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Infection Prevention and Standard Precautions

1. Define *infection prevention* and explain the chain of infection

Multiple Choice

- The following are necessary links in the chain of infection. Which link is broken by wearing gloves, thus preventing the spread of disease?
(A) Reservoir (place where the pathogen lives and grows)
(B) Mode of transmission (a way for the disease to spread)
(C) Susceptible host (person who is likely to get the disease)
(D) Portal of exit (body opening that allows pathogens to leave)
- The following are necessary links in the chain of infection. By getting a vaccination shot for hepatitis B, which link will a person affect to prevent him from getting this disease?
(A) Reservoir (place where the pathogen lives and grows)
(B) Mode of transmission (a way for the disease to spread)
(C) Susceptible host (person who is likely to get the disease)
(D) Portal of exit (body opening that allows pathogens to leave)
- The most important thing a home health aide can do to prevent the spread of disease is to
(A) Carry dirty linen close to her uniform
(B) Put a cap on needles before discarding them
(C) Remove gloves before cleaning spills
(D) Wash her hands

- In what type of environment do microorganisms grow best?
(A) In a warm, moist place
(B) In a bright place
(C) In a cool, dry place
(D) In a frozen place

2. Explain Standard Precautions

Multiple Choice

- Standard Precautions should be practiced
(A) Only on clients who look like they have a bloodborne disease
(B) On every single client under a home health aide's care
(C) Only on clients who request that the home health aide follow them
(D) Only on clients who have tuberculosis
- Standard Precautions include the following measures:
(A) Washing hands after taking off gloves but not before putting on gloves
(B) Wearing gloves if there is a possibility of coming into contact with blood, body fluids, mucous membranes, or broken skin
(C) Touching body fluids with bare hands
(D) Recapping used needles before putting them in the waste container

3. Which of the following is true of Transmission-Based Precautions?
 - (A) A home health aide does not need to practice Standard Precautions if he practices Transmission-Based Precautions.
 - (B) They are exactly the same as Standard Precautions.
 - (C) They are practiced in addition to Standard Precautions.
 - (D) They are never practiced at the same time that Standard Precautions are used.
4. How should sharps such as needles be disposed of?
 - (A) Sharps should be placed in blue recycling containers.
 - (B) Sharps should be placed in kitchen trash containers.
 - (C) Sharps should be placed inside used gloves and then put in the outside trash receptacle.
 - (D) Sharps should be placed in biohazard containers.

3. Define *hand hygiene* and identify when to wash hands

Multiple Choice

1. An HHA will come into contact with microorganisms
 - (A) Only in bathrooms in a house
 - (B) Only during direct contact with clients
 - (C) Only during personal care procedures
 - (D) Every time the HHA touches something
2. The CDC (Centers for Disease Control and Prevention) defines hand hygiene as
 - (A) Handwashing with soap and water or using alcohol-based hand rubs
 - (B) Using only alcohol-based hand rubs
 - (C) Rinsing hands with cold water
 - (D) Not washing hands more than once per day
3. How long should a home health aide use friction when lathering and washing her hands?
 - (A) 2 minutes
 - (B) 5 seconds
 - (C) 18 seconds
 - (D) 20 seconds

4. Identify when to use personal protective equipment (PPE)

Short Answer

Make a check mark (✓) next to the tasks that require a home health aide to wear gloves.

1. _____ Contact with body fluids
2. _____ Hanging laundry
3. _____ When the HHA may touch blood
4. _____ Brushing a client's hair
5. _____ Assisting with perineal care
6. _____ Washing vegetables
7. _____ Giving a massage to a client who has acne on his back
8. _____ Assisting with mouth care
9. _____ Shaving a client

Multiple Choice

10. What type of personal protective equipment may be needed when caring for a client with a respiratory illness?
 - (A) Eyeglasses and mask
 - (B) Mask and foot covering
 - (C) Eyeglasses and gloves
 - (D) Mask and goggles
11. What type of personal protective equipment is used most often by caregivers?
 - (A) Gloves
 - (B) Mask
 - (C) Face shield
 - (D) Goggles
12. How many times can a gown be worn before it needs to be discarded?
 - (A) One time
 - (B) Two times
 - (C) Three times
 - (D) Four times
13. If blood or body fluids may be splashed or sprayed into the eye area, proper protection for the eyes is
 - (A) Gloves
 - (B) Mask
 - (C) Gown
 - (D) Goggles

Short Answer

14. What is the correct order for donning (putting on) PPE?

- 1st _____
- 2nd _____
- 3rd _____
- 4th _____
- 5th _____

15. What is the correct order for doffing (removing) PPE?

- 1st _____
- 2nd _____
- 3rd _____
- 4th _____
- 5th _____

5. Explain how to handle spills

Short Answer

Read the following scenario and answer the questions below.

Ritchie, a home health aide, collects a urine sample from his client, Mr. Velasquez. When he finishes, he accidentally knocks the container onto the linoleum floor. Some of the urine spills onto the floor. Ritchie quickly grabs a sponge and begins to wipe up the spill. When he is finished, he finds the mop, puts dishwashing soap into a bucket, and cleans the area again. When he is done mopping, he washes his hands.

Did Ritchie follow the proper spill-handling procedure? If not, what should Ritchie have done?

6. Explain Transmission-Based Precautions

Short Answer

List the type of precaution being described in each phrase below. Use an A for Airborne Precautions, a C for Contact Precautions, and a D for Droplet Precautions. Each letter may be used more than once.

- 1. _____ Transmission can occur when touching a contaminated area on the client's body.
- 2. _____ Used when there is a risk of spreading an infection by direct contact with a person or an object
- 3. _____ Used to guard against tuberculosis
- 4. _____ Covering the nose and mouth with a tissue when a person sneezes or coughs, and washing hands immediately after sneezing are part of these precautions.
- 5. _____ Helps prevent the spread of *Clostridioides difficile* (C. diff) and conjunctivitis (pink eye)
- 6. _____ Used when the microorganisms are spread by droplets in the air that travel only short distances (normally not more than six feet)
- 7. _____ Microorganisms can be spread by coughing, sneezing, talking, or laughing.
- 8. _____ Helps prevent the spread of illnesses transmitted through the air
- 9. _____ Helps protect against transmission of influenza
- 10. _____ May require the use of a special mask, such as an N95 or HEPA respirator

7. Explain sterilization and disinfection**Short Answer**

1. How does wet heat disinfect? How does dry heat disinfect?

2. What is the difference between sterilization and disinfection?

8. Explain how bloodborne diseases are transmitted**Multiple Choice**

1. Bloodborne diseases can be transmitted by
 (A) Infected blood entering the bloodstream
 (B) Hugging a person with a bloodborne disease
 (C) Being in the same room as a person with a bloodborne disease
 (D) Talking to a person with a bloodborne disease
2. In health care, the most common way to be infected with a bloodborne disease is by
 (A) Contact with infected blood or certain body fluids
 (B) Hugging a client with a bloodborne disease
 (C) Being in the same room as a client with a bloodborne disease
 (D) Sexual contact with an infected client

9. Explain the basic facts regarding HIV and hepatitis infection**Multiple Choice**

1. How does the human immunodeficiency virus (HIV) affect the body?
 (A) It cuts off blood supply to the brain.
 (B) It causes hearing impairment by damaging the inner ear.
 (C) It causes diabetes in otherwise healthy people.
 (D) It weakens the immune system so that the body cannot fight infection.
2. Which of the following is true of hepatitis B (HBV)?
 (A) HBV is caused by fecal-oral contamination.
 (B) There is no vaccine for HBV.
 (C) HBV is caused by jaundice.
 (D) HBV can be transmitted through blood or needles that are contaminated with the virus.
3. Employers must offer a free vaccine to protect home health aides from
 (A) AIDS
 (B) Hepatitis B
 (C) Hepatitis C
 (D) All bloodborne diseases

10. Identify high-risk behaviors that allow the spread of HIV**True or False**

1. ____ A person is at risk for HIV or AIDS if he hugs an HIV-positive person.
2. ____ One way to protect against the spread of HIV or AIDS is to never share needles.
3. ____ Abstinence means having sex with only one person.
4. ____ A person is at risk for HIV if he has unprotected sex with an infected person.
5. ____ It usually takes six months before HIV can be detected with a test.

3. Someone with latent TB infection
 - (A) Shows symptoms
 - (B) Becomes unresponsive almost immediately
 - (C) Cannot infect others
 - (D) Can infect others
4. A person with TB disease
 - (A) Can infect others
 - (B) Does not show symptoms
 - (C) Cannot be cured
 - (D) Cannot infect others
5. TB disease is more likely to develop in people
 - (A) Who live near the mountains
 - (B) Whose relatives had it
 - (C) Who have weakened immune systems
 - (D) Who work alone
6. The word *resistant* in multidrug-resistant TB (MDR-TB) means that
 - (A) Medications can no longer kill the specific bacteria
 - (B) The infected person does not want to treat his disease
 - (C) Doctors do not know what causes the disease
 - (D) The infected person will die from the disease

14. Explain the importance of reporting a possible exposure to an airborne or bloodborne disease

Short Answer

How does a home health aide report possible exposure to an airborne or bloodborne disease?

Name: _____

15. Discuss COVID-19 and identify care guidelines

Multiple Choice

1. The abbreviation of the virus that causes COVID-19 is
 - (A) HIV
 - (B) SARS-CoV-2
 - (C) HPV-1
 - (D) MERS
2. COVID-19 is mainly classified as a _____ and a _____ disease.
 - (A) Droplet and airborne
 - (B) Contact and bloodborne
 - (C) Airborne and bloodborne
 - (D) Contact and noninfectious
3. People who experience severe symptoms of COVID-19 may need to be treated with a(n)
 - (A) Hot water bottle
 - (B) Humidifier
 - (C) Ice bath
 - (D) Ventilator
4. How far apart should people stand from each other to avoid transmitting COVID-19?
 - (A) 2 feet
 - (B) 3 feet
 - (C) 5 feet
 - (D) 6 feet
5. In which of the following scenarios is it most likely that COVID-19 could be transmitted?
 - (A) Standing near an infected person who sneezes
 - (B) Touching an infected person's arm
 - (C) Carrying a box that an infected person touched
 - (D) Eating takeout food that an infected person prepared

6. Which of the following conditions puts a person at a higher risk of serious complications and death from COVID-19?
(A) Parkinson's disease
(B) Diabetes
(C) Migraines
(D) Deafness
7. Generally speaking, how long can a person be sick with COVID-19 before showing symptoms?
(A) 1 month
(B) 3 months
(C) 2 weeks
(D) 8 weeks
8. Which of the following types of PPE will always be used when caring for a client with COVID-19?
(A) Mask or respirator
(B) Shoe covering
(C) Gown
(D) Goggles
9. Which of the following should an HHA not touch?
(A) Surfaces
(B) The HHA's nose or mouth
(C) Cleaning wipes
(D) Soap
10. Which kind of masks filter out the virus?
(A) Respirators
(B) Cloth masks
(C) Cotton masks
(D) Bandanas

16. Discuss MRSA, VRE, and *C. difficile*

True or False

1. _____ Methicillin-resistant *Staphylococcus aureus* (MRSA) is almost always spread by direct physical contact.
2. _____ Once a person has a vancomycin-resistant *Enterococcus* (VRE) infection, it is relatively easy to treat.
3. _____ MRSA can be spread through indirect contact by touching objects contaminated by a person with MRSA.

4. _____ Handwashing will not help control the spread of MRSA.
5. _____ VRE causes life-threatening infections in people with compromised immune systems.
6. _____ Frequent handwashing can help prevent the spread of VRE.
7. _____ Proper handwashing and handling of contaminated wastes can help prevent *Clostridioides difficile* (*C. difficile*).
8. _____ Increasing the use of antibiotics helps lower the risk of developing *C. difficile* diarrhea.
9. _____ Using hand sanitizers and washing hands with soap and water are considered equally effective when dealing with *C. difficile*.

17. List employer and employee responsibilities for infection prevention

Short Answer

Read the following and mark ER for employer or EE for employee to show who is responsible for infection prevention.

1. _____ Immediately report any exposure to infection, blood, or body fluids.
2. _____ Provide personal protective equipment for use and training on how to properly use it.
3. _____ Follow all agency policies and procedures.
4. _____ Take advantage of the hepatitis B vaccination.
5. _____ Provide continuing in-service education on infection prevention.
6. _____ Establish infection prevention procedures and an exposure control plan.
7. _____ Follow client care plans and assignments.
8. _____ Participate in continuing in-service education programs covering infection prevention.

9. ____ Use provided personal protective equipment as indicated or as appropriate.
10. ____ Provide free hepatitis B vaccinations.