

IDOH IP program new webpage and University of Indianapolis training materials

By Jennifer Spivey, Infection Prevention (IP) Program Manager

In 2018, I was honored to accept a contract with the **University of Indianapolis Center for Aging, (IDOH grant funded) 2019-2021** to provide subject matter infection prevention expertise for the development of curriculum for long-term care (LTC) infection preventionist (IP), paraprofessional CNA training package, and resident and family education for Indiana LTC workforce. I collaborated with Terri Bogue, IP Consultant and CEO of Thor Projects, to develop the three-part project for IP training and education.

Part 1: Approximately **400** LTC professionals attended **“Building an Infection Prevention Savvy Workforce”** training in person or online (due to COVID-19 protocols) through 2021, obtaining their LTC IP Certificate in order to meet the CMS mega-rule requirement for being an IP in facilities. Many of you have asked if this will continue in 2022 and beyond, as the workforce continues to change, and refresher courses have been requested. We are hopeful in it continuing in 2022, as the Center for Aging has submitted a grant to support more courses in 2022. Stay tuned!

Part 2: We developed a **Leaders Guide** with PowerPoints for IPs in LTC to use in training the paraprofessionals infection prevention skills within their facility. IDOH grant funds for 2021 purchased hard copies of this training for all 750 facilities across our state. Your district IP will be delivering these to you when they visit your buildings, during either proactive assessments or outbreak responses.

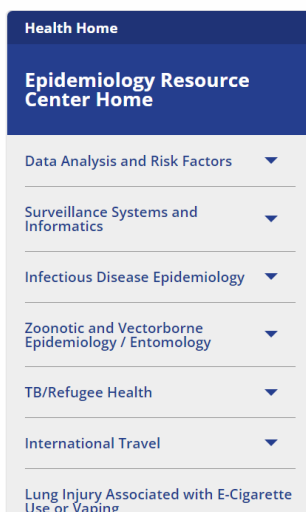
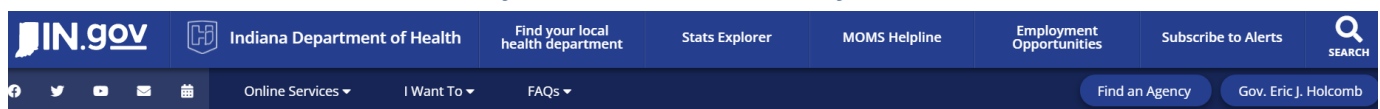
Part 3: We have bundles of the **Infection Prevention for Resident and Families booklets** to assist facilities in supporting a partnership between residents, families, and providers to develop a plan to prevent infections. We hope to drop off 25 of these in a bundle for your use and feedback for its benefit.

IDOH Website for Materials: The Infection Prevention District IP Team is part of the Epidemiology Resource Center at IDOH, as well as part of the Healthcare-Associated Infections and Antimicrobial Resistance (HAI-AR) team. Click [here](#) to go to the new IDOH Infection Prevention website!

We have a section dedicated to the UINDY Project. All the paraprofessional PowerPoint templates to use with the Leaders Guides are there for download and use along with the materials for which we are providing hard copies, Leaders Guides and Resident and Family booklets. You may copy/print more as you see fit for your program.

I hope these tools assist you in the upcoming year and that we see an end to this long and stressful pandemic and all find health, holistic wellness, and hope for a brighter 2022. Happy New Year!

Remember: The only infection that matters to your resident is theirs.



EPIDEMIOLOGY RESOURCE CENTER / INFECTIOUS DISEASE EPIDEMIOLOGY /
HEALTHCARE-ASSOCIATED INFECTIONS AND ANTIMICROBIAL RESISTANCE EPIDEMIOLOGY / INFECTION PREVENTION PROGRAM

Infection Prevention Program



COVID-19: Are we there yet?

By Victor Zindoga, District 2 IP

The COVID-19 pandemic caught the world by surprise when it made its debut in late 2019.

At first, most did not anticipate it finding its way to the shores of our country, let alone lingering this long. Long-term care staff, residents, and families alike have been through an emotional rollercoaster throughout this pandemic. Summer of 2020 brought a slight glimmer of hope as the world appeared to be returning to “normal,” but that turned out to be short-lived and a precursor to worse events yet to come.

Considering what we’ve been through, it does not appear the end is in sight as the virus is mutating while many people are running out of patience. With so many unanswered questions, where does one find the strength to carry on, continue to make a difference, and follow infection prevention and control practices? As you try to find that balance, consider the following strategies:

- Take time to yourself
- Rely on your team - You’re not alone. Tough times don’t last, tough teams do!
- Mask up, wash hands, social distance, and encourage others to do so
- Get vaccinated/boosted, and encourage others to do so
- Maintain good sleep hygiene

The end may not be in sight, but we are one step closer!

Resources

[Coping with Stress](#)

[Care for Yourself](#)

[Mental Health: Myth vs Fact Quiz](#)

[Healthcare Workers: How to Deal with Stress During the COVID-19 pandemic](#)

Can you unscramble these bacteria names?

1. EHERSHCACII LIOC _____
2. TCDSEIISDLIOO DEIIFCCL _____
3. STYPUAOHLCOSCC USEAUR _____
4. CTCUEPTRCSSOO UNMIEOPENA _____
5. TMBCYEUIMCOAR USTBIUOCRSL _____

Answers: 1. Escherichia coli 2. Clostridioides difficile 3. Staphylococcus aureus 4. Streptococcus pneumoniae 5. Mycobacterium tuberculosis

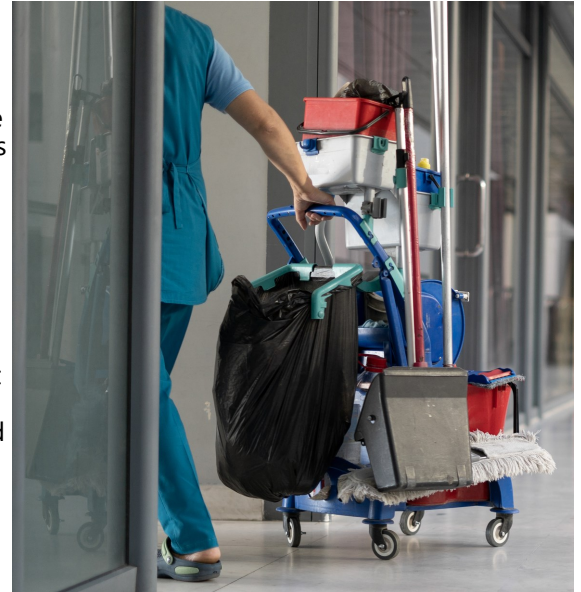
Beware what lies behind the shower room door

By Sara Reese, District 7 IP

Bathing is something most view as a way to rid the body of the day's dirt and grime.

With that in mind, it's no surprise that bathing is a necessary activity of daily living (ADL) for those receiving care in healthcare facilities. Some facilities utilize shower rooms to meet the bathing needs of the residents for whom they care. These central bathing areas can provide access to hygiene but are also an ideal environment for organisms to grow and thrive due to warmth and moisture. Additionally, aerosols generated from water sources may contain and aid in spreading pathogens.

Without sound infection control practices, bathing areas can contribute to Healthcare Associated Infections (HAIs). Fungal infections, Methicillin-resistant Staphylococcus aureus, urinary tract infections, C. difficile, warts, and even Legionnaires' Disease are among infections that can potentially be spread through the use of central bathing areas. Policies and practices that inhibit microbial growth and pathogen spread along with routine environmental rounds to observe bathing areas, as well as proper training of staff for cleaning, disinfection and inspection can help to have a safe environment to provide hygiene care. Below are some helpful do's and don'ts for shared shower areas.



Do	Don't
Clean/disinfect surfaces and equipment after each use and allow for recommended contact times, being mindful of appropriate disinfectants for infectious conditions.	Store linens and/or other items in an unprotected manner where splashing or cross contamination could occur.
Practice routine maintenance on plumbing to provide clean functioning water supply.	Use community toiletries.
Ensure that drains are clean and flow freely.	Store PPE uncovered or close to contamination sources.
Inspect for cracks, tears, peeling, rough edges, and accumulation of debris in connections/joints on equipment.	Shower those with infectious conditions before those without infectious conditions and disinfect the shower room immediately to assure the next resident's shower safety.
Ensure proper ventilation of the room.	Dispose of razors in regular trash.
Always use Standard Precautions. Use Enhanced Barrier, and Transmission-based precautions when indicated with single resident in shower rooms if they are larger spaces with multiple areas for showering.	Utilize active shower rooms for clean equipment storage.

The why behind temperature logs

Part 2: medicine storage

By Deanna Paddack, District 5 IP

In recent months while conducting both outbreak response assessments and proactive infection control assessments I have noticed a gap that is trending across communities.

In the second of three parts to the temperature log series, let's look at medication storage requirements:

While The Joint Commission does not specifically require temperature logs for refrigerators and freezers used for or to store medications, *Standard MM.03.01.01 EP 2* requires that medications are stored according to the manufacturer's instructions for use. A process must be in place to ensure appropriate temperatures are being maintained within the required ranges for the medications stored and identifies maintenance responsibilities. Organization should also have a defined process for the disposal of medication from a refrigerator or freezer which has deviated from the specified temperature range.

Medications are manufactured under some of the strictest regulations and guidelines and controlled by the FDA, Board of Pharmacy and DEA. Whenever possible the medications being manufactured are designed to stay stable at room temperature which is an average 77degrees F. The active chemicals in any medication can change in molecular form when exposed to different temperatures, potentially resulting in decomposition of the medication. This decomposition can make medications less potent and may cause new and undesired effects. Temperature logs are your proof that you are storing medications in a safe way! Logs are one of the easiest safety steps to take, but unfortunately one of the most often missed.

Omicron: another highly contagious variant!

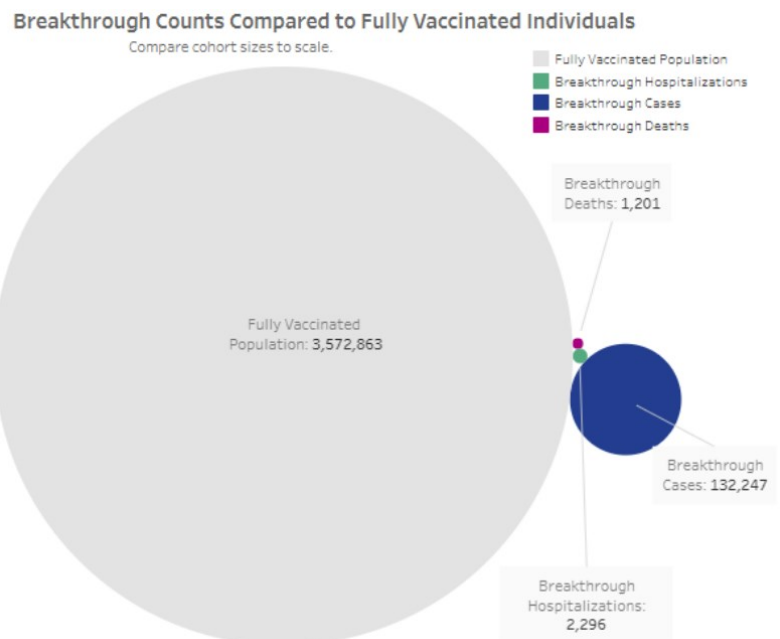
By Bethany Lavender, IP team epidemiologist, with information from the CDC and an article from APIC

While the world was still reeling from the COVID-19 Delta variant, the Omicron variant was detected in samples collected in South America and Botswana from mid-November 2021.

This new variant quickly spread across the world, with the United States detecting its first case Dec. 1, 2021. Since its detection, Omicron has rapidly become the predominant COVID-19 strain in the United States. The CDC believed this variant to be the cause of 95 percent of COVID-19 infections by Jan. 1, 2022. The Indiana Department of Health stopped its surveillance sequencing Jan. 9 in correctional and long-term care facilities, as it was determined Omicron was now the predominant strain.

Initial data suggests Omicron is two to three times more contagious than Delta. Hospitals are seeing a large increase in hospitalizations, especially of unvaccinated individuals, even though this variant potentially causes milder symptoms than previous strains. On Jan. 5, 705,264 new cases were reported, more than doubling the January 2021 peak. The staggering increase in the number of cases is expected to cause a strain on the health care system in the United States.

COVID-19 vaccines have been shown to reduce the risk of severe illness and hospitalization. Further, getting vaccinated helps reduce the number of susceptible hosts in which the virus can multiply and mutate, helping to prevent future variants from developing. The best way to protect yourself, your loved ones, and your patients is to get vaccinated! With more than 800,000 Americans having died from COVID-19, it is important that we do not waver from other known public health measures such as getting tested if you are feeling ill, following appropriate isolation and quarantine guidelines, maintaining proper hand hygiene, masking over the nose and mouth, avoiding crowds, and social distancing.



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Total 737 Facilities



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Full Links and References

If you are viewing this newsletter online, you can open the links by the clicking on the bolded, navy-colored links. If you are viewing this newsletter in printed form and would like to view the links or resources, the full URL is below:

IDOH IP Program new webpage and University of Indianapolis training materials

1. **Infection Prevention Webpage**: <https://www.in.gov/health/erc/infectious-disease-epidemiology/healthcare-associated-infections-and-antimicrobial-resistance-epidemiology/antimicrobial-resistance/>

COVID-19: Are we there yet?

1. **Coping with Stress**: <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>
2. **Care for yourself**: <https://www.cdc.gov/mentalhealth/stress-coping/care-for-yourself/index.html>
3. **Mental Health Quiz**: <https://www.cdc.gov/mentalhealth/quiz/index.htm>
4. **Healthcare Workers: How to Cope with Stress during the COVID-19 Pandemic**: <https://www.cdc.gov/mentalhealth/stress-coping/healthcare-workers-first-responders/index.html>

Beware what lies behind the shower room door

1. Reference: <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5210a1.htm>

The why behind temperature logs Part 2: Medicine Storage

1. **Standard MM.03.01.01 EP 2** -<https://www.jointcommission.org/standards/standard-faqs/hospital-and-hospital-clinics/medication-management-mm/000002168/>
2. Reference: <https://www.verywellhealth.com/how-temperature-can-affect-medication-stability-3233264>

Omicron, another highly contagious variant!

1. **Image of Breakthrough Cases from Webcast 1/11/2022**: <https://isdh.pividal.tv/COVID-19>
2. Reference 1: <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>
3. Reference 2: <https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>
4. Reference 3: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>
5. Reference 4: <https://apic.org/covid19/>



If you have any suggestions or requests for what you would like to see in future editions of the IPP, please email Bethany Lavender at BLavender@isdh.in.gov or Jennifer Spivey at JSpivey1@isdh.in.gov.