Cystic Fibrosis Foundation Recommendations

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

Presenters: Sandra Kistler, RN, PHN, MSN, ICP

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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

• Patient must wear regular mask when outside hospital room or clinic room

• UCSF Precaution sign for door - protects the patient, family and staff.

• Additional ENTERIC, CONTACT, DROPLET, or AIRBORNE transmission isolation may be necessary.

• APeX – CF Precautions
Why do we isolate CF patients?

- Cystic Fibrosis Foundation has recommended contact precautions for all CF patients to prevent the spread of pathogens especially the *Burkholderia* genus.

- Multi-drug resistant *Massiliense abscessus* subspecies and *Burkholderia dolosa* are increasing in the cystic fibrosis community.

- Increasing *Pseudomonas aeruginosa*.

- Increased morbidity and mortality.
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
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
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

• Family members of the CF patient may share the same space
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 Enteric, Contact, Droplet, or Airborne precautions, identify the room with the appropriate signage and PPE.

Examples:

- **Enteric precautions for** *c-difficle*, Norovirus and undiagnosed diarrhea – wash
- **Contact precautions for** Rotavirus, CRE or draining wounds – continue gown and gloves
- **Droplet precautions for** respiratory disease such as the flu, RSV, or meningitis – Add a Mask with Shield or Goggles
- **Airborne precautions for** TB, chicken pox, shingles, measles add N95/PAPR
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 remove 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.
- Procedural tables and common surfaces after each clinic visit.
- 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
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
Resources

– infectioncontrol.ucsfmedicalcenter.org

– 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 at 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.
How to Contact Infection Control

Phone numbers listed on our website:

- Main Office: 415-353-4343 (Mon-Fri 8am-4pm)
- Fax: 415-353-4348
- On-call Cell: 415-806-0289 (Mon-Fri 8am-4pm)
- After-Hours:
  - Hospital Supervisor: 415-353-1964
  - Pager 415-443-4989

You can also send a message via pager box: