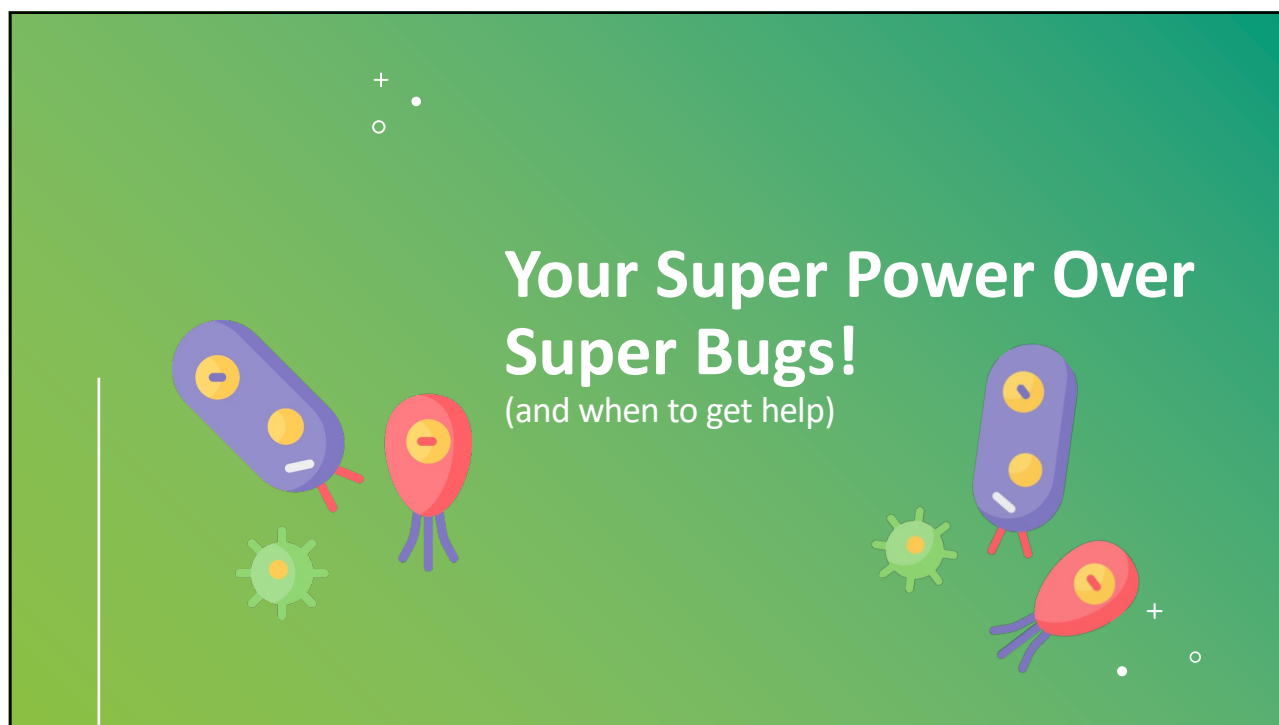




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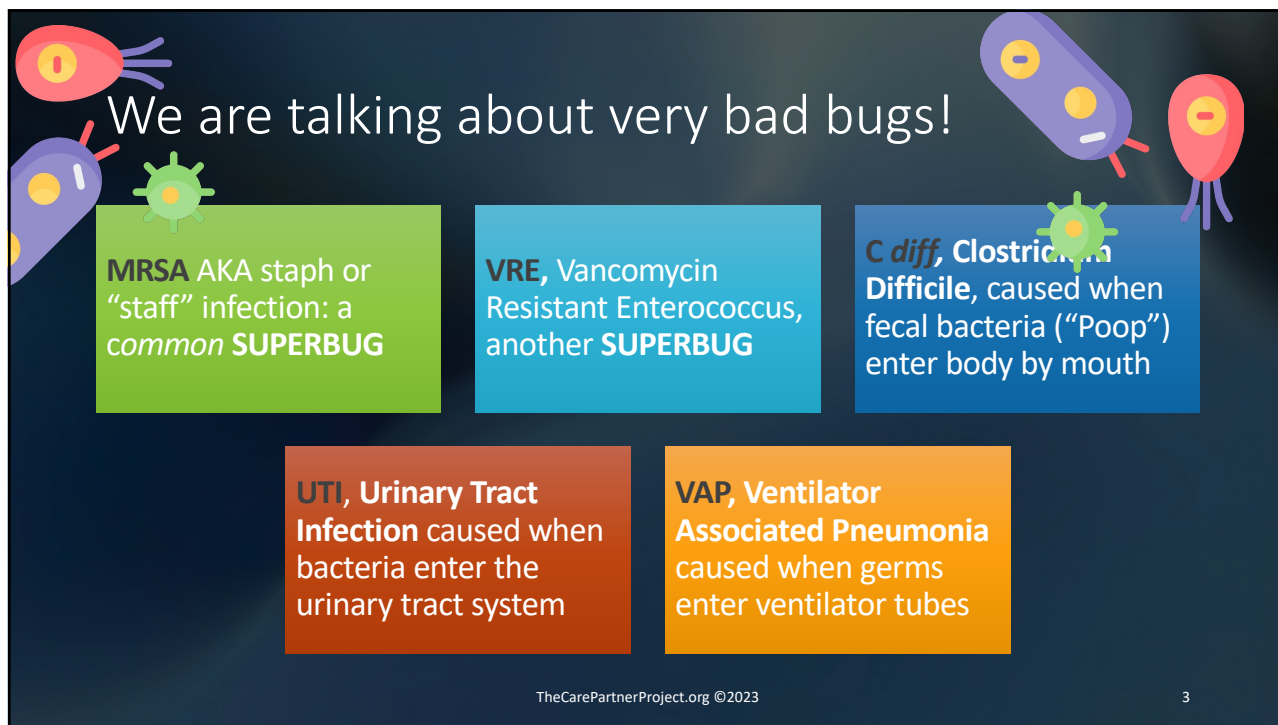
A yellow background on the left side of the slide features a glowing lightbulb with black lines radiating from it to represent light. A black cord extends from the bottom of the lightbulb. On the right side, the text "Today: Your Super Power over Super Bugs" is displayed in a large, black, sans-serif font. Below this text is a horizontal green line. Underneath the line is a bulleted list of topics. At the bottom right, there is a small copyright notice and the number 2.

Today:
Your Super Power over
Super Bugs

- **How infections are picked up** in hospitals and your community (besides Covid)
- **Key facts** that that aren't well known – but are actually **critical to know!**
- **What to do** to prevent infections in hospital care and everyday life
- **How to spot** an infection setting in
- **When to sound alarms!**
- **Q & A!**

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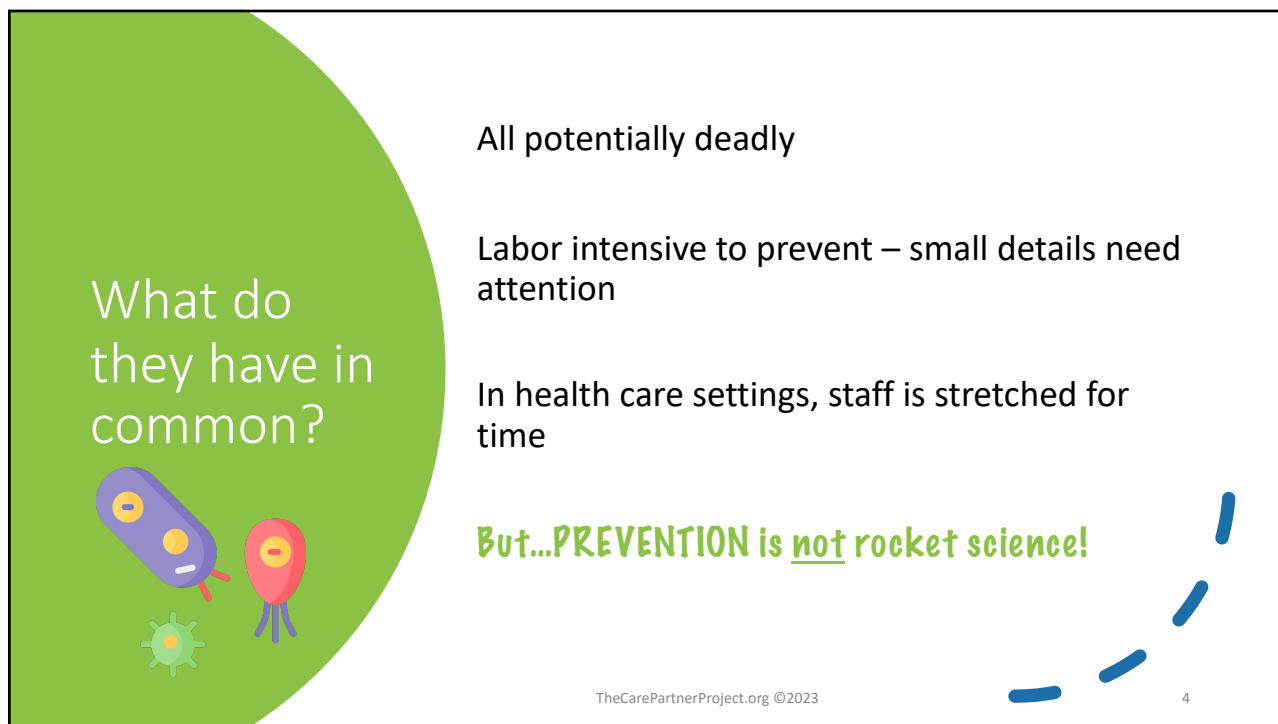


We are talking about very bad bugs!

- MRSA** AKA staph or “staff” infection: a *common* **SUPERBUG**
- VRE**, Vancomycin Resistant Enterococcus, another **SUPERBUG**
- C diff, Clostridium Difficile**, caused when fecal bacteria (“Poop”) enter body by mouth
- UTI, Urinary Tract Infection** caused when bacteria enter the urinary tract system
- VAP, Ventilator Associated Pneumonia** caused when germs enter ventilator tubes

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What do they have in common?

- All potentially deadly
- Labor intensive to prevent – small details need attention
- In health care settings, staff is stretched for time
- But...PREVENTION is not rocket science!**

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Your Super Power over Superbugs!



You can save a life without 8 years of medical school.

Let's get started!

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THE CARE PARTNER PROJECT

About ▾ Hospital Stay Checklists ▾ ERI Care Checklist Surgery Support ▾ Covid Care Safe Childbirth Diagnosis Checklist TIPS! ▾ Community Education ▾ Advocacy Fund ❤️ Donate

Your Super Solutions Here!

The Care Partner Project

How to get the care you want for the people you love.
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Free to download at www.TheCarePartnerProject.org

Helping you help the People You Love

ABOUT C. DIFF INFECTIONS

C. diff is another type of infection from germs in hospitals. It causes diarrhea and dehydration that can lead to heart failure.

RISK FACTORS

All patients are at an risk of C. diff, especially those age 65+, recent use of antibiotic medications, prior history of C. diff, long stays of dialysis, weak immune system, live in a nursing home or other long-term care facility.

REMEMBER,
IT'S ONLY A
SPEAK UP!

CHECKLIST

HELP PREVENT C. DIFF INFECTION

- ☐ If your loved one has been on antibiotics in the past year or lives in a nursing home or long-term care facility, make sure these facts are part of the medical record. To be on the safe side, tell your loved one's nurses yourself.
- ☐ Follow the checklist for preventing Superbug infections.

Alcohol wipes won't kill C. diff germs. In addition to alcohol wipes, keep your loved one's surroundings extremely clean with bleach wipes. Wipe down these surfaces when your loved one first arrives and after every touch-point by anyone. (Pay special attention to toilet doors and faucets.)

- cell phone
- grab rails
- triable table
- wheelchair
- call lights
- TV remote
- bed rails
- bedside table
- IV pole
- IV stand
- shower and commode
- bed rails
- wheelchair
- nightstand
- room chair

Don't forget personal items, such as:

- glasses & case
- cell phone, earbuds
- keys
- wallet

NOTE: It's OK to ask for bleach wipes. If the hospital doesn't have a supply, let them know! Be sure to choose a trusted brand of bleach wipes from a well-known store.

Wash your hands and your loved one's hands thoroughly with warm soap and water before eating and after using the bathroom. A soft soap mat (brush) helps clean under nails where C. diff spores can hide.

Bring clean clothes to the hospital for your loved one to wear home. Store and contain in a plastic bag to keep germs from.

- As soon as you get home, wash all clothing you or your loved one wore in the hospital.

Helping you help the People You Love

CHECKLIST

PREVENT URINARY TRACT INFECTIONS

- ☐ Every day, tell the RN you're in bed.
- ☐ When a nurse needs to do a catheter, ask to be in bed.
- ☐ If you're not in bed, ask to be in bed.
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Helping you help the People You Love

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SPEAK UP!

THE CARE PARTNER PROJECT

Helping you help the People You Love

How to Get the Care You Want for the People You Love

ABOUT BLOODSTREAM INFECTIONS

Germs can invade the body through cuts or breaks in the skin, resulting in serious infection that's carried through the body in the bloodstream.

RISK FACTORS

Use of a tube and bag system called an IV or "Central Line" to deliver fluids.

Check out [Partnering To Heal](#), a great video for Care Partners. In just a few minutes, it shows how you can help prevent infection, and why your help is so important!

REMEMBER,
IT'S ONLY A
SPEAK UP!

CHECKLIST

PREVENT BLOODSTREAM INFECTION

- ☐ When a central line is inserted, ask: "Are you using a central line bundle and checklist?"

Watch to make sure that nurses and doctors always:

- Wash their hands thoroughly before touching your loved one
- Use sterile instruments and supplies
- Clean the skin with an alcohol wipe
- Choose the safest spot (Ask, "Why?" if groin is chosen)
- Use a clean sheet to drape your loved one's body
- Wear a mask
- Cover the area with a sterile pad

- ☐ Make sure any openings in the skin are kept covered at all times.

COMMON LOCATIONS FOR CENTRAL LINES AND IVS

xxx shows example surgery sites

GET A NURSE IF...

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MRSA/VRE (Everywhere)

Bill Aydt

Successful lung transplant to cure pulmonary fibrosis

Fall
VAP
MRSA
C diff
DVT, PE to new lung
Stage 4 bed sore
MRSA – again
C diff – again

7 months post transplant, died from infections
Never left the hospital



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Key Facts for Preventing MRSA/VRE

Watch like a hawk & speak up for hand-washing! Train hospital visitors to do same.

Sound the Alarm
Report docs and nurses who don't wash hands or argue with you about it to QI, CNO, CMO, CEO.

Surface cleaning is just as important as hand-washing: alcohol-based cleansers work best

Surfaces must be cleaned after every touch.

Hand cleansers: use 80%+ alcohol content to be effective. Soap & water are great.

MRSA bugs thrive on clothing & fabrics (hospital drapes!) Wash your own clothes after hospital visit

Gloving protects the health care worker, not the patient

70% of hospital MRSA infections show up after discharge

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Try the “The Twizzler Trade”



Getting eye rolls and arguments to your polite hand-washing requests?

Trade a Twizzler for a scrub-up!

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Try the “Soap Stopper” strategy



Line up bottles of antimicrobial hand gels/foams on the tray table and bedside table. Be quick to pass to clinicians before they touch your loved one, the patient. Clean cap and bottle with alcohol wipe after every use.

Wash your own hands before and after every touch, too.

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The “Paper Plea”



When you can't be there, leave a sign to speak up for the patient.

Place on the tray table and hang over the bed.

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Be Aware of Community Spreaders

- In your grocery store
- Your favorite lunch place
- Anywhere in public!

Sound the Alarm:

Report to their school: Dean level

Report to hospital: Infection preventionist, quality, CNO/CMO



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C Diff: Deadly gut punch

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Karla Wilson

During her 4-day stay, Karla ate food in the hospital that she says, “didn’t agree with me.”

She experienced almost Immediate diarrhea that has lasted for 2 years and has lost over 200 pounds as a result.

Nothing has worked to stop diarrhea and now Karla is hoping for a fecal transplant.



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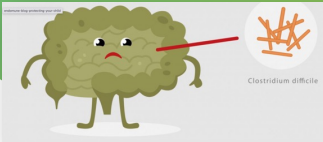
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Key Facts for Preventing C diff

Ask yourself: where can poop be picked up?

Not just human!

Sound the Alarm:
Any diarrhea.



Clostridium difficile

Surface cleaning, esp. in bathroom, is just as important as hand-washing.

C diff can't be killed by alcohol – **Bring your bleach wipes!**

Patient's hands must be kept clean. Soapy washcloth works best.

Clean under the nails with a nail brush

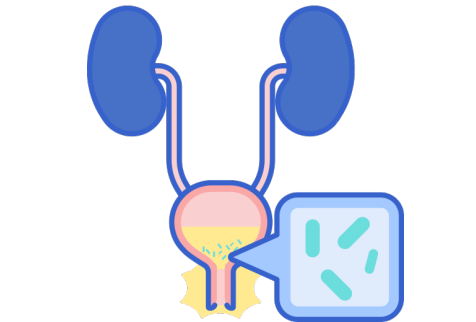
Clean hands after every trip to the bathroom

Clean hands before every meal

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A stylized diagram of the human urinary system. Two blue kidneys are at the top, connected by yellow ureters to a pink bladder. The bladder is partially filled with yellow liquid and contains small green bacteria. A blue callout box with a pointer indicates the infection. The urethra leads down to a yellow urethral opening. The entire diagram is set against a light blue background with a green horizontal line at the bottom.

Urinary Tract Infection: Gender blind

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Frank O'Connor

Suffered Lewy-Body disease with early-stage memory decline

Lived in Independent Living community in New York

Daughter in Oregon received phone calls from Frank, increasingly confused and disoriented

From confusion, fell in bathroom, hit the sink, got up but did not how to call for help: died from head trauma with **underlying condition – untreated urinary tract infection.**



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Key Facts for Preventing UTI/CAUTI*

Ask: Is a Foley/catheter really necessary?
Ask daily: Is the catheter *still* necessary?

Sound the Alarm
Onset or increase in mental confusion
Chills, shivering, body aches,
Lower back pain, blood in urine bag

(In hospital) daily cleaning of catheter is necessary

Make sure bag is replaced when full

Stay hydrated with 8 glasses of water and/or cranberry juice daily

Check adult diapers every 2 hours

Keep an eye on tubing to prevent kinks or tangles

When catheter no longer needed, make sure doc writes order. Stay on top of it!

Avoid caffeine and empty bladder as soon as full

Keep area clean, wipe front to back

UTI = Urinary Tract Infection
CAUTI = Catheter Associated Urinary Tract Infection (when urine is drained using a tub and bag system)

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VAP/Ventilator Associated Pneumonia: Not just Covid crisis

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Key Facts for Preventing VAP (Ventilator Associated Pneumonia)

Ask daily: Is ventilator still needed? Ask for a daily test of ability to breathe independently.

Sound the Alarm:

Cough with green or yellow phlegm
Chills, shivering, body aches, confusion
Increased need to suction to remove fluids
Panic attack (if restrained)

Oral care is super important to remove bacteria: teeth, gums & tongue

Ask about the bed angle (30 degrees)

Ask about stomach lying vs. bed angle (new learning from Covid)

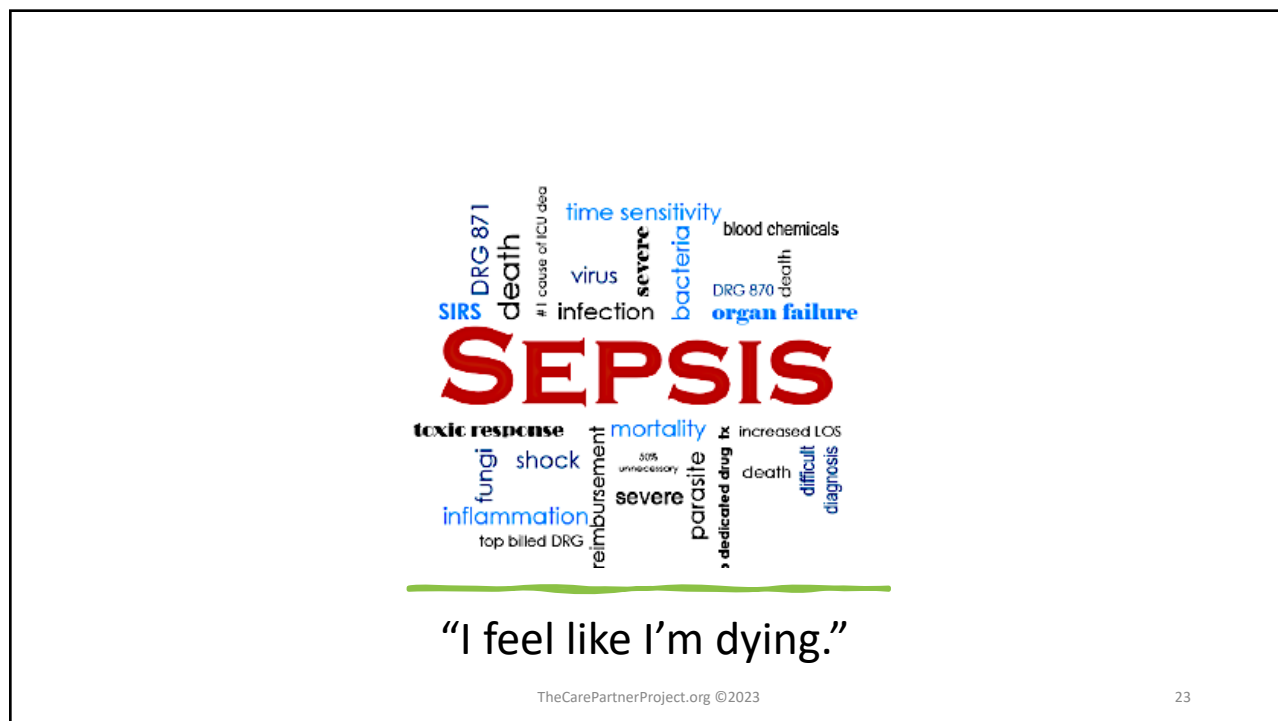
Ask about medication to prevent stomach ulcers (from vent)

Some patients are put in hand restraints to keep from pulling vent tubing out – very scary

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Rory Staunton

On Wednesday March 28, 2012, Rory dived for a ball during gym class at the Garden School in Jackson Heights, NY, and cut his arm. The gym teacher did not send him to the nurse who was on duty in her office, but instead, applied two band aids. He did not clean Rory's wound.

Sepsis took Rory's life 3 days later.

Read: <https://www.endsepsis.org/about-rory-staunton/>

A circular portrait of a young boy with dark hair and a grey shirt, smiling. In the background, a small image of a doll is visible.

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Key Facts for Preventing Sepsis

Act fast! Trust your gut! Persist as necessary. Press for testing. Ask about rapid test.

Sound the alarm for...
Lethargy, confusion, disorientation, inability to stay awake, fever, pain that doesn't respond to common pain relievers.

Your loved one/the patient Patient says:
"I feel like I'm dying,"/similar plea, fear.

- Sepsis results from immune system's extreme reaction fighting a bad infection (or several), e.g., urinary tract, bronchitis, strep, pneumonia
- Sepsis can result in organ failure, death – shockingly fast
- Infection can come from bacteria entering the body through any cuts, openings in the skin
- Common skin scrapes! Scratching bug bites
Places where IV's lines enter the body
- Hospitals are getting better at spotting sepsis, but can be slow to react
- Press for tests. Press for results. Press for treatment.

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Sound the Alarm for...

These symptoms are common across Infections.

See TheCarePartnerProject.org for specifics.

- Shortness of breath, shallow breath, rapid breathing
- New onset of mental confusion/disorientation/inability to focus
- Lethargy, inability to stay awake or alert
- Fever (note: some people don't run fevers with infection)
- Shivering
- "Off color" in skin, person "just doesn't look right"
- Pain not controlled by OTC relievers, e.g., Tylenol, Motrin
- Patient says:
"Something is really wrong with me."
"I don't feel like myself."

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CHECKLIST
HELP PREVENT C. DIFF INFECTION

If your loved one has been on antibiotics in the past year, or lives in a nursing home or long-term care facility, make sure these facts are part of the medical record. To be on the safe side, tell your loved one's nurse, yourself!

Follow the checklist for preventing Superbug Infections.

Alcohol wipes won't kill C. Diff germs. In addition to alcohol wipes, keep these germ killers on your nursing home, clinic, or home with alcohol wipes down these surfaces when your loved one has diarrhea and after every bathroom visit by anyone. (Pay special attention to toilet levers and faucets.)

• cell phone	• grab rails	• ring table
• wheelchair	• TV panel	• bedside table
• call button	• TV remote	• (top, sides, bottom and underneath)
• room phone	• toilet handle	
• faucet	• sink handle	• wheelchairs
• bed rails	• spinator	
• ventilator	• room chairs	

Don't forget personal items, such as:

- cell phones
- clipboard
- glasses & case
- iPad
- pen

NOTE: It's OK to ask for alcohol wipes if the hospital doesn't have a supply, buy them yourself. Be sure to choose a trusted brand of alcohol wipes from a well-known store.

Wash your hands and your loved one's hands with warm soap and water before eating and after using the bathroom. A soft soap mat for bath helps clean under nails where C. Diff spores can hide.

Bring clean clothes to the hospital for your loved one to wear home. Shirts and pants should be in a suitcase or plastic bag to keep germs there.

- As soon as you get home, wash all clothing you and your loved one wore in the hospital.

REMEMBER, IT'S OKAY TO SPEAK UP!

CHECKLIST
PREVENT URINARY TRACT INFECTIONS

If your loved one has a urinary catheter, make sure these facts are part of the medical record. To be on the safe side, tell your loved one's nurse, yourself!

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Watch to make sure that nurses and doctors always:

- Wash their hands thoroughly before touching your loved one
- Use sterile instruments and supplies
- Clean the skin with an alcohol wipe
- Choose the safest spot (Ask, "Why?" if groin is chosen)
- Use a clean sheet to drape your loved one's body
- Wear a mask
- Cover the area with a sterile pad

Make sure any openings in the skin are kept covered at all times.

COMMON LOCATIONS FOR CENTRAL LINES AND IVS

CENTRAL LINE: XXX

IV LINES: often, but not always, go here.

CENTRAL LINE can go in the groin, but it's not the safest place.

XXX shows example surgery sites.

GET A NURSE IF...

Check out Partnering To Heal, a great video for Care Partners. In just a few minutes, it shows how you can help prevent infection, and why your help is so important!

REMEMBER, IT'S OKAY TO SPEAK UP!

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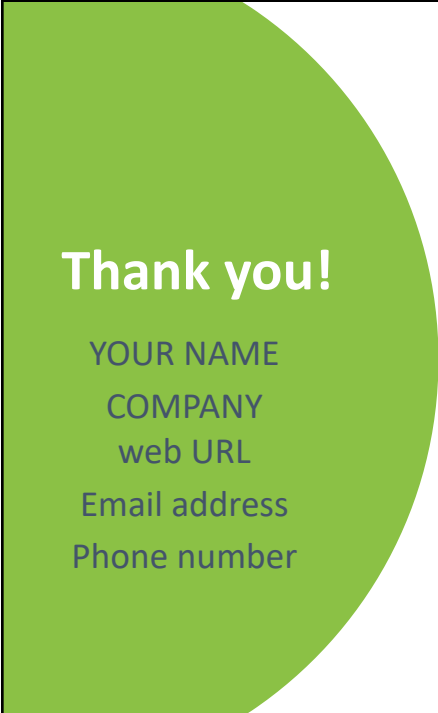
Questions? Ideas? Let's talk!

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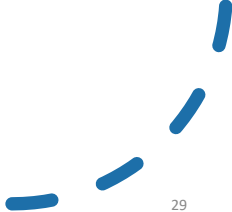
Thank you!

YOUR NAME
COMPANY
web URL
Email address
Phone number

If this information was helpful to you today, kindly spread the word with your groups in our area.

- I speak on other topics, as well.
- In person or on ZOOM
- Just call or drop me a note!

INSERT YOUR HEADSHOT HERE.



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