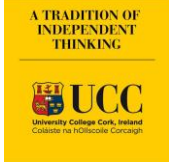




Infection Prevention and Control A Foundation Course

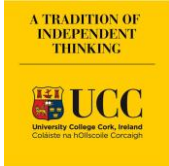
2014





Respiratory Hygiene and Cough Etiquette

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Respiratory Hygiene / Cough Etiquette



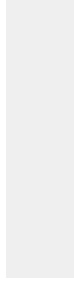
- Respiratory Hygiene/ cough etiquette was added to the list of Standard precautions by the Centre for Disease Control and Prevention (CDC) in 2007 in response to the 2003 Severe Acute Respiratory Syndrome (SARS) outbreak
- Lessons learned from the outbreak was the need for vigilance and prompt implementation of infection control measures at the first point of encounter within a healthcare setting
- These precautions should be applied to any person with signs of respiratory illness including cough and increased production of respiratory secretions



Elements of respiratory Hygiene/Cough etiquette



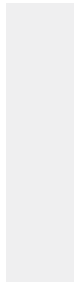
- Education of staff, visitors and clients
- Display posters- available on HPSC website
- Source control measures- covering nose and mouth when coughing/sneezing
- Hand hygiene



How?



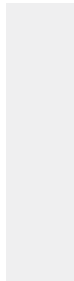
- Spatial separation- ensure at least 1 metre between, display posters
- Offer masks to clients/ patients if tolerated
- Healthcare personnel advised to observe droplet precautions when caring for and examining patients showing signs of respiratory illness



Promote Respiratory Hygiene/Cough Etiquette



- Provision of tissues
- Provision of hand hygiene facilities
- Provision of educational posters
- Provision of respiratory hygiene poster on HPSC website
- Provision of masks

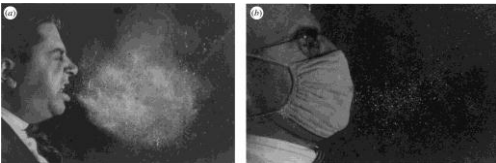


Masks

- Masks are used for three reasons:
 1. To protect Healthcare workers from contact with infectious material from patients e.g respiratory secretions and sprays of blood or body fluids
 2. To protect the patient from exposure to infectious agents carried in the healthcare workers nose/mouth when engaged in a sterile technique
 3. Worn by patients/clients coughing to limit potential dissemination of infectious respiratory secretions from the patient/client to others



(a) Dramatic stroboscopic pictures showing the dispersal of droplets in a sneeze and (b) how this dispersal is attenuated by a cotton mask.



Clark R P, de Calcina-Goff M L J. R. Soc. Interface 2009;6:S767-S782

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Masks / Respirators

- Masks should not be confused with particulate respirators that are used to prevent inhalation of small particles that may contain infectious agents transmitted via the airborne route e.g. TB



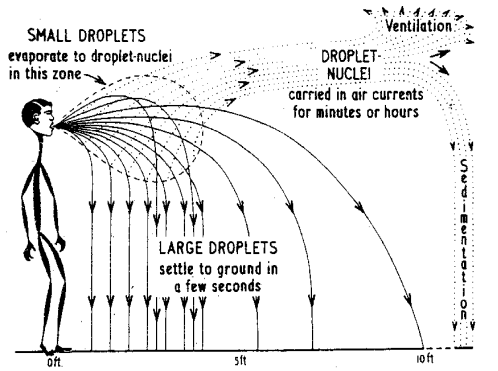


Fig. 67.1 Spread of respiratory infections by droplets and droplet nuclei.

Remember!!!

- Encourage patients/ clients when coughing/sneezing , do so into a clean tissue and turn your head away from others
- Dispose of tissue into a waste bin
- If tissue not available do so into your arm
- Decontaminate your hands
- Remember the Flu season is approaching!!!!