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# Cystic Fibrosis Foundation Recommendations

Hospital Epidemiology and  
Infection Control Department

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*Contact Precautions for ALL patients  
with Cystic Fibrosis during  
hospitalization, testing, and clinic visits*

# Introduction to UCSF Isolation Precautions for CF Patients

- **Objectives:** This learning module will describe Isolation Precautions for:
  - *The hospitalized patient with CF*
  - *The outpatient with CF*
  - *The healthcare worker during daily patient care*
  - *The healthcare worker during respiratory treatments*
  - *The family of patients with CF*

# Guiding principles

- **Assume that all people with CF have transmissible pathogens in their respiratory tract**
- **Assume that the environment of the CF patient is contaminated with the bacteria harbored in their respiratory track**
- **Be prepared to offer continued educational materials for patients, families and staff**
- **CF patients can acquire transmissible pathogens in the hospital/healthcare environment**

# Major Points

- Gown and gloves for All patient contact
- APeX – CF Precautions
- Patient must wear regular mask when outside hospital room or clinic room
- Revised UCSF Precaution sign for door
- Additional CONTACT, DROPLET, or AIRBORNE transmission precautions may be necessary.

# Why are we changing isolation precautions for CF patients?

- Cystic Fibrosis Foundation has recommended contact precautions for all CF patients to prevent the spread of pathogens especially the dreaded *Burkholderia spp*
- Multi-drug resistant *Massiliense abscessus* subspecies and *Burkholderia dolosa* are increasing in the cystic fibrosis community
- Increasing *Pseudomonas aeruginosa*
- Increased morbidity and mortality

# What have we done here at UCSF?

Supporting socialization and mobility for our patients we have developed a new category of isolation precautions for our CF patients

The UCSF Isolation Precautions protects the patient, family, and staff.

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# New sign: UCSF Isolation Precautions



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**UCSF Isolation Precautions**  
Visitors ~ See Nurse before entering



**Patient must wear a mask when leaving room**



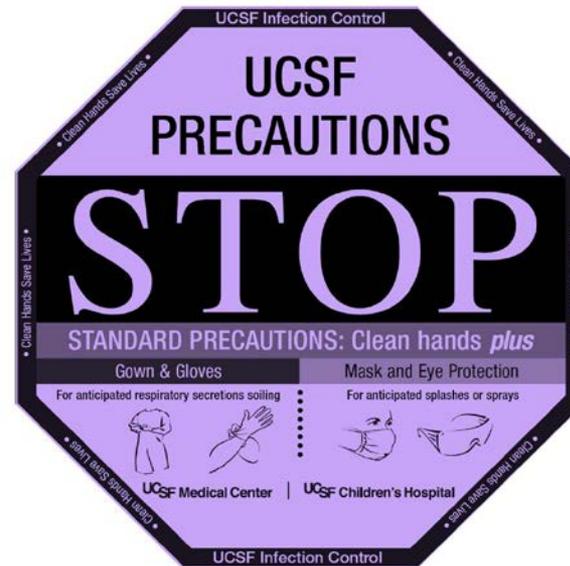
**Healthcare worker  
Gown and gloves**



**Respiratory Treatments  
Mask with shield or N95**



# Discontinue OLD Purple Sign- Do NOT USE



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# UCSF Precautions – Health Care Worker

*Gown and Gloves for ALL patient contact. No mask unless patient on droplet or airborne precautions*

- **Gown and gloves for ALL patient contact with inpatient and outpatient visits with patients diagnosed with CF**
- **Gown and gloves for ALL contact during testing – for example IR, Periop, Lab work, PFT lab, EVERYWHERE**
- **Use dedicated disposable equipment (stethoscope, blood pressure cuff, and other equipment). If not possible clean multiuse items thoroughly with hospital approved disinfectant between patients**

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# Hospitalized Patient

- Place patient in a private room
- Patients may leave their room after cleaning hands and placing a regular surgical mask over mouth and nose
- May ambulate in the hallway wearing surgical mask
- Only one patient with Cystic Fibrosis in the communal spaces at a time. At least six (6) feet between patient's diagnosed with CF
- Same family members of the CF patient may share the same space

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# Respiratory Treatments

- Health care worker must wear a surgical mask and eye protection
- Place Masks with Shields outside patient room in the caddy
- If this is a high hazard medical procedure N95 is required.
- **NOTE:** A PAPR is required if the patient has an airborne infectious disease and receiving a high hazard medical procedure.

# Additional Isolation Precautions

- If the patient requires additional transmission precautions such as contact, droplet, or airborne precautions, identify the room with the appropriate signage and PPE.
- **Examples:**
- **Contact precautions for *c-difficile*, Rotavirus or draining wounds – continue gown and gloves**
- **Droplet precautions for respiratory disease such as the flu, RSV, or meningitis – Add a Mask with Shield.**
- **Airborne precautions for TB, chicken pox, shingles, measles add the use of a **PAPR****

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# Family members

- Gown and gloves are not required for family and visitors
- Education includes importance and observance of hand hygiene when entering and leaving the patient room
- Another family member with CF who lives with the CF patient may be in the same room
- Family members of CF patients are discouraged from visiting in the room(s) of another CF patient(s). Family members of a CF patient must wear a gown and gloves if they go into another CF patient's room who they do not live with.

# Outpatient

- **CF patient should wear a mask when in the medical center**
- **Clinic patients wear a mask in the waiting room and removes it when in the treatment room**
- **The clinic health care staff wear a gown and gloves for each encounter with the patient in the treatment room**
- **No need for staff to wear a mask unless patient requires droplet precautions**
- **30 minute wait time in treatment room between CF patients. Room can be used by non CF patient immediately.**

# Surface Disinfection

- All patient care items and surfaces must be adequately surface disinfected on an ongoing basis.
- Visible soiling must be removed.
- A hospital-approved detergent disinfectant must be applied and allowed to air dry before the next patient contact.
- Follow label directions for surface contact/air dry time
- Items you carry with you and/or use frequently are also targets for surface disinfection



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# APeX

- **Find CF Precautions on upper banner of APeX. Will remain on banner for all care givers to see in all locations.**
- **Physician offices should provide names and medical record numbers of patients diagnosed with CF to the Hospital Epidemiology and Infection Control Department (HEIC)**
- **The HEIC department will add and delete CF Precautions on APeX banner**

# APeX

03  
TT: None Weight: 45.6 kg... Allergies: Ciprofloxacin... AD: ScannedScann... PCP: NO, PCP  
Attend: LONG, M Dose Wt: None Code: Partial-Code POLST: Scanned Refer: No, Referring  
Research: None Precautions: None Precautions: Cystic Fibrosis Prec

Snapshot Meds Comp ED Clinical Summary SBAR Handoff  
Report: Snapshot

of 11/21/2013

802 6th st Works at NOT EMPLOYED  
RICHMOND CA 94804  
510-375-3039 (H)

Chronic

in adult  
c pain  
(bate), DNR  
with pulmonary manifestations  
with acute exacerbation  
ube  
with intestinal manifestation  
patient

nt Calls My Open Encounters Future/Standing Orders

10:17 AM

### Allergies

Mark as Review Complete

CIPROFLOXACIN	Itching, Rash
ADHESIVE	Rash

### Medications

Show prescriptions

Facility-Administered Medications

- 0.9 % sodium chloride flush injection syringe
- 0.9 % sodium chloride flush injection syringe
- 0.9 % sodium chloride flush injection syringe
- 0.9 % sodium chloride infusion
- 7 % sodium chloride (HYPER-SAL) inhalation solution
- acetaminophen (TYLENOL) tablet 650 mg
- albuterol (PROVENTIL HFA;VENTOLIN HFA) 90 mcg/actuation inhaler 2 puff
- albuterol (PROVENTIL HFA;VENTOLIN HFA) 90 mcg/actuation inhaler 2 puff
- azithromycin (ZITHROMAX) tablet 500 mg
- calcium carbonate (OSCAL) tablet 1,250 mg
- cholecalciferol (vitamin D3) tablet 2,000 Units
- domase alpha (PULMOZYME) inhalation solution 2.5 mg
- ferrous sulfate tablet 325 mg
- HYDRomorphine (DILAUDID) injection syringe 0.4 mg
- lansoprazole (PREVACID) capsule 30 mg
- lidocaine (L-M-X 4) 4 % cream
- lipase-protease-amylase (CREON) 24,000-76,000 -120,000 unit capsule 3 capsule
- lipase-protease-amylase (CREON) 24,000-76,000 -120,000 unit capsule 3 capsule
- lipase-protease-amylase (CREON) 24,000-76,000 -120,000 unit capsule 3 capsule
- lipase-protease-amylase (CREON) 24,000-76,000 -120,000 unit capsule 5 capsule
- menthol lozenge 1 lozenge

Microsoft Word Hyperspace - INFECTI... Search Desktop 10:17 AM

# CF Committee

- Educational programs in development:
  - *Physicians*
  - *Nursing*
  - *Child Life*
  - *Inpatient services*
  - *Outpatient clinics and services*
  - *Patients and families – Cystic Fibrosis Foundation*

# Resources

- ***[Infectioncontrol.ucsfmedicalcenter.org](http://infectioncontrol.ucsfmedicalcenter.org)***
  - *Order new UCSF Isolation sign from Material Services. Product number can be found under FAQ tab on the IC web site*
  - *Revised Policy for Patients with Cystic Fibrosis can be found under IC policy 4.5*

# Post-Test

- 1. T F The health care worker must wear a mask for all contact with patients with cystic fibrosis?
- 2. T F The patient must wear a mask with ambulating outside their hospital room or clinic room?
- 3. T F A gown and gloves must be worn by all health care workers, including HCWs in IR, PFT lab and other testing areas, for all patient contact with CF patients?
- 4. T F Wiping down the environment with the approved disinfectant is one of the most important infection control prevention strategy to prevent the spread of disease?
- 5. T F People with CF must be a least 3 feet apart from each other.

# Answers to Post-test

- 1. False The HCW must wear a gown and gloves. The Cystic Fibrosis Foundation discourages wearing a mask unless the patient is on droplet precautions or is having a respiratory treatment.
- 2. True The patient must wear a regular surgical mask covering mouth and nose while ambulating in the medical center. This includes while walking to their appointments, while transported to testing areas, and ambulating outside their rooms during hospitalization.
- 3. True Every HCW must wear a gown and gloves when interacting with CF patients. This includes inpatient, outpatient, and treatment areas e.g. IR, PFT lab, clinics.
- 4. True We must assume that all people with CF have transmissible pathogens in their respiratory tract, and that the environment of the CF patient is contaminated with the bacteria harbored in their respiratory tract.
- 5. False The new Cystic Fibrosis Foundation recommends that people with CF must maintain a distance of 6 feet from each other at all times when in the same area.