

Arizona Peace Officer Standards and Training

Basic Curriculum Lesson Plan

LESSON TITLE: FIRST AID - INFECTION CONTROL 8.1

SUBJECT: First Aid (Infection Control)

AZ POST DESIGNATION: 8.1.9

HOURS: 1.5

COURSE CONTENT: The use of universal precautions to prevent the spread of disease for officer safety is discussed along with the methods of how diseases spread. Signs, symptoms and treatment of hepatitis, tuberculosis and Acquired Immune Deficiency Syndrome (AIDS).

PERFORMANCE OBJECTIVES: Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will:

8.1.9 Identify the procedures necessary to protect against contaminants and how to safely clean up equipment that may be contaminated.

DATE FIRST PREPARED:	January 1998	
PREPARED BY:	Barbara Blackmer	
REVIEWED – REVISED :	David Kleinman	DATE: December 1998
REVIEWED – REVISED :	SME Committee	DATE: October 2003
REVIEWED – REVISED :	Officer Tim Taylor	DATE: February 2004
REVIEWED – REVISED :	AZ POST Hours corrected	DATE: June 2006
REVIEWED – REVISED :	AZPOST (DocX)	DATE: March 2022
REVIEWED – REVISED:		DATE:
AZ POST – APPROVAL:	Richard Watling	DATE: June 2006
AZ POST – APPROVAL:	Lori Wait	DATE: March 2022

INSTRUCTOR REFERENCES:

CLASS LEVEL: Student

TRAINING AIDS:

INSTRUCTIONAL STRATEGY: Interactive lecture and class discussion.

SUCCESS CRITERIA: 70% or higher on a written, multiple-choice examination.

COMPUTER FILE NAME: Infection Control

DATE RELEASED TO THE SHARE FILE: August 2023

I. INTRODUCTION

- A. Instructor – (self) introduction.
- B. Preview of performance objectives.

II. INFECTIOUS DISEASES

P. O. 8.1.9

- A. Universal precautions: (Also called body substance isolation.)
- B. These precautions assume that all blood and bodily fluids are infectious. (think – “if it is wet, it is infectious”).
 - 1. Always use **barrier devices** to prevent your skin and mucous membranes from coming into contact with a patient’s blood or bodily fluids.
 - 2. Always have **disposable protective gloves**. ***INSTRUCTOR NOTE: PRACTICAL EXERCISE:** Show how to put gloves on and take them off without touching the outside of the glove. You can use soap or other liquid on the outside of the glove to simulate blood.*
 - a. Wear them whenever there is a chance that you will come into contact with blood or body fluids.
 - b. Change your gloves between each patient.
 - c. As soon as you remove your gloves, wash your hands thoroughly with hot soapy water or use anti-germicidal scrubs.
 - 3. During a procedure that may involve the spraying of droplets, **wear a mask** (it should cover your nose and mouth).
 - 4. Wear **eye protection** if you think blood or bodily fluids may splash.
 - 5. For assisting with ventilation, use a **POCKET MASK**, or **BVM** (bag valve mask). These should have a one-way valve to prevent fluids from backing up.
 - 6. Use disposable **GOWNS** or **APRONS** if you think blood or bodily fluids may splash.
 - 7. When at an accident scene, crime scene, etc., take extra precautions around sharp objects (e.g., needles, glass, metal, knives, etc.).
 - 8. Cover all of your exposed wounds!
 - 9. Dispose of all infected items in biohazard bags.

- a. If you do not have a biohazard bag then use any plastic bag.
 - b. Bag all infected items, tie the bag and place it in the trunk or other area away from possible contact.
 - c. Take the bag to the hospital or other facility that can accept the infectious items.
- C. How infectious diseases can spread:
1. Droplet infection.
 2. Blood-to-blood contact.
 3. Open wounds/exposed tissue.
 4. Remember this while in close contact with people. Such as searching, physical confrontations or interviews.
- D. Identifying infectious diseases.
1. All patients should be considered INFECTIOUS.
 - a. Fever, rash, open sores, skin lesions, etc.
 - b. Nausea, vomiting, diarrhea, etc.
 - c. Coughing and/or sneezing, especially associated with chest pains.
 - d. Wounds that drain or ooze pus, blood or other matter.
 - e. Profuse sweating.
 - f. Abdominal pain.
 - g. Headache accompanied by a stiff neck.
 - h. Jaundice/yellowish skin color or the whites of the eyes are yellow.
 2. Use universal precautions when dealing with anyone you suspect is infectious.
 3. Words to live by, "If it is wet, it is infectious."
- E. Hepatitis.
1. Hepatitis "B" directly affects the liver.

2. It can be contracted through blood and body fluids.
 3. Carriers may have no signs or symptoms and may be unaware of being ill and may pass it on to others.
 4. Signs and symptoms:
 - a. Fatigue, fever and/or headaches.
 - b. Jaundice skin and whites of the eyes.
 - c. Nausea, loss of appetite, abdominal pain, etc.
 - d. May mimic signs and symptoms of the flu.
 5. Protective procedures:
 - a. Universal precaution.
 - b. Get vaccinated against Hepatitis "B." OSHA requires that all police officers be given the opportunity to receive the vaccination for Hepatitis.
 - c. Bag and seal all soiled materials.
 - d. Clean all non-disposable equipment (this includes handcuffs, weapons, etc.) with diluted bleach.
 - i. One (1) part bleach to 100 parts water.
 - ii. Do not store or re-use used bleach mixture.
 - iii. Each mixture must be made fresh prior to each use.
 - iv. There are also manufactured disinfectants that are pre-mixed and can be stored for longer periods of time.
 - v. Check with your agency for your disinfecting agents.
- F. Tuberculosis (TB).
1. You can only be infected by droplets from a cough or sputum of an infected patient.
 2. TB has made a drastic comeback.

3. Signs and symptoms:
 - a. Fever and night sweats.
 - b. Cough.
 - c. Weight loss.
 4. Protective procedures:
 - a. Universal precautions.
 - b. Wear a HEPA mask (High-Efficiency Particulate Air respirator).
 - c. Place a mask on the patient to reduce exposure.
 - d. Clean all non-disposable equipment that have been contaminated with a bleach and water mixture.
 - e. Wash all clothing that has been contaminated with hot, soapy water and bleach.
- G. Acquired Immunodeficiency Syndrome (AIDS) and your job.
1. AIDS is caused by the Human Immunodeficiency Virus (HIV).
 2. More than two (2) million people are infected with AIDS worldwide and more than 12 million have HIV.
 3. When someone becomes infected with HIV, the virus attacks that person's immune system (the system that defends the body from illness).
 4. A person develops AIDS when his/her immune system becomes so damaged that it can no longer fight off diseases and infection.
 5. AIDS is a disease that renders the immune system ineffective.
 6. AIDS is not spread by:
 - a. Casual contact.
 - b. Coughing or sneezing.
 - c. Sharing eating utensils, linen, toilets, phones or drinking fountains.
 - d. Pets, mosquitoes or other insects.

- e. Swimming pools.
7. Ways of transmission:
- a. Having vaginal, anal or oral sex with someone that is infected.
 - b. From an infected mother to her baby during pregnancy, childbirth or through breast feeding (rare).
 - c. Sharing needles or being stuck by a needle in the field, hospital, etc. (Remember this when searching subjects.)
 - d. Breaks in the skin.
 - e. Blood, vomit, semen, amniotic fluid, synovial fluid or pleural fluid. (If it's wet, it's infectious.)
8. Signs and symptoms:
- a. Persistent, low-grade fever.
 - b. Night sweats and/or rashes.
 - c. Swollen lymph glands.
 - d. Nausea and/or loss of appetite.
 - e. Persistent diarrhea.
 - f. Headache and/or sore throat.
 - g. Fatigue and/or weight loss.
 - h. Muscle and joint aches.
 - i. Chronic pneumonia.
 - j. Various opportunistic infections caused by viruses, bacteria, parasites and fungi.
 - k. Dementia, confusion and/or violent behavior in later stages.
9. Practical precautions:
- a. Universal precautions.

P. O. 8.1.9

- b. Immediately and thoroughly wash your hands or other skin surface areas with soap and water if contaminated with blood or bodily fluids.
 - c. Immediately wash equipment with a bleach and water mixture if contaminated by blood or bodily fluids.
 - d. Try to prevent injuries caused by any sharp instrument while giving emergency care.
 - e. Use a pocket mask or other barrier device, when possible, when giving mouth-to-mouth resuscitation.
- H. Report all contacts with suspected carriers.
- 1. Your agency/your supervisor.
 - 2. County health department.
 - 3. State health department. (This is your insurance in case you show symptoms in the future.)
 - 4. Document all suspected contacts with infected persons. This is what will protect you in the future.

III. CONCLUSION

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).