

**Hartman's**

In-Service Education SourceBook Series



# Bloodborne Diseases

## Reducing Your Risks at Work and Standard Precautions Review

Charles A. Illian, RN, BSN

SECOND EDITION



## **Bloodborne Diseases:**

# **Reducing Your Risks at Work and Standard Precautions Review**

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**New York, New York**

**Hartman Publishing, Inc.**

Albuquerque, NM

#### NOTICE TO THE READER

Though the guidelines contained in this text are based on consultations with health care professionals, they should not be considered absolute recommendations. The instructor and readers should follow local, state and federal guidelines concerning occupational safety guidelines. These guidelines change and it is the reader's responsibility to be aware of these changes and of the policies and procedures of her or his health care facility/agency.

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Contributor: Charles Illian  
Development Editor: Jennifer Plane Hartman  
Design and composition: Surprise Design

#### THANKS

The publisher wishes to thank—

- Tech Pool Studios Corp., Cleveland, Ohio (216–382–1234) for the use of medical illustrations from their (wonderful) LifeART Super Anatomy 1 and Health Care collections.

ISBN 1-888343-01-X

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**T**his in-service lesson plan is designed to offer flexibility to the instructor — both in what specific policies and procedures are included and in how the material is presented. The lesson plan is based on the OSHA standard for teaching this material and provides a framework on which to structure your in-service. You will want to integrate specific policies and procedures for infection and exposure control at your facility.

The lesson plan is organized by learning objectives. Each objective is followed by several learning activities. Along with the lesson plan, we provide teaching tools, including transparency masters, handouts, and assessments. These teaching tools are referenced in the lesson plan. You may choose to use none or all of these tools in your presentation.

As you integrate the specific policies and procedures of your facility into this in-service plan, please consider the following suggestions:

1. Demonstrate the proper procedures for handwashing and the use of personal protective equipment (PPE). One-on-one return demonstration is the best method of assessing mastery of these procedures. Discuss all instances in which PPE's are to be used according to your facility's guidelines.
2. Use the OSHA standard language and procedures for teaching about

bloodborne pathogens. We use this language in the lesson plan.

3. Include the lesson on standard precautions that we have provided (Learning Objective 3). It is also required to be taught annually, and it is more efficient to teach bloodborne pathogens and standard precautions together.

We hope this in-service plan helps you and your participants.

**Happy teaching!**



# Bloodborne Diseases

## Learning Objectives

At the end of this presentation, the participant will be able to accomplish the following:

1. Describe OSHA's bloodborne pathogens standard.
2. Describe the importance of the exposure control plan.
3. Define the term "standard precautions."
4. Define the term "engineering controls," listing examples used at your facility.
5. Define the term "work practice controls," listing examples used at your facility.
6. Demonstrate the proper method of handwashing and list when handwashing is required.
7. Demonstrate the proper use of personal protective equipment and list when it is required by your facility.
8. Define the term "housekeeping practices."
9. Briefly describe the importance of a hepatitis B immunization for the health care worker.
10. Identify two types of barrier resuscitative devices and demonstrate the proper use of one.





# Introduction and Assessment

<b>Estimated Time:</b>	15–20 minutes
<b>Tools:</b>	Transparency Intro-1 – Program Title Handout Intro-1 – Assessment A Handout Intro-2 – Assessment B Handout Intro-3 – Assessment Answer Keys Handout Intro-4 – Note-taking Worksheet Handout Intro-5 – Key Terms

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<b>Display Transparency Intro-1 Program Title</b>	Two different assessments are provided for your use. One has true/false questions and one has multiple choice. You may choose to use one as a pre-test and one as a post-test, or you may want to use the true/false assessment as a discussion tool to introduce the in-service and use the multiple choice assessment as a more formal post-test. If you are using one assessment as a discussion tool in your introduction, consider having the participants complete the assessment in small groups, then ask the members of each group how they think they did. Ask which questions they feel certain they answered correctly. This will make a good lead-in to the learning objectives.
<b>Distribute the assessment</b>	
<b>Distribute Handout Intro-4 Note-taking Worksheet</b>	Tell the participants to take notes during lecture and discussion.
<b>Distribute Handout Intro-5 Key Terms</b>	Participants may wish to refer to these definitions during the in-service.

# Describe OSHA's bloodborne pathogens standard

**Estimated time:**

5-10 minutes

**Tools:**

Transparency 1-1 – OSHA Bloodborne Pathogens Standard

Transparency 1-2 – Who is Covered?

Transparency 1-3 – Key Terms

Handout 1-1 – Understanding Hepatitis

Handout 1-2 – HIV and AIDS

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**Learning Activity:**

Lecture & Discussion

Introduce the topic by telling participants that although their job is helping others, they must always remember to think of their own safety at work. While performing their job duties they may come into contact with potentially infectious substances and materials. The Occupational Safety and Health Administration (OSHA) has published a series of guidelines to protect health care workers from such exposure.

**Display**

**Transparency 1-1**

**OSHA Bloodborne**

**Pathogens Standard**

Explain that the OSHA standard details ways to substantially reduce the risk of contracting a bloodborne disease in the health care setting.

**Display**

**Transparency 1-2**

**Who is Covered?**

Review the definition, citing examples of the tasks that cause the participants to qualify as “covered” by the standard. Definition: Any employee for whom it may be reasonably anticipated that exposure to a bloodborne pathogen could occur as a result of performing his or her job duties.

**Display**

**Transparency 1-3**

**Key Terms**

Review each of the definitions. If you have time you may want to discuss each bloodborne disease in depth. Included in the handout section of this in-service are descriptions of the major bloodborne diseases, including hepatitis C, hepatitis B, and HIV/AIDS.

Remind participants that standard precautions are an important part of the OSHA standard and are covered extensively in this in-service.