

CLEANING TECHNIQUES

- NO BROOMS → WEAR PPE → USE 3 BUCKET TROLLEY
- UNIDIRECTIONAL WAY
- PROPER DILUTION OF DISINFECTANT
- DO NOT COUPLE DIP MOPS
- 1 DIP COVERS 120 sq. Ft. Area
- AFTER 240 sq. Ft. → CHANGE THE SOLUTION
- PATIENT AREA → FIGURE OF 8 AREA

CLEANING AND DISINFECTION OF CLEANING EQUIPMENTS

- MOP (WET) → SOAP WATER
 - ↓
 - IMMERSE IN 0.5% HYPOCHLORITE SOLUTION
 - ↓
 - 30 MINS
 - ↓
 - PLAIN WATER
- DRY MOP → OPEN AREA → CLEAN WITH HAND HELD BRUSH
- MICROFIBRE MOPS → WASH WITH MILD SOAP → HOT WATER
- BUCKETS → WASH WITH SOAP AND WATER → 0.5% HYPOCHLORITE
 - ↓
 - 30 MINS
 - ↓
 - RINSE WITH PLAIN WATER
- CLEANING TROLLEY → SOAP AND WATER → 0.5% HYPOCHLORITE

CLEANING SCHEDULE

	<u>LOCATION</u>	<u>FREQUENCY</u>	<u>REAGENT</u>
a)	WARD	2 TIMES/DAY (OR AS REQUIRED)	ALDEHYDE
b)	OFFICE	2 TIMES/DAY (OR AS REQUIRED)	ALDEHYDE
c)	PATIENT ROOM	2 TIMES/DAY	ALDEHYDE
d)	PHARMACY	2 TIMES/DAY	QUAT
e)	RADIOLOGY	2 TIMES/DAY	QUAT
f)	PATIENT ROOM (ISOLATION WARD)	2 TIMES/DAY	ALDEHYDE
g)	TOILETS	3 TIMES/DAY (OR AS REQUIRED)	

DILUTION OF SOD. HYPOCHLORITE

4

- SMALL BODY FLUID SPILL → 1 : 100 (1% DILUTION)
OR
SMALL BLOOD SPILL (<10 ML)
- LARGE BODY FLUID SPILL → 1 : 10 (1% DILUTION)
OR
LARGE BLOOD SPILL (>10 ML)
- LINEN DISINFECTION → 1 : 100 (1% DILUTION)
↓
5 MINS
↓
RINSE WITH PLAIN WATER
- CLEANING EQUIPMENTS → 1 : 200 (0.5% DILUTION)

SPILL MANAGEMENT

(LARGE, >10 ML)

→ CONFINE THE AREA



WEAR PPE (PERSONAL PROTECTIVE EQUIPMENT)



COVER WITH NEWSPAPER / ABSORBENT CLOTH



POUR 10% HYPOCHLORITE SOLUTION



5 MINS WAIT



DISCARD THE PAPER/CLOTH



WIPE WITH MOP WITH 10% HYPOCHLORITE SOLUTION

SMALL SPILL MANAGEMENT

(SMALL, FEW DROPS < 10 ML)

→ WEAR PERSONAL PROTECTIVE EQUIPMENT (PPE)

i.e. MASK, GLOVES, EYE GEAR, APRON, BOOT



WIPE WITH NEWSPAPER MOISTENED WITH HYPOCHLORITE SOLUTION (1%)



WAIT 5 MINS.



CLEAN WITH MOP MOISTENED WITH HYPOCHLORITE SOLUTION



DISPOSAL IN BIOHAZARD BAGS

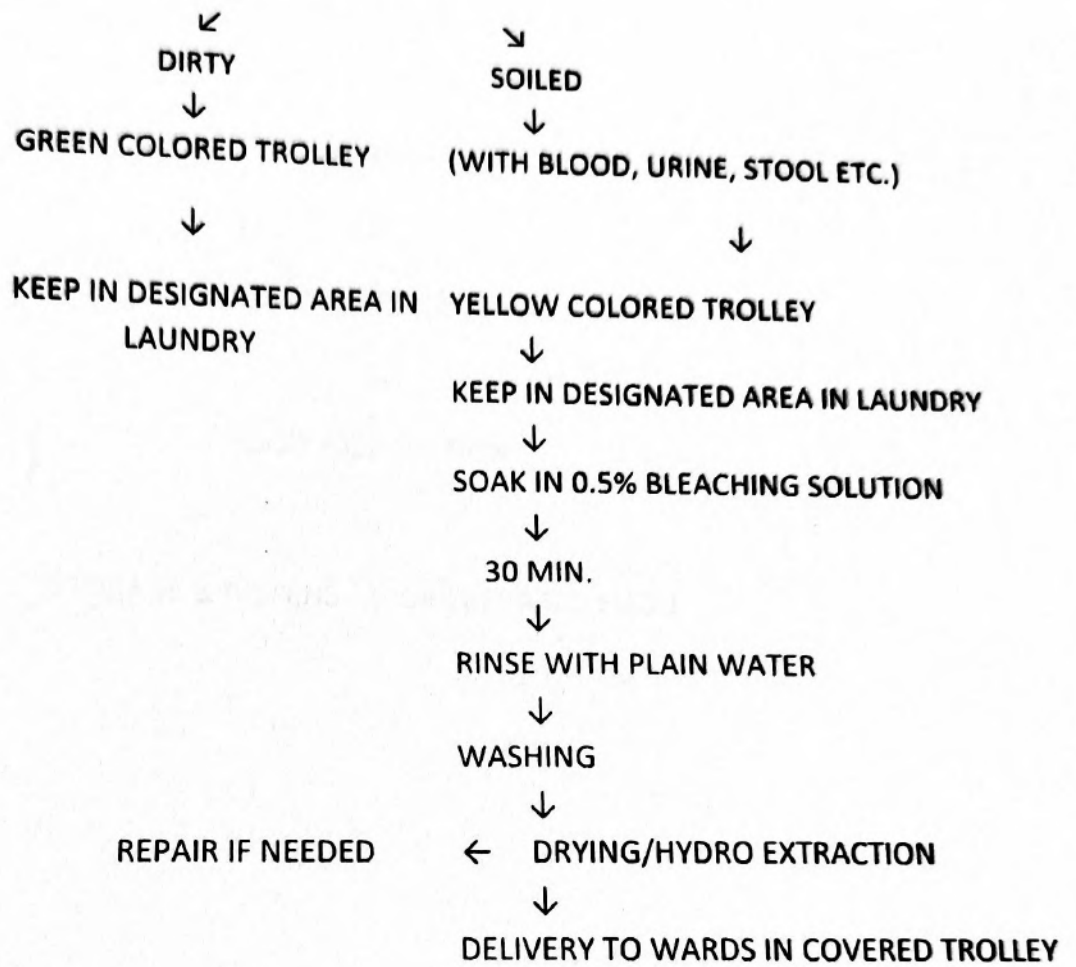
ISOLATION & BARRIER NURSING

- RESTRICT VISITORS
- REMOVE SHOES BEFORE ENTERING
- BED SPACE - 1.2 METER
- KEEP BELONGINGS (BAGS) OUTSIDE
- VISITORS SHOULD SIT IN PATIENT BED
- CHILDREN BELOW 12 YRS. - NOT ALLOWED
- WEAR MASK, APRON, GLOVES PRIOR ENTERING

CLEANING OF ISOLATION WARD

- WEAR PPE
- CLEAN ENVIRONMENT
 - ↓
 - CLEAN BEDS
 - ↓
 - CLEAN TOILETS
 - ↓
 - CLEAN FLOORS

LINEN MANAGEMENT



STANDARD PRECAUTIONS

- WASH HANDS
- WEAR GLOVES
- WEAR MASKS
- WEAR GOWN

KITCHEN STEPS

RAW FOOD



STORAGE



CLEANING OF THE ITEMS



FOOD PREPARATION

DISPOSAL OF WASTE



STORAGE & DISPENSING OF PREPARED FOOD

HAND WASH WHEN ??

- BEFORE PATIENT CONTACT
- BEFORE ASEPTIC TASK
- AFTER BODY FLUID EXPOSURE RISK
- AFTER PATIENT CONTACT
- AFTER CONTACT WITH PATIENT SURROUNDING

WHEN TO USE GLOVES

- CHANCE OF CONTACT WITH BODY FLUIDS
- INVASIVE PROCEDURE
- HANDLING SOILED INSTRUMENTS
- DISPOSAL OF WASTE
- HANDLING CHEMICALS

BMW WASTE MANAGEMENT

<u>BUCKET</u>	<u>TYPE OF</u>	<u>TRANSPORT</u>	<u>TYPE OF WASTE</u>	<u>PRE TREATMENT</u>	<u>DISPOSAL</u>
1. YELLOW	→ YELLOW COLORED →	BMW TROLLEY	ANATOMICAL WASTE		INCINERATION
			SOILED WASTE (DRESSING, PLASTER, COTTON)		INCINERATION
			EXPIRED MEDICINE		RETURN TO MANUFACTURER
			CHEMICAL WASTE		INCINERATION
			CHEMICAL LIQUID WASTE (LAB LIQUID WASTE)		HYPOCHLORITE SOLUTION CHAMBER/ETP
			DISCARDED LINEN/ MATTRESS		NON LCHLORINATED DISINFECTION ↓ INCINERATION
			MICROBIOLOGY & LAB WASTE	→ AUTOCLAVE →	HYPOCHLORITE SOLUTION CHAMBER/ETP ↓ DRAIN
2. RED	→ RED COLORED →	BMW TROLLEY	TUBE BOTTLE	→ AUTOCLAVE →	SHREDDER
			CATHETER PLASTIC PART OF SYRINGE		↓ RECYCLER
3. WHITE	→ WHITE COLORED PLASTIC	→ BMW TROLLEY	NEEDLE, SYRINGE	→ AUTOCLAVE →	SHREDDER
(PUNCTURE PROOF, TAMPER PROOF CONTAINER, LEAK PROOF)					
4. BLUE	→ PUNCTURE PROOF LEAK PROOF CONTAINER	→ BMW TROLLEY	GLASS (BROKEN AMPU)	→ AUTOCLAVE →	RECYCLER

1. PEP recommendations
a. Occupational Exposure

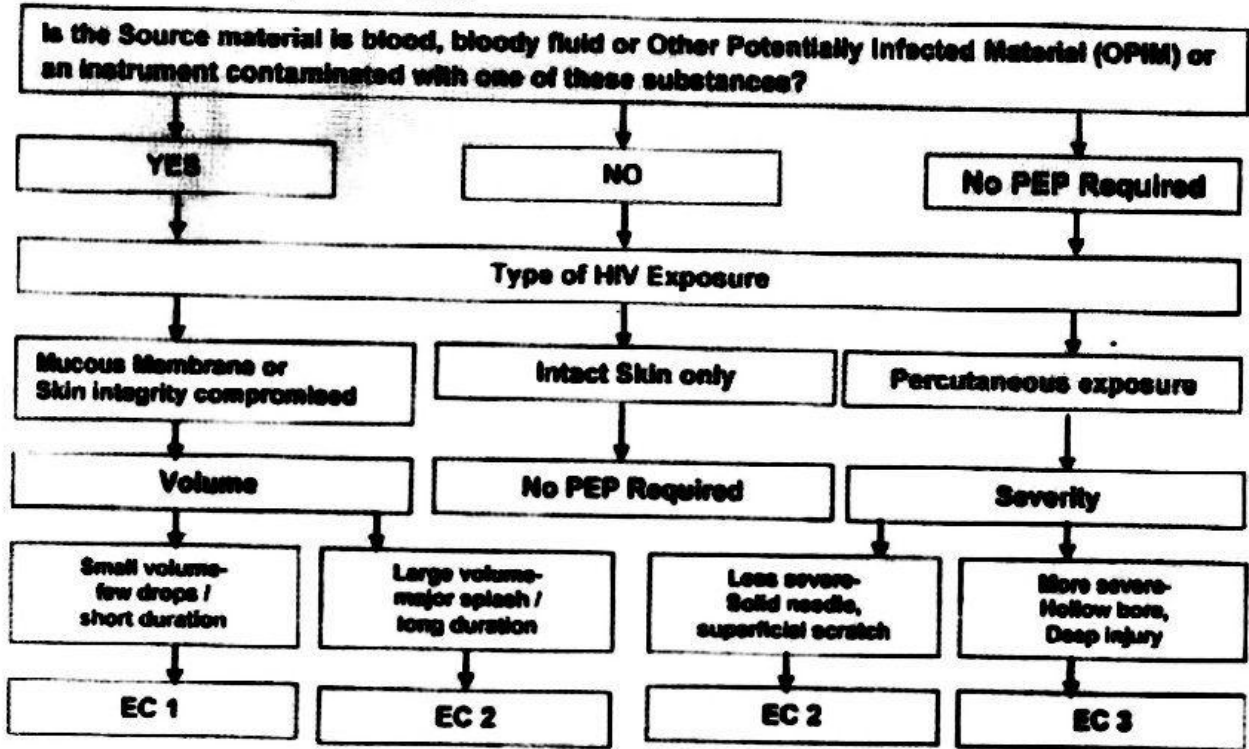
Exposure Codes *	HIV Source Code**	PEP Recommendations	Duration
1	1	Not warranted	28 days
1	2	Recommended	
2	1		
2	2		
3	1 or 2		
2/3	Unknown	Consider PEP, if HIV prevalence is high in the given population & risk categorisation	

PEP regimen

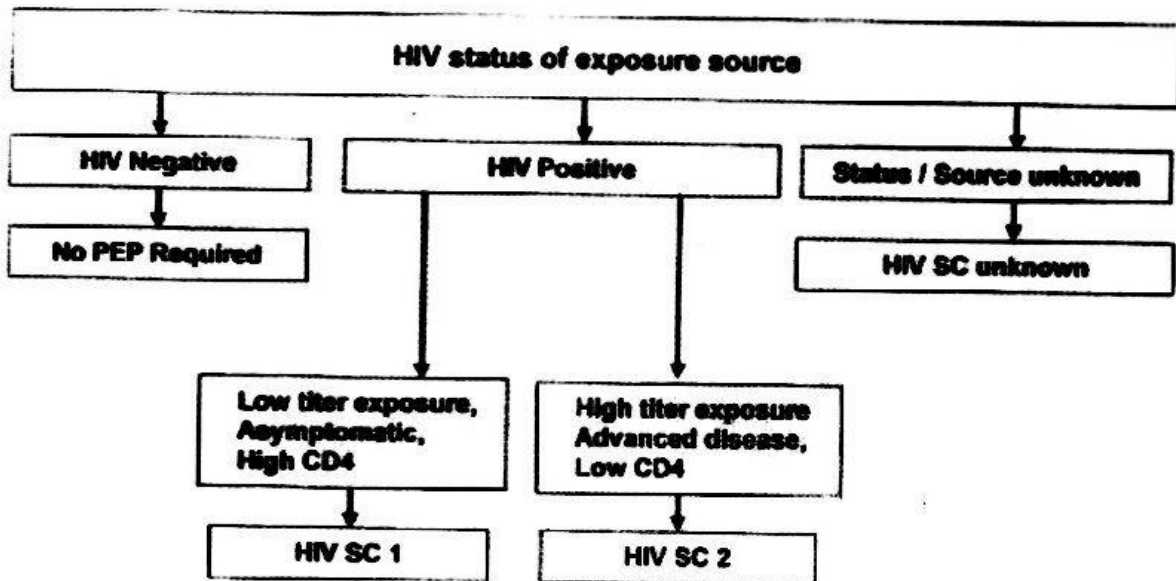
- a. Wherever PEP is indicated and source is ART naive or unknown: recommended regimen is **Tenofovir 300 mg + Lamivudine 300 mg + Efavirenz 600 mg** once daily for 28 days. Wherever available, single pill containing these formulations should be used. Dual drug regimen should not be used any longer in any situation for PEP.
- b. The first dose of PEP regular should be administered as soon as possible, preferably within 2 hours of exposure and the subsequently dose should be given at bed time with clear instruction to take it 2-3 hours after dinner & to avoid fatty food in dinner.
- c. In case of intolerance to Efavirenz, regimen containing Tenofovir + Lamivudine + PI (ATV/r or LPV/r) can be used after expert consultation by an experienced physician
- d. In case of exposure where Source is on ART, Tenofovir 300 mg + Lamivudine 300 mg + Efavirenz 600 mg should be started immediately. And an expert opinion should be sought urgently by phone/e-mail from CoE/ART Plus center
- e. Appropriate and adequate counselling must be Provided regarding possible side effects adherence and follow up protocol

9. Assessing the exposure Code

Annexure 1: HIV Exposure Code



Annexure 2: HIV Source Code



Hydrogen Peroxide

(Example: Spor-Klenz®)

The following are the Standard Operating Procedures for the use of Hydrogen Peroxide as a cold sterilization product:

1. Agent used:

Hydrogen Peroxide

2. How agent is prepared:

Combine 1 part base concentrate to 99 parts cool tap water

3. How long agent is active once prepared:

Use immediately; do not store

4. The date of preparation of the sterilizing solution must be noted on the container.

5. The time required for sterilization of instruments/supplies:

11 hours

6. How the sterilant is removed prior to use in an aseptic technique:

Hydrogen Peroxide is removed by thoroughly rinsing with sterile saline or sterile water

SOP on chemical Sterilization of Surgical Equipments

Glutaraldehyde

(Example: Cidex®)

The following are the Standard Operating Procedures for the use of Glutaraldehyde as a cold sterilization product:

1. Agent used:

Glutaraldehyde

2. How agent is prepared:

Pour entire contents of the activator into the solution container and shake well. Solution should immediately turn green.

3. How long agent is active once prepared:

15 days

4. The date of preparation of the sterilizing solution must be noted on the container.

5. The time required for sterilization of instruments/supplies:

10 hours

6. How the sterilant is removed prior to use in an aseptic technique:

Glutaraldehyde is removed by thoroughly rinsing with sterile saline or sterile water

SOP for making 1% Sodium Hypochlorite solution

1. PROCEDURE [A. Preparation of (1% sodium hypochlorite)]

1. Prepare fresh daily.
2. Record the date prepared on the bottles.
3. After 24 h, pour unused solution down the drain and flush the drain with running water to prevent corrosion of pipes.

1. Preparation of Chlorine solution using Hypochlorite Solution

Concentration of commercially available hypochlorite solution	Required chlorine Concentration	to prepare 1000 ml	
		Solution in ml	Add water in ml
5%	2%	400	600
	1%	200	800
	0.50%	100	900
10%	0.50%	50	950
	1%	100	900
	2%	200	800

2. Preparation Chlorine Solution using Bleaching powder Solution

PREPARATION OF DILUTE SOLUTIONS OF BLEACHING POWDER			
Strength of stock (stable bleaching powder)	Volume of water	Desired concentration	Bleaching powder in grams per litre
20%	1 litre	0.50%	25
		1%	50
		2%	100
		5%	250
		10%	500
25%	1 Litre	0.50%	20
		1%	40
		2%	80
		5%	200
		10%	400
30%	1 Litre	0.5%	17
		1%	33
		2%	67
		5%	167
		10%	333