

Facilitated Discussion Guide

Standard and Transmission-Based Precautions

Use the talking points below to engage your colleagues and others within your jurisdiction in a short, focused, and educational discussion. Facilitator notes included throughout this resource will provide tips for facilitating your discussion.

1. Share the objectives

Facilitator notes: Explain that today's infection prevention and control (IPC) educational session will be covering standard and transmission-based precautions. Share the objectives with the group so they know what information will be covered and what they can hope to gain from the session.

- Introduce the use of standard and transmission-based precautions.
- Share resources for implementing precautions by transmission type.

2. Introduce the topics

Facilitator notes: Open the discussion by asking the group what they know about the different ways through which germs spread and why personal protective equipment (PPE) is important. After some discussion with the group, share the key points below to explore the topic further. When sharing, it may be helpful to connect these points to ideas the group just shared, relevant experiences, or happenings going on within your jurisdiction.

- Organisms can spread through direct and indirect transmission.
 - **Direct transmission** occurs through person-to-person contact and droplet spread.
 - **Indirect transmission** occurs through airborne routes and contaminated environments.
- Precautions are put in place to prevent the transmission of pathogens in health care settings .
- **Standard precautions** are used for all patient care in all settings at all times. They are based on the anticipated risk and type of care provided and should always be maintained, with additional precautions added to them as needed.
<https://www.cdc.gov/infectioncontrol/basics/standard-precautions.html>
- **Transmission-based precautions** (TBPs) are practices used in addition to standard precautions for added protection against a suspected or identified pathogen. TBPs include contact, airborne, and droplet precautions.
<https://www.cdc.gov/infectioncontrol/basics/transmission-based-precautions.html>

Facilitator notes: It may be helpful to visit each section of the webpage linked above to learn more about each type of precaution.

3. Expand on the topics

Facilitator notes: Now that you've introduced the topic, share more detailed information with the group using the key points below. It may be helpful to bring up the resources that are linked and walk through them together. You can use these resources to further deepen the conversation and add more points of discussion.

- There are certain types of PPE that should be used according to the precaution type.



Masks are used to protect HCP from airborne infectious materials that could enter the respiratory tract.

Facilitator notes: Masks can include surgical masks or N95 respirators. The use of respirators includes having a respiratory protection program.

<https://www.slh.wisc.edu/ppe-decon-uv-c/respiratory-protection-program-requirements-covid/>



Gowns are used to protect HCP arms and exposed body areas and prevent contamination of clothing with blood, bodily fluids, or other potentially infectious materials.



Gloves are used to prevent contamination of health care personnel (HCP) hands when having direct contact with blood, bodily fluids, or other potentially infectious material.



Eye protection provides more complete protection to HCP from infectious material that is spread through respiratory secretions or sprays. **Facilitator notes:** Eye protection can include a face shield or goggles.

- The CDC's (Centers for Disease Control and Prevention) Appendix A is a helpful resource when determining PPE appropriate for a specified precaution or condition.
<https://www.cdc.gov/infectioncontrol/guidelines/isolation/appendix/type-duration-precautions.html>
- Hand hygiene may be done by using soap and water or alcohol-based hand rub with at least 60% alcohol.
 - Recommended hand hygiene methods can depend on the type of infection.
<https://www.cdc.gov/handhygiene/providers/index.html>
Facilitator notes: Visit the hand hygiene webpage to learn more about which infections require a certain method of hand hygiene.

4. Discuss with your colleagues

Facilitator notes: Now that you've introduced and reviewed the topic in more detail, this is a great time to pause, answer questions, and discuss as a group. It's encouraged that you use this discussion to brainstorm ways your LTHD can help improve practices within your jurisdiction and health care facilities. Below are some example questions you may discuss; you may also wish to discuss things specific to your jurisdiction.

- What are things you do every day to prevent infections from spreading? This could be in your daily life or while on the job.
- How can we encourage health care partners to implement these practices at their facilities? What barriers may need to be addressed?

5. Wrap up and reinforce

Facilitator notes: Following the discussion, you may wish to reiterate the ideas and next steps that the group suggested. Invite the group to ask any remaining questions about the topic. Share the key takeaways below to wrap up the session.

- There are many ways that germs can spread and cause infections in health care settings.
- One of the best ways to prevent germs from spreading is to stop them at the source by following proper precautions and infection control best practices.

