

Module 5

Infection Control and Sanitation

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- ## Objectives
- Explain the importance of food safety for residents
 - Describe good personal hygiene
 - Identify proper methods for handwashing and state when handwashing should be done
 - State when gloves should be used and when gloves should be changed
 - Explain and demonstrate the safe serving of food
 - Explain how to test the temperature of food prior to feeding a resident

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Goal of Infection Control

Infection prevention and control measures aim to ensure adequate protection of those who might be vulnerable to acquiring an infection both in the general community and while receiving care due to health problems

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World Health Organization

- Policies to prevent the spread of infection from resident to resident and from staff to residents
- Residents in long-term care are at high risk for infection
- Weaker immune systems mean infections can be much more dangerous for them



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Definitions

- Infection
 - A condition caused by the growth of pathogens or germs in the body
- Infection control
 - The method used in health care facilities to prevent the spread of pathogens or germs

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How Infections are Spread

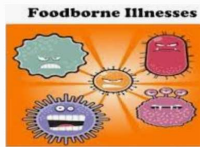
- Direct contact
- Indirect contact
- Airborne routes
- Droplet spread



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Food Safety and Feeding Assistants

- You must serve food to residents in a sanitary manner
- Residents are at a higher risk of developing a foodborne illness



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Prevent Foodborne Illness

- Practice good personal hygiene
- Practice general cleanliness
- Use proper handwashing techniques
- Serve food safely

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Importance of Food Safety

- About 76 million people get sick from a foodborne illness each year
- Food contaminants present an “invisible challenge”
- Foodborne illnesses also lead to 5,000 deaths each year
- This has declined in recent years due to better education

-- Centers for Disease Control and Prevention (CDC)

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High Risk Populations

- Elderly
 - Systems become weaker with age
 - Lifestyle and illness contribute to foodborne illness
- Impaired immune systems
 - Those with illness persistently impaired immune systems


-- Food and Drug Administration (FDA)

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Foodborne Illness

Diseases, usually either infectious or toxic in nature, caused by agents that enter the body through the ingestion of food

-- World Health Organization (WHO)



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Types of Foodborne Illness

- Foodborne infection
 - Caused by eating food that contains living, disease-causing microorganisms known as pathogens
- Foodborne intoxication
 - Caused by eating food containing toxins produced by bacteria
 - Any food suspected of being contaminated with foodborne intoxication should be thrown away
- Many foodborne illnesses can be treated

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Sources of Contamination

- Biological
 - Anything pertaining to living things
- Physical
 - Objects seen with the human eye
- Chemical
 - If chemicals are used in an unsafe manner
- Cross-contamination
 - Transfer of pathogens from one food to another



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Practicing Proper Personal Hygiene

- Showering regularly
- Wearing clean clothing
- Frequent hand washing
- Improper food tasting is strictly prohibited
- Smoking should not be permitted near food
- Keep hair properly restrained
- Short, clean nails without nail polish or acrylics
- Limit jewelry

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Practicing Proper Personal Hygiene

- Treat gloves as a second layer of skin
- Wear clean clothes to work. Bathe daily.
- Wash your hands
- Do not eat or drink while assisting reside
- Cuts, etc. properly cleaned and covered
- Carry trays away from your body
- Avoid touching your face and hair
- Do not chew gum or eat while assisting residents
- If you are ill, do not assist residents
- Do not share personal care items.



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Handwashing

After each of the following, wash your hands:

- Using the restroom
- Touching your hair, ears, nose, or any area of your body
- Scratching any part of your body
- Picking items up off the floor
- Smoking or chewing tobacco
- Clearing away or scraping used dishes and utensils
- Touching cleaning cloths
- Eating food or drinking beverages
- Touching clothing or aprons
- Taking out the garbage
- Sneezing
- Assisting a resident with eating
- Making direct contact with a resident's mouth or body

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Proper Handwashing Method

- Turn the water on and let it run to a temperature as hot as your hands can comfortably stand
- Wet your hands under the water and apply soap to them, rubbing your hands together
- Pay particular attention to the areas between the fingers and around the nails. Do not forget forearms.
- Rub one hand against the other for 20 seconds
- Rinse thoroughly under hot running water



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Proper Handwashing Method

- Do not touch the sink
- Using a clean paper towel, dry your hands from the tips of the fingers up to the wrists
- Dispose of the towel without touching the waste container
- Use a paper towel to turn off the water and grab the handle of the door when leaving the restroom

Any exposed part of the hand or arm that might come into contact with food must be properly washed

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Hand Sanitizers

- Hand sanitizers should not be used as a substitute for hand washing
- You must still wash your hands
- If your hands are contaminated or soiled, a hand sanitizer is not adequate

CLEAN THEN SANITIZE
A ONE-TWO PUNCH FOR FOODBORNE ILLNESS IN THE KITCHEN

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Gloves

- Gloves should never be used to avoid hand washing
- Wash hands before and after wearing gloves
- Gloves should not be washed and should never be reused
- Wear gloves when handling food
- Wear gloves during feeding, when you have a sore on your hand, or when your hands will come into direct contact with the resident's mouth

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Gloves

Change gloves

- As soon as they become soiled or torn
- Before beginning a different task



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Best Practices for Serving Food

- Do not chew gum, eat or drink while assisting residents
- Avoid touching hair, face or other body parts
- Take extra care to touch only the handles of the utensils and outsides of glasses and cups
- Replace dropped or thrown utensils with clean utensils
- Do not touch the ends of utensils
- Deliver trays in a sanitary manner
 - Carry trays away from the body
 - Carry one tray at a time

Best Practice

- ①
- ②
- ③



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Handling Cups and Glasses

- When serving, do not stack cups or coffee cups
- Carry one glass or cup in each hand
- Do not put your fingers in glasses
- Keep your hands by the base of the glass
- Do not put hand or fingers near the rim of a glass or cup
- Hold coffee cups by the handles
- Use a tray if you are serving more than two cups or glasses

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Handling Plates

- Do not touch the eating surface
- Hold the plate from underneath
- Keep food items separate

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Handling Utensils

- Hold spoons, forks and knives by the handles
- Touch only the handles or outsides
- Replace dropped utensils with clean ones

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Handling Bread

- Transport it on a plate or in a bread bag
- Do not carry it with your hands
- Use napkins or gloves

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Handling Condiments/Packages

- Open packets with scissors or tear with your hand
- Do not open packets with your teeth or mouth

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Remember ...

- Food contact areas should not be touched
- Glassware and dishes should not be stacked when serving
- Store utensils so one grasps handles, not food contact surfaces
- Use ice scoops or tongs to get ice

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Testing Food Temperatures

- Check temperatures hot food before feeding a resident
- Do not test temperatures with your fingers or hands
- Using a spoon or fork, place a drop of food on the back of your wrist to check the temperature
 - If it is too hot on your wrist, it is too hot to eat
- By placing your hand above (and not touching) a plate or bowl of hot food, you can feel heat rising
- Do not blow on the resident's food to cool it
 - Allow the food to cool on its own or stir it to help it cool

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Food Allergies

- A food allergy is the response by the immune system to a food that the body mistakenly believes is harmful
- The immune system releases chemicals in order to protect the body
 - Trigger allergic symptoms
- Eight major allergenic foods are: milk, eggs, fish, shellfish, nuts derived from a tree, soybeans (tofu), wheat and peanuts
 - People can also be allergic to MSG and sulfites

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Food Allergies

- If a person says they have an allergy, pass that information along to those who need it
- Allergies need to be taken seriously!!
- If you are not completely sure of the ingredients in a particular dish or food, take the conservative approach and say, "I don't know, but I will check."