



# PA Project Firstline Newsletter

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## Request a Pennsylvania PFL Training:

Pennsylvania PFL provides free in-person or virtual training on various infection prevention and control (IPC) topics for all types of healthcare facilities and frontline healthcare personnel.

### FEATURED: Escape Room Training



The escape room is a live, interactive training where teams of 3-5 people work together for 30 minutes to navigate Clutterbug's clever traps and help unite with Captain Germ-B-Gone to proclaim victory. Four stations cover hand hygiene, source control, cleaning and disinfection, and PPE and reinforce specific IPC objectives.

### Check out list of training topics and request training for your facility:

[Access form here](#)

OR

Scan the QR code below.



## Personal Protective Equipment (PPE)

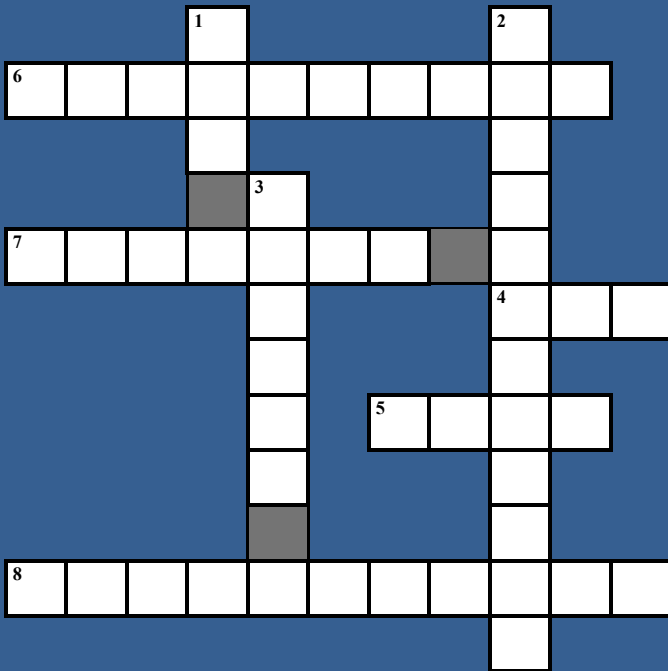


PPE is protective gear that keeps you safe from injury and helps stop the spread of germs. PPE is a critical component in the collection of tools used to prevent the spread of germs in healthcare settings. Proper use of PPE creates a barrier between germs and healthcare personnel, thereby protecting both patients and staff from potentially hazardous exposures.

- It is essential to understand the risk of exposure for each situation, so that you are able to select the proper PPE<sup>1</sup>.
- PPE should protect mucous membranes, airways, skin, and clothing from infectious material<sup>2</sup>.
- PPE should be comfortable to wear and fit well to ensure it does not hinder the user's ability to perform tasks effectively<sup>2</sup>.
- PPE should meet the standards and guidelines provided by reputable organizations, such as the American National Standards Institute (ANSI), to ensure adequate protection and durability<sup>2</sup>.
- Donning and doffing protocols should minimize self-contamination and ensure safe disposal<sup>1,3</sup>.

## PPE Crossword Puzzle

Test your knowledge of PPE in healthcare with this fun and educational crossword puzzle!



### Down

1. Acronym for the equipment you wear to create a barrier between you and germs
2. Preferred method to clean hands when visibly soiled
3. The last piece of PPE to put on

### Across

4. Common type of respirator mask used in healthcare settings
5. Protective clothing worn to shield the body when entering the room of a patient with *Clostridioides difficile* (*C. diff*)
6. General term for the respiratory protection device used for airborne precautions
7. A type of protective eyewear that shields against splashes
8. Must be performed before donning PPE and after doffing PPE

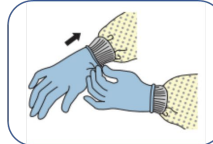
\*Answer to crossword puzzle on next page

## Training and Resources on PPE

### Trainings:

- [CDC Project Firstline: PPE Basics](#)
- [CDC Project Firstline: Respirator Basics](#)
- [TRAIN Pennsylvania: How to Protect Yourself: Safe Use and Re-Use of PPE](#)

## Standard PPE Types and Proper Use



**Gloves:** Protect hands from contaminants



**Gown:** Provide body protection from infectious agents



**Masks and Respirators:** Protect the respiratory system from droplet and airborne pathogens



**Goggles:** Shields eyes from splashes and sprays



**Face shields:** Protect face, mouth, nose, and eyes

### PPE Proper Use:

- Choose PPE based on the nature of patient interactions and potential exposure to blood, body fluids, or infectious materials.
- Follow proper techniques for donning and doffing per Center for Disease Control and Prevention (CDC) guidelines [PPE donning and doffing sequence](#).
- Practice proper hand hygiene before donning and after doffing PPE.
- Store new, unused PPE in a dry area at room temperature, protected from dust, moisture, and other contamination.
- Check manufacturer guidelines and rotate stock to avoid expiration.
- Maintain an adequate supply of PPE for routine needs and potential surges and implement effective inventory management practices to prevent shortages and ensure timely replenishment.

### Hand Hygiene: Continuous Emphasis

Even with the use of PPE, hand hygiene remains a cornerstone of IPC. It is essential to perform hand hygiene at the following times:

- Before and after patient contact or contact with the patient's surroundings
- After contact with blood, body fluids, or contaminated surfaces
- Before performing aseptic tasks
- Before donning and after doffing PPE

## Additional CDC Resources:

- [Video: What is PPE?](#)
- [Guidance for the selection and use of PPE in healthcare settings](#)
- [The Basics of Standard Precautions](#)
- [Implementation of PPE use in nursing homes to prevent spread of multidrug-resistant organisms \(MDROs\)](#)
- [Conserving supplies of PPE in healthcare facilities during shortages](#)
- [Auditing and feedback of PPE use](#)

## Contact Us

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### \*Answers to crossword puzzle:

Down	Across
1. PPE	4. N95
2. Soapandwater	5. Gown
3. Gloves	6. Respirator
	7. Goggles
	8. Handhygiene

### References:

CDC's core infection prevention and control practices for safe healthcare delivery in all settings. Centers for Disease Control and Prevention. Accessed July 17, 2024. <https://www.cdc.gov/infection-control/hcp/core-practices/index.html>

Considerations for selecting protective clothing. Centers for Disease Control and Prevention. Accessed July 17, 2024. <https://www.cdc.gov/niosh/npptl/topics/protectiveclothing/default.html>

Isolation Precautions Guideline. Centers for Disease Control and Prevention. Accessed July 17, 2024. <https://www.cdc.gov/infection-control/hcp/isolation-precautions/index.html>

## Standards for PPE Selection in Healthcare Facilities

Selecting the appropriate PPE for healthcare settings is crucial for effective infection prevention and control (IPC). Healthcare facilities should adhere to standards and guidelines provided by reputable organizations to ensure the safety of both patients and healthcare workers. Some resources for U.S. healthcare settings are listed below:

- **Occupational Safety and Health Administration (OSHA)** provides regulations for PPE use in healthcare settings when there is anticipated exposure to blood or other potentially infectious materials.
  - [Bloodborne Pathogens Standard](#)
  - [PPE Standard](#)
- **CDC** offers detailed guidance on PPE selection and use based on the level of protection required for different clinical situations.
  - [PPE-INFO Database](#)
  - [NIOSH Directory of PPE](#)
- **ANSI and the Association for the Advancement of Medical Instrumentation (AAMI)** set performance criteria for various types of PPE, including protective clothing and respiratory protection.
  - [AAMI PB70 Liquid barrier classification of protective apparel in healthcare](#)
- **Food and Drug Administration (FDA)** regulates medical-use PPE through a review process that ensures these devices meet performance, labeling, and intended use standards, thereby providing reasonable assurance of their safety and effectiveness.
  - [PPE for IPC](#)