

## Caregiver

## Issue Brief

Dear MEDBOX users, welcome back to our second Issue Brief from the CAREGIVER TOOLBOX [www.caregiverbox.org](http://www.caregiverbox.org). Caregivers have a great impact on maintaining health services and improving the health status of the population. However, the daily work of caregiving requires good organization, a strong sense of responsibility, and continuous education on the latest standards of care.

As we mentioned in the issue brief no.21 : Caregiver Part 1: Key Resources, we will focus on a special topic, to keep you up-to-date. In this Issue Brief, we will give you a short overview of the category "Standard Precautions".

## Standard precautions

A nurse must maintain a high standard of hygiene on a daily basis in order to do their job conscientiously, prudently, and to the best of their ability. Standard precautions are becoming increasingly important in a nurse's work (and for everyone in the world).

Standard precautions are the minimum infection prevention practices that apply to all patient care, regardless of the patient's suspected or confirmed infection status, in any setting where health care is delivered. These practices are designed to both protect and prevent the spread of infection among patients and caregivers. Standard precautions include:

- Handhygiene.
- Use of personal protective equipment (e.g. gloves, masks, goggles).
- Respiratory hygiene/coughing rules.
- Safety from sharps (engineering and work-related controls).
- Safe injection practices (e.g. aseptic technique for parenteral drugs).
- Sterile instruments and equipment.
- Clean and disinfected environmental surfaces.

It is important that hygiene standards can be well controlled. Therefore, we would like to give you a brief overview of the most important documents.

First, we would like to address the issue of "hygiene", followed by the chapter "hand hygiene", which we consider to be of such importance in daily care that we have dedicated a separate chapter to this topic. We continue with the "Sanitary facilities" chapter and "Waste management". Finally, we show other important documents in the chapter "Miscellaneous".

## Hygiene Key Resources & Strategies

**Implementation manual to support the prevention of surgical site infections at the facility level: turning recommendations into practice**  
World Health Organization WHO (2020)

<https://www.medbox.org/document/implementation-manual-to-support-the-prevention-of-surgical-site-infections-at-the-facility-level-turning-recommendations-into-practice>



## WHO: What are the core components for effective infection prevention and control?

World Health Organization WHO (2017) Video

This instructional video from the World Health Organization explains the evidence-based core components of infection prevention and control programmes, critical at both the national and acute health care facility level for patient safety and for health systems to provide quality care. This video is brought to life by interviews from people in the field across a range of countries and describes the importance of the eight core components one by one. It will be a great addition to health care training sessions and the information is a key part of the infection prevention and control implementation and improvement process.

<https://www.medbox.org/document/who-what-are-the-core-components-for-effective-infection-prevention-and-control>

<https://www.youtube.com/watch?v=LZapz2L6J1Q>



## Infection prevention and control - Guidance to action tools

World Health Organization WHO (2021)

No country can claim to be free from health-care associated infections, therefore, improvement of infection prevention and control (IPC) strategies is essential. WHO recommends the use of multimodal improvement strategies to implement IPC interventions. These include each item of standard and transmission-based precautions according to national guidelines or standard operating procedures and under the coordination of the national IPC focal point (or team, if existing). This publication consists of three focused improvement tools, called “aide-memoires”, which focus on 1) respiratory and hand hygiene, 2) personal protective equipment, and 3) environmental cleaning, waste and linen management, all elements of standard, droplet/contact and airborne precautions.

<https://www.medbox.org/document/infection-prevention-and-control-guidance-to-action-tools>



## Core components for IPC - Implementation tools and resources

World Health Organization WHO (2020)

<https://www.medbox.org/document/core-components-for-ipc-implementation-tools-and-resources>

<https://www.who.int/infection-prevention/tools/core-components/en/>



## Global report on infection prevention and control

World Health Organization WHO (2022)

The report reveals that good IPC programmes can reduce health care infections by 70 %. Today, out of every 100 patients in acute-care hospitals, seven patients in high-income countries and 15 patients in low- and middle-income countries will acquire at least one health care-associated infection (HAI) during their hospital stay. On average, 1 in every 10 affected patients will die from their HAI. People in intensive care and newborns are particularly at risk. And the report reveals that approximately one in four hospital-treated sepsis cases and almost half of all cases of sepsis with organ dysfunction treated in adult intensive-care units are health care-associated.

<https://www.medbox.org/document/global-report-on-infection-prevention-and-control>



# Hand Hygiene

Hand hygiene are routine in a health workers job. The right hand disinfection reduces infectious diseases and is related to the quality in which we perform our work. Here we provide a summary of all the important information on hand hygiene:

## Standard precautions: Hand hygiene

OpenWHO; World Health Organization WHO (2020)

Most health care-associated infections are preventable through good hand hygiene – cleaning hands at the right times and in the right way. The WHO Guidelines on hand hygiene in health care support hand hygiene promotion and improvement in health care facilities worldwide and are complemented by the WHO multimodal hand hygiene improvement strategy, the guide to implementation, and implementation toolkit, which contain many ready-to-use practical tools. This module has been prepared to help summarize the WHO guidelines on hand hygiene, associated tools and ideas for effective implementation. Available in different languages!

<https://www.medbox.org/document/standard-precautions-hand-hygiene>

<https://openwho.org/courses/IPC-HH-en>



## Hand hygiene for all initiative: improving access and behaviour in health care facilities

World Health Organization WHO (2020)

The WHO and UNICEF-led Hand Hygiene for All Initiative aims at ensuring implementation for WHO's global recommendations on hand hygiene to prevent and control COVID-19 pandemic, and hand hygiene improvement sustainability in countries as a mainstay of wider infection prevention and control (IPC) and water, sanitation and hygiene (WASH) efforts. But how can hand hygiene implementation be successful? By implementing strategies and approaches proven through the successes of the WHO Save Lives: Clean Your Hands campaign and fostering integration between hand hygiene and WASH improvements. This brief draws on learning from legacy work and the current evidence based and summarizes how joint action and collaboration are essential for successful strategies, in the context of the COVID-19 response and beyond

<https://www.medbox.org/document/hand-hygiene-for-all-initiative-improving-access-and-behaviour-in-health-care-facilities>



## WHO: SAVE LIVES - Clean Your Hands - No action today; no cure tomorrow

World Health Organization WHO (2014) Video

Every year, millions of patients are affected by infections transmitted during their stay in a health-care facility, where resistant germs are often transferred via the hands of health workers. Resistance to antimicrobials reduces or impedes the effectiveness of any treatment for the prevention and cure of infections. Hand hygiene is the most effective intervention to reduce transmission of infections and resistant germs. The World Health Organization recommends the 5 Moments for Hand Hygiene. Watch this video produced by WHO's Regional Office for the Eastern Mediterranean to learn more about Hand Hygiene and the WHO 5 moments !

<https://www.medbox.org/document/who-save-lives-clean-your-hands-no-action-today-no-cure-tomorrow>

<https://www.youtube.com/watch?v=kOKeFv5VvY4>



## Hand Hygiene: Why, How and When? World Health Organization WHO (2009)

<https://www.medbox.org/document/hand-hygiene-why-how-and-when>  
[http://www.who.int/gpsc/5may/Hand\\_Hygiene\\_When\\_and\\_How\\_Leaflet.pdf?ua=1](http://www.who.int/gpsc/5may/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1)



## Handwashing compendium for Low Resource Settings - A living document The Sanitation Learning Hub (2020)

The compendium provides guidance on low-cost handwashing facilities that can be widely used in low and middle-income countries. We hope that this can be shared extensively as governments and agencies tackle the crisis in low and middle-income countries where handwashing facilities are urgently needed in households, communities, schools and healthcare facilities. The compendium includes information and further reading on: handwashing facilities – including facilities that are accessible for all, environmental cues to reinforce handwashing behaviours, physical distancing hygiene promotion.

<https://www.medbox.org/document/handwashing-compendium-for-low-resource-settings-a-living-document>



## Hand washing facility options for resource limited settings Africa CDC (2020)

This document provides guidance to AU Member States, states/local bodies, and communities on how to construct and maintain non-contact hand washing stations like Tippy Taps and other alternative hand washing stations.

<https://www.medbox.org/document/hand-washing-facility-options-for-resource-limited-settings>



## Hand Washing In Hospitals MedicalAidFilms (2021) Video

This film covers handwashing best practice for health workers in hospitals. This Video is available in Hausa and Yoruba. accessed 08.2021

<https://www.medbox.org/document/hand-washing-in-hospitals>  
<https://www.medicalaidfilms.org/film/hand-washing-hospitals/>



## Infographic: Hand washing without soap or safe and clean water Pan American Health Organisation PAHO (2020)

Infographic illustrating how to wash your hands correctly when there is limited access to soap and clean water.

<https://www.medbox.org/document/infographic-hand-washing-without-soap-or-safe-and-clean-water>



## Hand washing for health care workers

Department of Health, Province of Kwazulu-Natal (2015)

Accessed 14 July 2015

<https://www.medbox.org/document/hand-washing-for-health-care-workers>

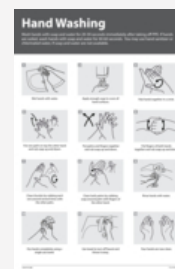


## Handwashing for health care workers

World Health Organization WHO (2014)

Poster

<https://www.medbox.org/document/handwashing-for-health-care-workers>



## Sanitation

Water, sanitation and hygiene is one of the basic needs of every human being. That is why sanitary facilities are of enormous importance in a hospital or outpatient health center. Among other things, sanitary facilities help patients to recover more quickly and to take care of their own health. Here is an overview of WASH and how you can use it to improve the quality of your facility.

### Water and Sanitation for Health Facility Improvement Tool (WASH FIT): A practical guide for improving quality of care through water, sanitation and hygiene in health care facilities

World Health Organization WHO (2022)

2nd edition WASH FIT is a risk-based, continuous improvement framework with a set of tools for undertaking water, sanitation and hygiene (WASH) improvements as part of wider quality improvements in health care facilities. It is aimed at small primary, and in some instances secondary, health care facilities in low and middle income countries. An app, for front line data collection is also available in the Android Google Play store or as a web app

<https://www.medbox.org/document/water-and-sanitation-for-health-facility-improvement-tool-wash-fit-a-practical-guide-for-improving-quality-of-care-through-water-sanitation-and-hygiene-in-health-care-facilities>



### Understanding barriers to quality of care: an approach for conducting a situational analysis of water, sanitation and hygiene (WASH) and quality in health care facilities

World Health Organization WHO (2021)

The availability of water, sanitation and hygiene (WASH) services in health care facilities, especially in maternity and primary-care settings where they are often absent, supports core aspects of quality, equity and dignity for all people. This document describes an approach for conducting a national situational analysis of water, sanitation and hygiene (WASH) as a basis for improving quality of care. This document describes the process from the initial preparatory stages, including



triggers for action, through data collection and analysis to the dissemination of results. Each element of the approach is described and possible limitations and mechanisms to mitigate these are explored.

<https://www.medbox.org/document/understanding-barriers-to-quality-of-care-an-approach-for-conducting-a-situational-analysis-of-water-sanitation-and-hygiene-wash-and-quality-in-health-care-facilities>

### **Water, sanitation, hygiene and health. A primer for health professionals** *World Health Organization WHO (2019)*

This primer aims to guide health professionals on engaging with WASH-related issues. It gives an overview of WASH interventions and the status of WASH services globally and outlines key linkages with health. It provides examples of key actions that health actors can take to ensure WASH efforts effectively protect public health and highlights World Health Organization (WHO) activities to support those actions.

<https://www.medbox.org/document/water-sanitation-hygiene-and-health-a-primer-for-health-professionals>

### **Guidelines on sanitation and health** *World Health Organization WHO (2018)*

The new WHO Guidelines on Sanitation and Health summarize the evidence on the effectiveness of a range of sanitation interventions and provide a comprehensive framework for health-protecting sanitation, covering policy and governance measures, implementation of sanitation technologies, systems and behavioural interventions, risk-based management, and monitoring approaches. Critically, the guidelines articulate the role of the health sector in maximizing the health impact of sanitation interventions. The guidelines also identify gaps in the evidence-base to guide future research efforts to improve the effectiveness of sanitation interventions. (French, Spanish, Russian, Arabic in production)

<https://www.medbox.org/document/guidelines-on-sanitation-and-health>

### **Sanitation and Cleanliness for a Health Environment** *Conant, J. (2016); Hesperian Foundation*

This selected material from Hesperian's Community Guide to Environmental Health offers 48 pages of information on basic sanitation and hygiene, including instructions on building safe, affordable, environmentally-friendly sanitation systems, as well as learning activities to help communities understand and prevent sanitation-related health problems. Also available in Spanish and French.

<https://www.medbox.org/document/sanitation-and-cleanliness-for-a-health-environment>

[https://store.hesperian.org/prod/Sanitation\\_and\\_Cleanliness.html](https://store.hesperian.org/prod/Sanitation_and_Cleanliness.html)



## **Waste Management**

All of us who come from the healthcare sector know how much waste is generated in a shift. In order to dispose of this adequately, certain guidelines and action measures must be put in place. There are different types of waste and so are their disposal methods. How hospital management, outpatient facilities, or even each individual can improve this, to remind themselves of the urgency and importance of waste disposal, we will go



into waste management in more detail in the next chapter.

### **Fundamentals of health-care waste management**

*World Health Organisation (WHO) (2021)*

This section provides general information on HCW and key elements of management procedures that are essential to know before developing a HCWM plan.

<https://www.medbox.org/document/fundamentals-of-health-care-waste-management>

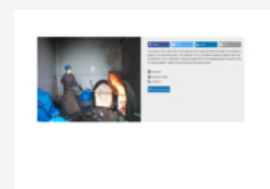


### **Standard precautions: Waste management**

*World Health Organisation (2020)*

In this course, you will learn about the different categories of waste and the process for waste management. Health care waste includes all waste generated by health, research and laboratory facilities in the course of providing health care services. Health care waste in a facility should be managed from point of generation to final disposal and removal.

<https://www.medbox.org/document/standard-precautions-waste-management>  
<https://openwho.org/courses/IPC-WM-EN>



### **Safe management of wastes from health-care activities: A summary**

*World Health Organization (WHO) (2017)*

This document highlights the key aspects of safe health-care waste management in order to guide policy-makers, practitioners and facility managers to improve such services in health-care facilities. It is based on the comprehensive WHO handbook *Safe management of wastes from health-care activities* (WHO, 2014), and also takes into consideration relevant World Health Assembly resolutions, other UN documents and emerging global and national developments on water, sanitation and hygiene and infection prevention and control.

<https://www.medbox.org/document/safe-management-of-wastes-from-health-care-activities-a-summary>



### **Overview of technologies for the treatment of infectious and sharp waste from health care facilities**

*World Health Organization WHO (2020)*

This document provides an overview of specific health care waste technologies for the treatment of solid infectious and sharp waste. For each technology, details of its operation, effects on the environment and health, requirements for installation, capacities for treating waste, examples of consumables and advantages and disadvantages are described. The document is designed for health care facility administrators and planners, WASH and infection prevention control staff, national planners, donors and partners.

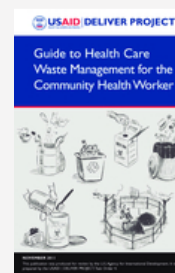
<https://www.medbox.org/document/overview-of-technologies-for-the-treatment-of-infectious-and-sharp-waste-from-health-care-facilities>



### **Guide to Health Care Waste Management for the Community Health Worker**

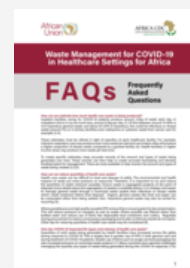
*Hossain, I.; S. Tassew Seboka, A. Hawkins et al. (2011); USAID Deliver Project, Task Order*

<https://www.medbox.org/document/guide-to-health-care-waste-management-for-the-community-health-worker>



### FAQs: Waste Management for COVID-19 in Healthcare Settings for Africa *African Union; Africa CDC Centres for Disease Control and Prevention (2022)*

Health care waste can be difficult to treat and dispose of safely. The environmental and health impacts of waste put extra pressure on resources. Therefore, it is important to try and reduce the quantities of waste wherever possible. Ensure waste is segregated properly at the point of disposal. It is cheaper and easier to manage general waste through a municipal waste system than infectious or sharps waste which needs treatment before final disposal. Organic general wastes like food and paper can be composted rather than being wasted. Non-hazardous general waste may also be sorted for recycling.



<https://www.medbox.org/document/faqs-waste-management-for-covid-19-in-healthcare-settings-for-africa>

### Training Needs Assessment of Health Workers on Health Care Waste Management in Kenya *UNDP (2018)*

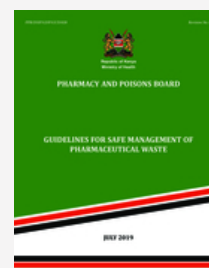
This report contains the results of an in-depth Training Needs Assessment (TNA) of Health Workers in the 4 project counties of the republic of Kenya – Nakuru, Kisumu, Nairobi and Bungoma. The assessment, facilitated by the UPOPs Project in close collaboration with the Ministry of Health and Ministry of Environment and Natural Resources, took place in the month of September 2017. This assessment focused on health workers at County and County referral health facilities.



<https://www.medbox.org/document/training-needs-assessment-of-health-workers-on-health-care-waste-management-in-kenya>

### Kenya National Guidelines for Safe Management of Health Care Waste *Ministry of Health, Kenya (2019)*

<https://www.medbox.org/document/kenya-national-guidelines-for-safe-management-of-health-care-waste>



### Training manual infection prevention and control and health care waste management for health workers *USAID, AIDS Free Nigeria, et al. (2016)*

<https://www.medbox.org/document/training-manual-infection-prevention-and-control-and-health-care-waste-management-for-health-workers>





## Others

In this chapter you will find everything about the standard precautions, which could not be assigned directly to the above headings. Nevertheless, these are not unimportant!! Here you will find, for example, documents on how health workers can take care of their own health and protect themselves and others from infectious diseases. You will also find documents for primary care. Check it out...

### **Infection prevention and control in primary care: a toolkit of resources**

*World Health Organization WHO (2021)*

Strengthening infection prevention and control in primary care document collates existing standards, measurement and implementation approaches, and resources for infection prevention and control (IPC) in primary care. This toolkit brings together in one place a number of these tools and resources from WHO and other organizations, with a focus on those most relevant to primary care.

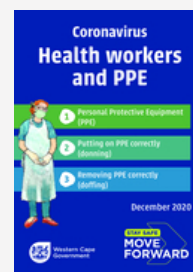


<https://www.medbox.org/document/infection-prevention-and-control-in-primary-care-a-toolkit-of-resources>

### **Health Workers and PPE**

*Wesern Cape Government, South Africa; PACK (2021)*

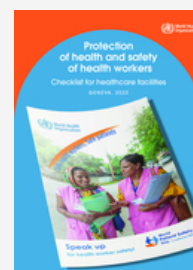
<https://www.medbox.org/document/health-workers-and-ppe>



### **Protection of health and safety of health workers. Checklist for healthcare facilities**

*World Health Organization WHO (2020)*

This checklist is the first step in identifying and prioritizing areas of action for improving the protection of health and safety of health workers in line with WHO–ILO Global Framework for National Occupational Health Programmes for Health Workers. It is designed to be filled out in discussion with management, responsible officers for occupational health, environmental health, infection prevention and control, human resources and representatives of workers in the health facility. This participatory approach will provide a variety of perspectives and a more comprehensive basis for identifying the existing preventive measures, possible problems and solutions for continuous improvement.



<https://www.medbox.org/document/protection-of-health-and-safety-of-health-workers-checklist-for-healthcare-facilities>

### **Caring for those who care. Guide for the development and implementation of occupational health and safety programmes for health workers**

*World Health Organization WHO; ILO (2022)*

Occupational health and safety programmes aim to prevent diseases and injuries arising out of, linked with or occurring in the course of work, while improving the quality and safety of care, safeguarding the health workforce and promoting environmental sustainability in the health sector. This guide provides an overview of the key elements of occupational health and safety programmes for health workers at national, subnational and facility levels, as well as advice for the development and implementation of such programmes. Health workers exposure risk assessment and management in the context of COVID-19 virus



<https://www.medbox.org/document/caring-for-those-who-care-guide-for-the-development-and-implementation-of-occupational-health-and-safety-programmes-for-health-workers>

### **Occupational hazards in the health sector** *World Health Organization WHO; ILO (2022)*

This e-tool is intended for use by people in charge of occupational health and safety for health workers at the national, subnational and facility levels and for health workers who want to know what WHO and ILO recommend for the protection of their health and safety

<https://www.medbox.org/document/occupational-hazards-in-the-health-sector>  
<https://www.who.int/tools/occupational-hazards-in-health-sector>



### **Fit for women? Safe and decent PPE for women health and care workers** *Women for Global Health WGH (2021)*

One of the many gender inequities in the health and care workforce that COVID-19 has exposed is around the fit and design of Personal Protective Equipment (PPE). The rapid onset and scale of COVID-19 led to shortages of PPE in most countries, causing preventable infection and mortality among healthcare workers and others on the front lines. Even though most health workers are women, manufacturing specifications for medical PPE are usually drawn up based on the male body and there have been many reports of PPE not designed for women's bodies.

<https://www.medbox.org/document/fit-for-women-safe-and-decent-ppe-for-women-health-and-care-workers>



### **Transmission-based precautions for the prevention and control of infections: aide-memoire** *World Health Organization WHO (2022)*

Transmission-based precautions (TBP) are used in addition to standard precautions for patients with known or suspected infection or colonization<sup>1</sup> with transmissible and/or epidemiologically significant pathogens. The type of transmission-based precautions assigned to a patient depends on the transmission route of the microorganism: contact, droplet, or airborne

<https://www.medbox.org/document/transmission-based-precautions-for-the-prevention-and-control-of-infections-aide-memoire>



Unfortunately, we have reached the end of the Issue Brief, we hope we could open up to you again the urgency and importance of the subject area.

If you want to find more documents on this topic, please visit the [Caregiver Toolbox](#).

You can also find many documents on this topic area in "[WASH](#)" in the MEDBOX Categories.

The topic of hygiene, sanitation, and waste management is also addressed in other toolboxes.

Please have a look into [MEDBOX](#) and its TOOLBOXES