Boaz City School System Health Services

Annual Staff Training 2021–2022

Health Services Annual Training Directions

Please read the following information and view the materials and/or videos linked below each section. Remember to print the certificate, sign and turn in to your school nurse after you have completed all sections. If you have any questions please ask your school nurse.

Print, Initial and sign the page on the following link after completing the annual staff training. Return this form to your school nurse once all training has been completed.

https://www.boazk12.org/cms/lib/AL02204990/Centricity/Domain/193/Annual%2 ostaff%20training.docx

Health Services Annual Training Requirements

1-Safe at Schools- Diabetic Basics Video

2-Standard Precautions Slide Presentation

3-Anaphylaxis and Epipen- Literature and Video

4-AED instructional video

Safe at School: Diabetes:

Safe At School Act- Diabetic Basics Video- (only required to watch the 1st video) https://www.youtube.com/watch?v=b9sGJHBakdY&feature=share&list=E C3DE9DDE8EB2A2E56

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Get with your school nurse for any questions and to sign a separate sheet for this video (Tier 1 sheet for all employees)

Anaphylaxis Training

Anaphylaxis is a life-threatening type of allergic reaction. Anaphylaxis can occur in response to any allergen. Common causes include: Drug allergies, Food allergies, Insect bites/stings EpiPen

An Epinephrine auto injector is a medical device used to deliver a measured dose (or doses) of epinephrine (also known as adrenaline) using auto injector technology, most frequently for the treatment of anaphylaxis.

No one plans to have an allergic reaction!

EPINEPHRINE auto injectors may be kept in the office locked medicine cabinet or the student may keep on person.

Anaphylaxis Training Video

Click Below to watch Video (click play on the video on the bottom of this site) This video is from Mylan for Patient training. The school training video is being updated at this time. 09/06/2016.

http://www.epipen.com/about-epipen/how-to-use-epipen https://www.youtube.com/watch?v=FXlqSuzzrws&feature=youtu.be

AED Location(s) by School:

- **BHS:** (7) Front Hallway, Cafeteria, Boys Gym, Band Room, New Gym, Field House, Concession Stand at Baseball Field)
- **BMS:** (2) 1-Main hallway across from teacher lounge door, 2– PE office on wall behind door
- **BIS:** (1)Inside Teachers Lounge on Left Side)
- **CES:**(1) Accounting Office
- **BES:** (1)Outside Teachers Lounge)



AEDs vary in appearance, but will all talk you through the steps. Call 911 and have someone certified to start CPR.

AED Training Video : Click Below

http://www.youtube.com/watch?v=7ukk5hOV8eo

Boaz City Schools School Health Employee Training Standard Precautions/ Bloodborne Pathogens

Purpose

* To promote the health and safety of students, school personnel and others in the school environment.

*Each school will teach, support & practice standard precautions.

Bloodborne Pathogens/ Standard Precautions



What are Bloodborne Pathogens?

Bloodborne Pathogens are microorganisms such as viruses or bacteria that are carried in blood and can cause disease in people. There are many different pathogens including:

- •Malaria
- •Syphilis
- •Brucellosis
- •Hepatitis B (HBV)
- •Human Immunodeficiency Virus (HIV)

You will learn about HBV and HIV in this training

Standard Precautions:

One way you can stay healthy at work

Using standard precautions is an excellent approach to infection control that treats <u>all</u> human blood and <u>certain</u> body fluids as if they are infectious for Human Immunosuppressive Virus (HIV), Hepatitis B Virus (HBV) and Hepatitis C (HCV) or other bloodborne pathogens.

Diseases and Human Blood

- There are <u>many</u> diseases carried by blood The two most common are:
- *Hepatitis B Virus (HBV)
- *Human Immunodeficiency Virus (HIV)

Modes of Transmission

Bloodborne pathogens such as HBV and HIV can be transmitted through contact with infected human blood and other potentially infectious body fluids such as:

*Semen

*Vaginal Secretions

*Cerebrospinal Fluid

*Synovial Fluid

*Pleural Fluid

*Peritoneal Fluid

*Amniotic Fluid

*Saliva (in dental procedures)

*Any body fluid that is visibly contaminated with blood

Hepatitis B or HBV

Most common bloodborne disease you may be exposed to. Effects of HBV:

- Flu-like symptoms
- NO symptoms at all
- Your blood and body fluids may be infected so you may infect others.
- Unborn babies can be infected
- Can be spread by sexual contact
- Can be damaging to the liver can cause inflammation of the liver and may cause even death

Most Common Ways to transmit HBV or HIV:

- Sexual Contact
- Sharing of Hypodermic Needles
- From mothers to their babies at/before birth
- Accidental puncture from contaminated needles, broken glass or other sharps
- Contact between broken or damaged skin and
- infected body fluids
- Contact between mucous membranes (eyes, mouth, nose) and infected body fluids

Transmission

Hepatitis B is normally transmitted by "blood to blood contact"

The Hepatitis B virus is very durable and it can survive in dried blood for up to seven days. For this reason, this virus is the primary concern for employees such as housekeepers, custodians, laundry personnel and other employees who may come in contact with blood or potentially infectious materials in a non first- aid or medical care situation.

HIV

- HIV attacks the body's immune system
- Causes AIDS

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- There is no vaccine to prevent HIV infection
- Effects of HIV:
- May be infected and not have symptoms
- May have flu-like symptoms
- Will develop AIDS
- May be affected by other illnesses that are related to AIDS. These may be neurological impairments, cancer, or other infections.

Transmission

The HIV virus is very fragile and will not survive very long outside of the human body. It is primarily of concern to employees providing first aid or medical care in situations involving fresh blood or other potentially infectious materials. It is estimated that the chances of contracting HIV in a workplace environment are only 0.4%. However, because it is such a devastating disease, all precautions must be taken to avoid exposure.





Use Bleach!

What protects us?

Skin forms an impervious barrier against bloodborne pathogens. However, infected blood can enter your system through:

- Open sores
- Cuts
- Abrasions
- Acne
- Any sort of damaged or broken skin such as sunburn or blisters
- Bloodborne pathogens may also be transmitted through the
- mucous membranes of the
- Eyes
- Nose
- Mouth

Use Standard Precaution for Extra Protection!

If you should somehow become exposed, you should:

Wash the exposed area thoroughly with soap and running water. Use non-abrasive, antibacterial soap if possible.

If blood is splashed in the eye or mucous membrane flush the affected area with water for at least 15 minutes.

Always Report an Exposure

Contact your principal or supervisor. An incident report should be completed. You will need to see your personal physician for assessment.

Casual Contact Does NOT Put You at Risk!

- A Hug
- A Handshake
- Using a telephone
- Using a toilet
- Sitting next to someone
- Wiping someone's tears
- Having someone's sweat touch you

Specific steps to follow to protect against contamination from infected blood or body fluids.

Remember!

Treat all blood and body fluids as though you know they are infected with a pathogen!



Moist/wet body substances/fluids can be dangerous!

First and Most Important Step: Hand Washing

Wash your hands and any other skin surfaces that may have been exposed as soon as you have contact with blood or body fluids.

Hand washing is the first step to the prevention of infection to yourself or transmission of an infection to others.

The Correct Method for Washing Your Hands:

- Use non-abrasive soap & running water
- Rub hands vigorously
- Wash all surfaces for at least 15 seconds including ;
 - backs of hands
 - Wrists
 - between fingers
 - under fingernails
- Rinse well
- Dry hands with paper towel
- Turn off water using paper towel instead of bare hands

No Water? No Problem!

The CDC recommends use of waterless alcohol antiseptic cleaner if your hands are not visibly soiled. This includes hand sanitizer with at least 65% alcohol.

Protective Equipment

Wear protective equipment when there is a chance of exposure to blood and or body fluids!

Protective equipment includes:

- Gloves- Always wear
- Goggles- if there is a chance fluids may spray near your face
- Gown- if there is a change you may get bodily fluids on your clothing

Don't Forget!

*Always use gloves when you are touching blood, body fluids, or surfaces that have been contaminated.

**A*lways use gloves when administering first aid.

*If you have any exposed cuts cover with band-aids before giving first aid to another person.

*Use gloves once, then dispose, being careful to remove gloves without touching the outside or contaminated surface of gloves. Then wash your hands!

*Always use gloves if there is *even a possibility* you might have contact with another person's body fluids.

Disinfect to Kill Germs!

*Disinfect any contaminated surfaces or objects with a germicidal agent.

*Hepatitis B virus can survive in dried blood for at least a week.

*Use an appropriate disinfectant. It may be a bleach solution made using CDC guidelines. (One part bleach to ten parts water). Should be 85% bleach.

Dispose of Contaminated Objects Properly

*If clothing or supplies are contaminated with blood and/or body fluids or any *potentially infectious material:* Should be placed in doubled plastic bags & tied. Used needles or sharp instruments must be discarded in a "Sharps Container". This container must be puncture resistant. (See your school nurse for assistance)





Potential Sources of Exposure in the School Setting:

*Blood

*Vomit

*Urine

*Feces

*Saliva

*Needles, syringes, or other sharp instruments.

Note:

Soiled feminine /sanitary pads, soiled facial tissues, bandages, etc. are *not* considered a biohazard or as medical waste; however, in handling these materials employees should wear gloves and wash hands afterwards.

Barriers to Prevent Infections:

Barriers are your defense between your body and the body fluids from someone else. Barriers will help prevent the following infectious diseases:

*HIV (responsible for AIDS virus)

*Hepatitis A & B

*Staphylococcus (Staph), and Streptococcus (Strep)

What Barriers are Available to Me as a BCSS Employee?

Gloves – Should be available in every school area, including buses. If you do not have gloves use some type of barrier; a plastic bag, gauze, newspaper or paper towel.

*Use gloves to change a diaper, change clothes that are soiled with body fluids, feed a student, clean mats, or equipment soiled with body fluids. *Please ask your school nurse if you need to know where to access gloves in your building.

Masks – Should be available at every school, see school nurse for info. *Wear a mask when changing diapers or performing any task that requires close contact with student.

Other Barriers:

- *Use masks to do CPR. If a mask is not available you can use a piece of gauze to cover the mouth.
- *Hepatitis –B Virus (HBV) Vaccinations– For those who are health care professionals or give medical care on a daily basis, or respond to medical emergencies.

*Post- Exposure Treatment and Notification procedures. If you experience an occupational exposure, report to your immediate supervisor and complete an incident report.

Clean Up and Disposal of Waste

Spills of blood and body fluids must be handled using Standard Precautions. The spill should be cleaned immediately!

- *Wear protective clothing (Gloves)!
- *Mop up spill with paper towels
- *Clean contaminated area using approved disinfectant (1:10 bleach solution)
- *Dispose of gloves, towels, dressings, other waste in sealed double bags.
- *See your school nurse for disposal of sharp instruments.

Special Care of Laundry

- *If clothing, sheets or towels become contaminated with blood and or body fluids, handle only with gloves and as little as possible. Place the items in a double plastic bag and tie top.
- *Clothing should be washed in hot water with detergent for a complete cycle.



Time to Test Your Knowledge!

Question #1:

To what body substances do the Standard Precautions apply?

Answer:

Standard Precautions apply to :

*Blood

*All body fluids, secretions, and excretions <u>except</u> sweat.

*Non-intact skin.

*Mucous membranes.



What is an Exposure?

Answer

Exposure is:

*Blood or body fluid contact from an injured or ill employee/student to the affected employee or an injury by a contaminated sharp object.

*This may include contact via broken skin, human bites, needle sticks, etc. Following documentation of an occupational exposure, the employee should follow instructions from their physician regarding any recommended testing and or any follow-up.

Question #3:

As a school employee my risk of coming in contact with a bloodborne pathogen such as HIV, HBV, or HBC is:

- A) High
- B) Low
- C) Non-existent

Answer

B) Low

Because unlike healthcare professionals your exposure & contact with blood or body fluids is infrequent. *<u>But</u> if you do find yourself in a position of possible exposure you <u>must</u> deal with blood & body fluids safely!



True or False: You can get HIV or HBV if you hug an infected person.

Answer

False

You cannot get HIV or HBV from casual contact.







Most common ways blood borne pathogens can be spread.



If you are exposed to potentially infectious materials on the job, you may request a vaccine for which Bloodborne disease?

a.HIV b.Syphilis c.Hepatitis B D. Brucellosis



C. Hepatitis B



Which of the following materials could contain bloodborne pathogens? a.Bloody saliva b.Semen c.Vaginal secretions d.All of the above

Answer:

D. All of the above



True or False If you wear gloves when cleaning up an accident site, it is not necessary to wash our hands afterwards.

Answer

False

Question #9:

- Bloodborne pathogens may enter your system through?
- A.Open cut
- **B.Skin abrasions**
- C.Dermatitis
- D.Mucous membranes
- E.All of the above

Answer:

E. All of the above



If you have blood or potentially infectious materials splashed into your eye, you should flush your eye with clean, running water for...

a.2 minutes b.5 minutes c.10 minutes d.15 minutes

Answer:

d.15 minutes



True or False Uncontaminated sharps may be disposed of in regular trash bags.

Answer:

False

Question #12:

True or False

A quarter cup of household bleach to one gallon of water provides a strong enough solution to effectively decontaminate most surfaces, tools and equipment if left for 10 minutes.

Answer:

True



True or False You can be safe from bloodborne pathogens at school and at work.

Answer:

True and False

How can the answer be **<u>both</u>** true & false?

It is true if you follow "<u>Standard</u> <u>Precautions</u>" and it is false if you don't!



Not Required but Great Video on Managing Seizures:

https://www.youtube.com/watch?v=kOcwOm3dZko

DISCLAIMER: School nurses do not take the place of a doctor. None of the information provided on this website is meant to replace a doctor. Every student should have their own health care provider. The information on this website is meant for informational purposes only. School nurses are not responsible for anyone who does not follow the advice of their own physician or health care provider.

Presented by:

