



**Community Infection Prevention and Control
Policy for Domiciliary Care staff**

Safe management of blood and body fluids

**SAFE MANAGEMENT OF
BLOOD AND BODY FLUIDS**

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Organisation:

Signed:

Job Title:

Date Adopted:

Review Date:

If your organisation would like to exclude or include any additional points to this Policy, please include below. Please note, the Community IPC Team cannot endorse or be held responsible for any addendums.

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1. Introduction

This Policy is one of the 'Standard infection control precautions' (SICPs) referred to by NHS England and NHS Improvement.

Blood and body fluids, e.g. urine, faeces (stools) and vomit, may contain a large number of micro-organisms, such as bacteria and viruses. Contamination or spillages with blood or body fluids should be dealt with immediately, as this may expose staff and others to infection. Appropriate personal protective equipment should be worn when dealing with blood and body fluids.

Always use standard infection control precautions and transmission based precautions (SICPs and TBPs), refer to the 'SICPs and TBPs Policy for Domiciliary Care staff'.

When caring for service users in relation to COVID-19 or any other new emerging infections, staff should refer to national infection prevention and control guidance.

2. Dealing with blood/blood stained body fluid spillages

Items contaminated with blood or any body fluids stained with blood should be disinfected promptly and then the affected area cleaned (see table below) to reduce the risk of infection to other people.

Best practice is to use a chlorine-based solution, such as household bleach, following the manufacturer's instructions on the bottle where available, or prepare as below.

See section 4 'Note' regarding solution use on unsuitable surfaces and urine.

Action for blood and/or blood stained body fluid spillages Dilution of 10,000 parts per million (ppm) available chlorine

Preparation of a household bleach solution: dilution of 1 in 10, e.g. 10 ml of household bleach in 100 ml of cold water.

1. Clean hands and put on disposable apron and gloves.

2. Ventilate the area, e.g. open windows/doors, as fumes will be released from the chlorine.
3. Cover the spill with paper towels, e.g. kitchen roll.
4. Pour the household bleach solution on top of the paper towels and leave for the required contact time of 5 to 10 minutes.
5. Clear away paper towels/spillage, dispose of by putting in a plastic bag.
6. With a disposable cloth, clean the area using detergent and warm water, then leave to dry or dry with paper towels.
7. Dispose of cloth and paper towels in the plastic bag.
8. Remove gloves, clean hands, remove apron. Dispose of in the plastic bag, tie the plastic bag and place into the waste bin.
9. Wash hands with liquid soap and warm running water, rinse and dry thoroughly to prevent the transmission of infection.

3. Dealing with body fluid spillages (not blood/ blood stained)

Clean up body fluids, such as urine, faeces and vomit, promptly. The affected area should be cleaned and then disinfected (see table below) to reduce the risk of infection to other people.

Best practice is to use a chlorine-based solution, such as household bleach, following the manufacturer's instructions on the bottle where available or prepare as below.

See section 4 'Note' regarding solution use on unsuitable surfaces and urine.

Action for body fluid spillages

Dilution of 1,000 parts per million (ppm) available chlorine

Preparation of a household bleach solution: dilution of 1 in 100, e.g. 10 ml of household bleach in 1 litre of cold water.

1. Clean hands and put on disposable apron and gloves.
2. Ventilate the area, e.g. open windows/doors, as fumes will be released from the chlorine.
3. Soak up any excess liquid or clean up any solid material using paper towels, e.g. kitchen roll.
4. Clear away paper towels/spillage, dispose of by putting in a plastic bag.
5. With a disposable cloth, clean the area with detergent and warm water followed by the household bleach solution, then leave to dry or dry with paper towels.
6. Dispose of cloth and paper towels in the plastic bag.

7. Remove gloves, clean hands, remove apron. Dispose of in the plastic bag, tie the plastic bag and place into the waste bin.

8. Wash hands with liquid soap and warm running water, rinse and dry thoroughly to prevent the transmission of infection.

4. Use of chlorine-based disinfectants

Note:

- Chlorine-based disinfectants, such as household bleach, should not be used on soft furnishings, untreated wood and carpets, as it will cause 'whitening/bleaching'. Therefore, only detergent and warm water, a carpet shampoo machine or steam cleaner, should be used
- Do not use a chlorine-based disinfectant solution directly on urine as toxic fumes will be released

- Always use the appropriate personal protective equipment (PPE), e.g. disposable apron and gloves, and wear facial protection if there is a risk of splashing to the face.
- Always use cold water when diluting chlorine-based disinfectants, using hot water breaks down the active ingredient of bleach, making it ineffective (meaning the bleach doesn't work).
- If the dilution of the chlorine-based disinfectant is incorrect and a weak solution is used, any blood-borne virus, e.g. hepatitis B, hepatitis C and HIV, will not be killed. If the dilution is too strong, the care equipment or surfaces may be damaged.
- Diluted chlorine-based disinfectant solutions become less effective after 24 hours. When a solution is made, the date and time should be recorded and the solution disposed of after 24 hours.
- To ensure that micro-organisms are killed, always leave chlorine-based disinfectant solutions for 5-10 minutes contact time, or as specified on the container.
- If soft furnishings or other items are heavily contaminated with blood or body fluids that cannot be adequately decontaminated, they should be disposed of.

5. Splashes of blood or body fluids

Splashes of blood or body fluids to the eyes, nose or mouth must be treated as potential exposure to a blood-borne virus. Rinse eyes, nose or mouth with copious amounts of water and then:

- Report the injury to your manager immediately
- Immediately contact your GP for assessment and treatment as required. During 'out of normal office hours', attend the nearest Accident and Emergency (A&E) department

Refer to the 'Safe management of sharps and inoculation injuries Policy for Domiciliary Care staff'.

6. Infection Prevention and Control resources, education and training

The Community Infection Prevention and Control (IPC) Team have produced a wide range of innovative educational and IPC resources designed to assist Domiciliary Care in achieving compliance with *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance* and CQC registration requirements.

These resources are either free to download from the website or available at a minimal cost covering administration and printing:

- IPC Policy documents for Domiciliary Care staff
- 'Preventing Infection Workbook: Guidance for Domiciliary Care staff'
- IPC audit tools, posters, leaflets and factsheets
- 'IPC Bulletin for Domiciliary Care staff'

In addition, we hold educational study events in North Yorkshire and York and can arrange bespoke training packages. Prices vary depending on your requirements and location.

Further information on these high quality evidence-based resources is available at www.infectionpreventioncontrol.co.uk.

7. References

Department of Health (2015) *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance*

Health and Safety Executive (Accessed December 2019) *How to deal with an exposure incident* www.hse.gov.uk/biosafety/blood-borne-viruses/how-deal-exposure-incident.htm#immediate

NHS England and NHS Improvement (March 2019) *Standard infection control precautions: national hand hygiene and personal protective equipment policy*