

INFECTION PREVENTION AND CONTROL



Handwashing is the most effective way to prevent infection.



When to perform hand hygiene

Before entering or exiting a room

Before and after any procedure



After body fluid exposure

Before and after touching a client

Handwashing procedure

Soap

Warm running water

Paper towels



1. Remove jewelry.
2. Adjust water temperature.
3. Wet hands.
4. Apply soap.
5. Rub hands together vigorously for 20 seconds.

6. Rinse hands angled downward.
7. Use a paper towel to dry hands and wrist.
8. Use paper towel to turn off faucet.

When to use hand sanitizer instead of handwashing

- When hands are not visibly soiled
- Before entering or exiting a room
- Hand sanitizers are less effective against certain pathogens (norovirus, *Cryptosporidium*, *Clostridium difficile*).
- Always wash hands when caring for clients with infectious diarrhea.

Use a personal moisturizer or lotion to prevent dry skin. Cracked skin increases risk of infection.

Hand sanitizer procedure



1. Apply hand sanitizer with at least 60% alcohol to one hand.
2. Rub hands together vigorously to cover all surfaces.
3. Rub hands together until sanitizer dries (~30 seconds).

Insertion sites

- Perform hand hygiene before and after insertion site



Surgical sites

- Use antiseptic skin

Nurses Guide To Infection Control Practice

Lei Shi



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Table of Contents Nurses Guide To Infection Control Practice

1. Understanding the eBook Nurses Guide To Infection Control Practice
 - The Rise of Digital Reading Nurses Guide To Infection Control Practice
 - Advantages of eBooks Over Traditional Books
2. Identifying Nurses Guide To Infection Control Practice
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nurses Guide To Infection Control Practice
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nurses Guide To Infection Control Practice
 - Personalized Recommendations
 - Nurses Guide To Infection Control Practice User Reviews and Ratings
 - Nurses Guide To Infection Control Practice and Bestseller Lists
5. Accessing Nurses Guide To Infection Control Practice Free and Paid eBooks
 - Nurses Guide To Infection Control Practice Public Domain eBooks
 - Nurses Guide To Infection Control Practice eBook Subscription Services
 - Nurses Guide To Infection Control Practice Budget-Friendly Options
6. Navigating Nurses Guide To Infection Control Practice eBook Formats

- ePub, PDF, MOBI, and More
- Nurses Guide To Infection Control Practice Compatibility with Devices
- Nurses Guide To Infection Control Practice Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nurses Guide To Infection Control Practice
 - Highlighting and Note-Taking Nurses Guide To Infection Control Practice
 - Interactive Elements Nurses Guide To Infection Control Practice
- 8. Staying Engaged with Nurses Guide To Infection Control Practice
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nurses Guide To Infection Control Practice
- 9. Balancing eBooks and Physical Books Nurses Guide To Infection Control Practice
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nurses Guide To Infection Control Practice
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nurses Guide To Infection Control Practice
 - Setting Reading Goals Nurses Guide To Infection Control Practice
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nurses Guide To Infection Control Practice
 - Fact-Checking eBook Content of Nurses Guide To Infection Control Practice
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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