



March 2024 Newsletter

New PFL One-Page Resource

Our PFL team has created a new one-page resource to accompany each of our 15 training topics! The one-pagers summarize the key takeaways and will make it easier to follow along during training.

Topic 9: Hand Hygiene

Learning Objectives

- Describe two reasons why having clean hands is especially important in healthcare.
- Discuss two reasons why hands are one of the main ways that germs can spread in the environment.

Definition
Hand hygiene means cleaning your hands by using either handwashing (washing hands with soap and water), antiseptic hand wash, antiseptic hand rub (i.e., alcohol-based hand sanitizer including foam or gel), or surgical hand antisepsis.

In this graphic, we see a patient who is ill and coughing, with respiratory droplets traveling into the air and landing on surfaces, where the healthcare worker picks them up with her hands and, unfortunately, comes the germs to her eyes. The healthcare worker could also easily carry the germs to her nose or mouth while or after removing her mask.

If we touch something with germs on it, and then touch something else without cleaning our hands first, we can spread germs that can be picked up by someone else. This is how a lot of germs spread in healthcare – not just viruses.

Watch and Discuss

DISINFECTANT CONTROL What did we learn from the nursing example?

DO WE REALLY HAVE TO WASH OUR HANDS? What stands out as particularly important about hand hygiene in healthcare?

Project Firstline YouTube Playlist
<https://www.youtube.com/watch?v=U0Q1200D0V0&list=PL9696969696969696>

CDC Resources
CDC's Hand Hygiene in Healthcare Settings: <https://www.cdc.gov/hand/hand-hygiene/>
For the most up-to-date IPC information, visit <http://www.cdc.gov/infectioncontrol/preventionfirst/>

Topic 12: Environmental Cleaning & Disinfection

Learning Objectives

- Describe the difference between cleaning and disinfection.
- Discuss why it's important to follow the label instructions on a disinfectant product.

Definition
Cleaning: a process that removes things like dust, dirt, grime, and other spills, smears, and everyday messes from surfaces, along with some germs.
Disinfection: a process that kills germs, that should be done after cleaning.
Contact Time: sometimes called "dwell time," this is the amount of time a disinfectant needs to sit on a surface, without being wiped away or diluted, to effectively kill germs.

Reading a Disinfectant Label

- Is the product EPA-approved?
- On which surfaces can the disinfectant be used?
- What germs has the disinfectant been proven to kill?
- Should the product be diluted?
- What is the contact time?

Do's and Don'ts for Disinfection

- Do** follow the label contact time. This ensures items are disinfected to keep germs from spreading.
- Do** clean before disinfecting.
- Don't** rush the process. Wait until contact time is complete before using objects or surfaces or before a new patient comes into a room.
- Don't** wipe the surface to dry it faster.
- Don't** blow on the surface to dry it faster.

Watch and Discuss

DISINFECTANT CONTROL What actions should we take?

CLEANING VS. DISINFECTING: WHAT IS THE DIFFERENCE? What surfaces and items might get missed because everyone assumes someone else is responsible for cleaning them?

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<https://www.youtube.com/watch?v=U0Q1200D0V0&list=PL9696969696969696>

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Events in Healthcare

Patient Safety Awareness Week, March 10-16th

Project Firstline spotlights National Patient Safety Awareness Week because patient safety is an essential part of any infection control mission in caring for and protecting patients.



National Doctors Day, March 30th

PFL thanks all doctors, especially those on the front lines, for working to prevent and control infections. We appreciate everything you do to save lives and make healthcare safer.



PFL-Chicago is available to answer your IPC questions, schedule onsite trainings (earn CEU credits), direct you to free CDC educational materials, and more!

Scan the QR code below to go to our HAN page to learn more. Contact us directly at projectfirstline@cityofchicago.org

5 QUESTIONS TO ASK WHEN USING A DISINFECTANT:

- 1 Is this an EPA-registered disinfectant?
- 2 What are the instructions for use?
- 3 What is the contact time?

Find the last two questions on our social media pages:

Facebook: [ChiPublicHealth](https://www.facebook.com/ChiPublicHealth)
Instagram: [@Chipublichealth](https://www.instagram.com/Chipublichealth)
Twitter/X: [@ChiPublicHealth](https://twitter.com/ChiPublicHealth)
LinkedIn: [Chicago Department of Public Health](https://www.linkedin.com/company/Chicago-Department-of-Public-Health)

