the worker from potential exposure to chemicals or infectious agents such as blood borne pathogens**

# Guidelines: Stopping the Spread of Germs

- **Cover your mouth when you cough or sneeze**
- **Take care of yourself when you are sick**
- **Keep your nails short**
- **Wash your hands**
- **Wear personal protective equipment, as needed**
- **Wear simple jewelry or no jewelry at all**



# Susceptible People

- **Older adults**
- **Very young**
- **Sick**
- **Stressed**
- **Health care workers**

# General Signs of Infection

- **Fever**
- **Redness around a cut or wound**
- **Swelling**
- **Area is warm to the touch**
- **Fluid**
- **Tired or fatigued**
- **Chills**
- **Pain**
- **Nausea or vomiting**

# PCAs and Handwashing

**When should a PCA wash their hands?**

# When should a PCA wash their hands

- **After they enter and before they leave a consumer's home**
- **Before and after providing personal care**
- **Before putting on and after taking off gloves**
- **Before and after handling food**
- **After using the toilet**
- **After they cough, sneeze or blow their nose**
- **When they smoke**

# When Soap is not Available

- **Use antiseptic gel, hand sanitizer or towelettes**
- **Wash hands with soap as soon as possible**
- **Before putting on and after taking off gloves**
- **Before and after handling food**
- **After using the toilet**
- **After they cough, sneeze or blow their nose**
- **When they smoke**

# Using Gloves

- **Wear gloves any time there is a possibility of touching body fluids**
- **Use gloves only once.**
- **Do not wash and reuse disposable gloves**
- **Check for tears in gloves before using them**

**WARNING:** A latex allergy is life threatening. Do not use latex gloves when assisting a consumer at any time. They may not know they have a latex allergy or they may be developing an allergy. Use non-latex gloves only.

- **Avoid bringing items made of latex into a consumer's home (balloons are an example)**
- **The symptoms of an allergic reaction to latex may be dryness, itching, and burning of the skin after wearing gloves**
- **In severe cases. A person may have trouble breathing after being exposed to latex**
- **If a reaction occurs: call 911 immediately**

# Cleaning up Germs

**The right kind of detergent and water for:**

- **Clothes**
- **Dishes**
- **Sheets and towels**

**Bleach and water:**

- **Clothes**
- **Dishes**
- **Sheets and towels**



# Bleach and Water Cleaning Solutions

<b>For dishes, glassware and utensils</b> <ul style="list-style-type: none"><li>• 1/8 teaspoon liquid bleach</li><li>• 1 quart (4 cups) water</li></ul>	<b>For tables, chairs, etc.</b> <ul style="list-style-type: none"><li>• 1/4 teaspoon liquid bleach</li><li>• 1 quart (4 cups) water</li></ul>
<b>For sinks, toilets commodes, pails</b> <ul style="list-style-type: none"><li>• 1/4 cup liquid bleach</li><li>• 1 quart gallon (16 cups) water</li></ul>	<b>For body fluids: blood, vomit, urine, feces etc.</b> <ul style="list-style-type: none"><li>• 1 cup liquid bleach</li><li>• 10 cups water</li></ul>

**NEVER MIX BLEACH and AMMONIA!**

**It makes a harmful gas that may be deadly if inhaled.**

**Be sure the label the container using a marker or permanent marker**

**Keep solutions and bleach out the reach of children**

**NOTE: the bleach solution is good only for 24 hours. After that, you must make a fresh batch.**

# How to Wash Laundry for the consumer

## HANDLING DIRTY LAUNDRY SAFELY

- **Dirty laundry may have body fluids on it. Use universal precautions and safe infection control strategies when washing laundry.**
- **Wear gloves and a smock or apron (if available).**
- **Put the laundry bag where you can reach it.**
- **Roll dirty items away from your body. Wrap the dirty areas inside the clean areas.**
- **Never shake out dirty laundry.**
- **Put dirty laundry right into the laundry bag. Do not put dirty laundry on the floor, on a chair, or on a counter.**
- **Take off your gloves. Wash your hands.**

# How to Wash Laundry for the consumer

## WASHING WHITE LAUNDRY

- **Put on gloves.**
- **Rinse any solid body waste off the laundry with cold water in a basin. Dispose of any waste materials.**
- **Soak the items in a bleach solution (1 cup bleach: 10 cups water) for at least 15 minutes.**
- **Wash the laundry in the washing machine with bleach and detergent. Follow the instructions on the bleach and detergent for the right amounts to use.**
- **Dry the laundry in the dryer. (Clear the dryer vent first.)**

# How to Wash Laundry for the consumer

## **WASHING COLORED LAUNDRY DO NOT USE BLEACH**

- **Put on gloves.**
- **Rinse any solid body waste off the laundry with cold water in a basin. Dispose of any waste materials.**
- **Wash the laundry in the washing machine with laundry detergent, plus a household disinfectant, such as Lysol®. Follow the instructions on the disinfectant and detergent for the right amounts to use.**
- **Dry the laundry in the dryer. (Clear the dryer vent first.)**

# How to Wash Laundry for the consumer

## WASHING LAUNDRY BY HAND

- **Use a basin, bathroom sink, or bathtub. Never use the kitchen sink.**
- **Put on rubber gloves.**
- **Wash the laundry in 1 ounce of disinfectant per gallon of water, plus detergent.**
- **Rinse the laundry well at least 3 times.**
- **Clean the basin, sink, or tub with the bleach and water solution.**

# How to Wash Laundry for the consumer

## SAFE DISPOSAL OF BODY WASTE

- **Wear personal protective equipment when handling body waste.**
- **Line a waste bin or pail with 2 plastic bags. The inner bag is “dirty.” The outer bag is “clean.”**
- **Put the waste materials in the inner bag.**
- **Close the inner bag tightly and keep it inside the outer bag.**
- **Take off your personal protective equipment and put them in the outer bag (they will be with the inner bag).**
- **Wash your hands.**
- **Close the outer bag and remove from the room.**
- **Now the waste material is double bagged. Throw the double bagged waste materials away with other garbage; away from animals and children.**

# What is a sharp?

- **Used needles**
- **Razors**
- **Broken glass**
- **Other sharp objects**

**PCAs are at risk of injury and sickness from being stuck with a sharp object.**

# Safety Procedures for Sharps

- Remember sharp objects can tear through garbage bags. So, use a heavy plastic container with a closable cap or lid such as an empty peanut butter jar that has been cleaned and the label has been removed.
- Label the container with a permanent marker.
- Keep out of reach of children.
- Place the sharps container where the consumer can reach it *before* they use a razor or needle.
- Wear gloves.
- Cap the sharps container tightly; tape if necessary.
- Discard the container when it is half full.
- Use a dustpan and broom when picking up sharp objects; Do not pick up broken glass or sharps with your fingers.
- Place sharps container in (2) plastic bags.
- Check with your employer about where to put sharps containers for waste pick-up or disposal. (Different towns have different ways of handling this waste.)



# CAUTION!!!

- **Never put sharps anywhere except the sharps container.**
- **Never put sharps directly in a garbage bag.**
- **Never try to put a sharp in the sharps container after the container is more than half-way full.**
- **Never bend or break a needle.**
- **Never recap used needles.**
- **Never take used needles out of syringes.**
- **Never use a needle again.**

# How to Wash Hands: Video

<https://www.youtube.com/watch?v=3ct8FUZtT4A>

# How to Wash Hands: Skills Checklist

<b>Get ready to wash your hands.</b>
<ul style="list-style-type: none"><li>• Get soap and paper towels before beginning; roll up sleeves.</li><li>• Stand back from the sink so your clothes and hands do <b>not</b> touch the sink.</li></ul>
<b>Wash your hands.</b>
<ul style="list-style-type: none"><li>• Get your hands wet. Point your fingertips down.</li><li>• Put liquid soap on your hands and wrists.</li><li>• Rub your hands, fingers, and wrists. Clean between your fingers.</li><li>• Rinse your hands. Rub them under the water for at least 30 seconds. (That's about how long it takes to sing "Happy Birthday" two times.)</li></ul>
<b>Dry your hands.</b>
<ul style="list-style-type: none"><li>• Let the water run off your hands. Do <b>not</b> shake water off your hands.</li><li>• Dry your hands with a clean paper towel</li><li>• Turn off the water with a clean paper towel.</li><li>• Throw the paper towel in the garbage.</li></ul>

# How to Put On /Take Off Gloves Safely: Video

<https://www.youtube.com/watch?v=vmCvqLRZ-AQ>

# How to Put On/Take Off Gloves Safely: Skills Checklist

Put on gloves.
• Wash your hands.
• Check the gloves for tears or holes. Do <b>not</b> use the gloves if you find any.
Take off gloves.
• Use your gloved *right hand to hold the left glove, near the wrist. Do <b>not</b> touch bare skin.
• Peel the left glove off from the wrist. It should now be inside out.
• Ball up the left glove in your right hand. Leave it inside out.
• Put two fingers of your left hand inside the right glove. Do <b>not</b> touch the outside of the glove with your bare hand.
• Peel the right glove off from the wrist. It should now be inside out, over the left glove.
• Throw away the gloves in the right place.
• Wash your hands.

*\*For right handed individuals*