



As Per: Podiatrist Regulation

Schedule B: **STANDARDS OF PRACTICE**

Standard 4: **Infection Control Guidelines**

(approved Feb, 2007)
(revised Nov 13, 2007)

Introduction:

The aim of these infection control guidelines is to reduce the exposure and transmission of infectious and potentially pathogenic micro-organisms.

This is achieved by following the guidelines for:

1) Hand Washing:

Hands must be washed at least between each patient treatment and after removing gloves.

2) Gloves:

Are not a substitute for hand washing.

Are single use items.

Must be changed at least between each patient treatment.

3) Hand Washing Facilities:

Should be conveniently located throughout each health care setting.

Should be available in or adjacent to rooms where patient care is given.

Sinks for hand washing should be used only for hand washing.

Utility sinks (eg: for preparing instruments for cleaning/sterilizing) should not be used for hand washing.

There should be access to adequate supplies: proper functioning soap and towel dispensers, or liberal use of waterless hand wash agents.

4) Instrument Cleaning and Sterilizing:

All instruments used in foot care must be sterilized.

Sterilized means steam under pressure ie: table top sterilizers.

The sterilizing cycle must be monitored using all of the following methods:

- a) Mechanical: using time & temperature printouts.
- b) Chemical: using time & temperature sensitive tape strips.
- c) Biologic: spore laden strips or vials.

a) & b) must be done with each cycle & indicate that the appropriate time, temperature & pressure needed to achieve sterilization have been met.

c) must be done at least weekly & ensures the actual effectiveness of the sterilization process, which is intended to kill all microbes, including spores.

All instruments must be cleaned prior to sterilizing enabling maximum efficacy of subsequent disinfection & sterilization treatments.

5) Ultrasonic Cleaning:

Use a cleaning solution recommended for the ultrasonic cleaner.

Solution should be changed when visibly soiled, or at least daily.

Rinse and dry the cleaning chamber at the end of each day.

Test the function of the ultrasonic unit using the aluminium foil test.

6) Instrument Storage:

Clean and or sterile instruments and supplies must be stored in an area separate from where the cleaning of soiled devices occurs and must be protected from moisture and dust.

7) Single Use Instruments: eg: disposable needles, scalpel blades, mini (beaver) blades, lancets, etc.

These are 'single use' items and must not be re-sterilized.

These must be disposed of according to local regulatory guidelines eg: placed in a puncture proof container and, ideally, incinerated.

8) Persons Involved With Cleaning, Disinfecting, Sterilizing:

All persons involved with cleaning, disinfecting, sterilizing must receive appropriate training in these areas.

9) Bloodborne Pathogens:

It is recommended that all health care workers know their bloodborne pathogen status.

All health care workers who may be exposed to blood/body fluids should be immunized against Hepatitis B & should receive post-immunization antibody testing.

10) Blood Exposure:

Strategies should be in place to deal with significant exposure to human blood/body fluids: *log book with incident date/report etc.*

11) Blood Spills:

Wear appropriate protective equipment/clothing for cleaning up a blood spill.

Clean any organic matter first, to enable effective disinfection of the area.

Decontaminate with sodium hypochlorite or approved 'hospital disinfectant'. Use at the recommended dilutions and temperatures.

12) Housekeeping:

Strategies should be in place for surface disinfection of the health care setting:

Horizontal surfaces, walls, blinds, floors, upholstery, toys, washrooms etc.

The Health Canada document "*Hand Washing, Cleaning, Disinfection and Sterilization in Health Care*" indicates that these guidelines are appropriate for all foot care providers in the Regulated Health Sector in Canada. Therefore this includes:

Podiatrists
Podiatric Surgeons
Foot Care Nurses

This information has been compiled using the following federal (Health Canada) and provincial (Manitoba Health) documents:

Health Canada: (all under "Infection Control Guidelines").

a) Hand Washing, Cleaning, Disinfection and Sterilization in Health Care:

<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/98pdf/cdr24s8e.pdf>

b) Preventing the transmission of Bloodborne Pathogens in Health Care & Public Service Settings:

<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/97pdf/cdr23s3e.pdf>

c) Foot Care by Health Care Providers:

<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/97vol23/23s8/fcindexe.html>

Manitoba Health:

a) Integrated Post-Exposure Protocol:

<http://www.gov.mb.ca/health/publichealth/cdc/fs/ipep.pdf>

b) Questions & Answers on lancing Devices:

<http://www.gov.mb.ca/health/publichealth/cmoh/lancing.html>

Further Reading:

National Health Professions

College of Chiropodists of Ontario:

Standards of Practice for Chiropodists & Podiatrists

www.cocoo.on.ca

Ontario Health document:

Best Practices for Cleaning, Disinfection & Sterilization in all Health Care Settings.

http://www.health.gov.on.ca/english/providers/program/infectious/diseases/best_prac/bp_cds_2.pdf

College Physicians & Surgeons MB:

Infection Control in the office Setting

www.cpsm.mb.ca

Manitoba Dental Association:

Infection Control Resource Manual 2006

(Not sure if this is available on their website yet).

International Health Professions

Society of Chiropodists & Podiatrists UK

Decontamination of Re-usable Instruments in Primary care 2005

www.feetforlife.org

Australasia Podiatry Council

National Infection Control Guidelines for Podiatry

http://www.apodc.com.au/infection/nat_infection_control.pdf

British Dental Association

Infection Control in Dentistry

www.bda.org under: quick menu: 'advice sheets'

National Health Service UK

NHS Professionals Infection Control Guideline

<http://www.nhsprofessionals.nhs.uk/download/key-documents/NHSPinfectioncontrolguidelines.pdf>
