WHAT IS STANDARD ISOLATION/PRECAUTIONS AND WHY DO WE USE IT?

Standard Isolation/precautions offers protection for all patients, health-care providers and contracted employees. It is based on anticipated risk and good judgement in handling potentially infectious substances, such as blood or body fluids. There is a need for protect from known and unknown sources of infection; such as, Hepatitis B, Hepatitis C, and HIV.

Pictured above is part of the sign posted outside the patient’s room. It identifies issues to be aware of while caring for any patient.

WHAT TYPE OF PRECAUTIONS SHOULD I USE?

HAND HYGIENE is the first line of defense against the spread of infection.

Wash hands with soap and water:
- when there is visible soiling or contamination with blood/body fluid
- before eating
- after using a restroom

Decontaminate hands with a waterless, alcohol-based hand gel:
- before having direct contact with patients
- after contact with patient if hands are not visibly soiled
- after contact with patient’s environment, including medical equipment
- after removing gloves
- before leaving patient’s room

Patients and visitors are encouraged to ask their caregivers if they have washed their hands. They receive an informational pamphlet upon admission, and this sign is posted in every patient room.

**PERSONAL PROTECTIVE EQUIPMENT (PPE)**

PPE is available in all patient care areas. Please take the time to note location of supplies.

**Gloves:** are to be worn when there is a risk that hands will come in contact with blood, body fluid, or tissue. Examples are: changing a dressing, emptying a bedpan, handling specimens or cleaning equipment. Bandage any cuts before using gloves.
**Mask/goggle or face shield** are to be worn if splattering of blood/body fluids or chemicals is anticipated. Examples are: suctioning or emptying a container of fluid.

**OSHA approved high filtration/N95 mask** is to be worn by employees caring for patients on airborne isolation. These masks are worn only after a medical evaluation and fit testing have been done by a qualified/trained individual. Students are not included in this program, and therefore should not enter the room of a patient on airborne isolation.

**Blue surgical cone shaped mask** is to be worn by:
   a. employees caring for patients who are on Droplet Isolation.
   b. a patient on Airborne or Droplet Isolation when he/she leaves their room.

**Gown/apron** is worn if contamination of clothing is anticipated. Examples are: trauma case in the E.D. or cleaning soiled equipment.

**Ambu bag with mask** attached is to be used in CPR (cardio-pulmonary resuscitation). This equipment is readily accessible in areas where the need is anticipated. Microshields are also available at the patient’s bedside when an ambu bag with mask is not available for immediate use in CPR.

**ARE THERE ANY CIRCUMSTANCES WHEN ADDITIONAL PRECAUTIONS ARE NECESSARY?**

Yes, additional precautions are needed for patients with known or highly suspected communicable diseases, drug-resistant organisms, and other potentially infectious conditions.
- An isolation/precaution sign is placed in the room sign/frame to denote the type of precautions and the steps to take to protect the caregiver. On the back of the sign, there is a list of diseases and illnesses for the type of precaution in use. These signs are kept at the Nurse’s Station.
- A yellow bracelet is placed on patient to identify as precaution patient.
- A red chart bag is used for patient transport to denote precautions.
- A yellow stethoscope is dedicated to the precaution room.
**REVERSE ISOLATION** is required to protect the patient from potential sources of infection. A sign stating “REVERSE PRECAUTIONS” is placed outside the patient's room. Masks must be worn by those with symptoms of a cold or other respiratory illness when entering the patient's room.

**CONTACT ISOLATION** is required when there is a potential for transmitting infectious pathogens from contaminated surfaces by direct contact. A private room is required. Gloves and gown are worn when entering the room. A sign stating "CONTACT PRECAUTIONS – Visitors must report to the Nurse’s Station" is placed outside the patient's room. Examples include: all sources (urine, blood wound and sputum) of MRSA, VRE, and other drug-resistant organisms.

**CONTACT “PLUS” PRECAUTIONS** will be used for patients with known or suspected C-difficile diarrhea.

**DROPLET ISOLATION** is required when diseases are known or suspected; such as, meningococcal meningitis, Pertussis or Influenza. A private room is required. A negative pressure room is preferred. A sign stating "DROPLET PRECAUTIONS – Visitors must report to the Nurse’s Station" is placed outside the patient's room. A blue surgical cone shaped mask must be worn by employees and visitors when entering the patient's room and by the patient when he/she leaves their room.

**AIRBORNE ISOLATION** is required for Tuberculosis (TB) respiratory infection and Measles. Patients are placed in a negative pressure private room. A sign stating "AIRBORNE PRECAUTIONS – Visitors must report to the Nurse’s Station" is placed outside the patient's room. An N95 respirator must be worn by employees when entering the room. A blue surgical cone shaped mask is to be worn by the patient when he/she leaves their room.
**AIRBORNE & CONTACT ISOLATION** is required for Varicella and disseminated herpes zoster. A private negative pressure room is required. A sign stating "AIRBORNE & CONTACT PRECAUTIONS – Visitors must report to the Nurse’s Station" is placed outside the patient's room.

- Immune persons, no mask required
- Susceptible persons – DO NOT ENTER ROOM.*
  *N95 respirator, gown and gloves required if susceptible person must enter room.

**HOW IS LINEN HANDLED?**

All linen is handled the same, as if it were contaminated. It is rolled, contained, and placed in an impermeable plastic bag supplied by the Linen Department.

Hampers should not be overfilled, as pictured below.

Please find an empty hamper to use to prevent overfilling.

**HOW IS BIOHAZARD TRASH HANDLED?**

The three-ring symbol represents BIOHAZARD. It is used to designate areas where potentially infectious waste is stored or contained. All articles (wound dressings, empty urinary bags/tubing, etc.) contaminated with blood or body fluids are considered infectious waste. A dispenser containing
red bags will be mounted in each patient room for disposal of biohazardous/infectious waste. The red bags are then brought to soiled utility room to be put in large red box for disposal. Sharps are placed into a rigid plastic container for disposal.

**HOW CAN I PROTECT MYSELF?**
If you do have an exposure, there are three steps to follow:

1. **First Aid**
   - If open skin comes in direct contact with blood or body fluid, wash as soon as possible with soap and running water.
   - If mucous membranes (mouth/eye) come in contact with blood or body fluid, flush with water as soon as possible.
   - If a sharps/needle puncture occurs, clean the skin with a germicidal soap and water.

2. **Notify Supervisor/Instructor**
   - Notify your instructor and fill out an incident report.

3. **Seek Medical Attention**

If you have further questions, concerns, or you wish more information regarding Infection Control issues, please contact the Infection Control Department at (781) 340-8890.
Student Information Handbook

Clinical Professional Development Department

Ext. 8349
Dining Room
The Dining Room at South Shore Hospital is open daily from 6:30am-11:30pm. Students are charged the same price in the Dining Room as are hospital employees. Mealtimes should be arranged in consultation with your instructor to enable an orderly transfer of responsibility for your patients during the absence from the unit.
Smoking Policy
South Shore Hospital is a smoke free facility. No smoking is allowed on grounds or in parking lots.

Dress Code
Your individual schools have developed your dress code. South Shore Hospital supports those codes and reminds you to observe guidelines at all times.

Elevator Use
All students may use the Pratt Building Service Elevators located in the North End of the Pratt Building or the Pratt patient elevators. Pratt visitor elevator strictly for visitor use.

Model of Care
We deliver care that has the patient and family as the center of the experience. Our interactions are based on meeting patient needs and include both the patient and family and care plan partner (CPP). Patient and family education and discharge planning Instructions are delivered using the “Teach Back” method. This means that we ask the patient, family or CCP to repeat what they have been taught so that the nurse can assess their understanding. This allows for clarification and reinforcement.

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Welcome
Welcome to South Shore Hospital!
Welcome to the challenges of healthcare and to an institution committed to the communities we serve. It is my hope that the Department of Nursing Services will help you to build your skills, reinforce your knowledge and fuel your desire to become the very best that the Nursing profession has to offer. You are our future. South Shore Hospital is dedicated to assisting you in any way possible to help you achieve your career goals.

Timothy Quigley, RN, MBA
Vice President of Nursing

Message From Pharmacy
The following sources of drug information are available online that should be able to answer most routine questions about medication:

• Lexi-Comp
• Micromedex
• Hospital Formulary

Requests for information that cannot be adequately addressed by the above resources may be referred to the Pharmacy Department or unit pharmacist. Requests should be for a specific drug, rather than for a lengthy, generalized discussion.

Message From Security
Prevention is the best policy to avoid personal safety or loss of possessions. Lock your car and don’t leave tempting items in plain view.
CODE AMI
Indicates that a patient has arrived in the Emergency room with Acute Myocardial Infarction.

CODE STROKE
Indicates that a patient who has suffered a stroke has arrived in the Emergency Room or inhospital unit.

Policy For Students Using Photocopy Machines
We must request that students do not use the photocopy machines for personal needs. We have only a limited number of machines that are shared by many departments; therefore, we must ask for your cooperation in this matter.

Message On Confidentiality
We at South Shore Hospital believe that a patient's information is privileged. The responsibility for safeguarding this information is a sacred trust that cannot be broken under any circumstances. All patients have the right to expect that we will protect their privacy at all times.

At South Shore Hospital, each of us has a responsibility to maintain the confidentiality of our patients' medical and personal information.

The duty of safeguarding patient confidentiality has both legal and ethical ramifications for the healthcare professional and the hospital.

Confidentiality is a matter that goes beyond the medical record. Patient information of any kind cannot be conveyed to anyone other than those actively involved in the patient's care, and those entitled by law to such information.
Patient Safety

1. Be prepared to work safely: come to clinical well rested and mentally alert.

2. Communication is the basis for effective interaction between patients, nurses and other personnel. Be sure to relay all messages accurately. Make sure patients understand as well as hear you.

3. Environmental Safety

1. Close all drawers.
2. Report any foreign material on floors.
3. Pick up small objects
4. Mop spills at once
5. Remove faulty equipment and notify person in charge.
6. Observe all safety rules and regulations.

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Emergency Codes

**CODE Disaster - External**
Indicates that a disaster has occurred and that large numbers of injured are being transferred to our emergency room. As a student your role will be to follow the instructions of your clinical instructor.

**CODE Disaster - Internal**
An emergency situation has escalated and normal operations must be shut down. Follow the instructions of your clinical instructor.
Emergency Codes

CODE BLUE
Indicates that the hospital has received a bomb threat. Until the fire department arrives, the senior staff person on duty will make all decisions. When the authorities arrive they will conduct an appropriate search of the building. Patients and visitors should be told that we are having a routine drill and that there is no need for concern.

CODE YELLOW
Indicates that a chemical spill disaster is in progress.
As a student your role will be to follow the instructions of your clinical instructor.

Patient Safety
7. Before moving a patient, assess the situation to see if you need assistance or a mechanical device. When moving the patient, be sure to use good body mechanics to protect yourself from injury.

8. Safety for our patients and personnel is of utmost importance. Think before you act! Don't hesitate to ask questions if you are unsure of your task.
Injured On Duty

If injured while on clinical rotation, report to your instructor.

1. Seek medical attention if necessary: Urgent Care or physician of your choice (you are financially responsible).

2. Complete Part I of the visitor incident report and discuss with immediate supervisor.

Needle Puncture Protocol:
1. Blood tests drawn for HBsAG and Anti HBs
2. Initiate vaccine series
3. HBIG x 1 according to weight when indicated

If you become ill on duty, report to charge nurse and/or your instructor before leaving the patient care area.

Emergency Codes

CODE RED
Everyone must be familiar with the fire rules.

If you discover a fire follow the RACE acronym:
• R - Rescue anyone in immediate danger
• A - Activate the pull alarm then dial 7777
• C - Confine the fire and smoke by closing all windows and corridor doors
• E - If the fire is small and you’ve been trained to use an extinguisher, put the fire out.

If you are not on your unit:
• Remain where you are.
• DO NOT USE THE ELEVATORS
• Do not use telephones during a CODE RED.
Emergency Codes

CODE 2
Indicates a pediatric emergency requiring resuscitation or a potential need for resuscitation for a patient from one month to 15 years of age. A team of physicians and nurses will respond to the emergency. Often a Code 2 involves transporting emergency equipment. Please give the team priority in the use of the hallways and elevators. Should you find a patient who has suffered a cardiopulmonary arrest, do not leave the patient unattended but call for help.

CODE 8
Indicates that a patient or visitor has become so violent or uncontrollable as to present a threat either to himself or others. Nursing supervisors, security guards and male nursing personnel will respond to this emergency to assist in calming this patient.

Medical Library
The Medical Library is open Monday-Friday from 8:00 - 4:00pm. Students are welcome to use the facilities. However, students are not allowed to borrow materials from the Library. Due to lack of adequate space, we must limit the number of students in the Library to four at any one time.

Parking
All students arriving before 8:30AM are required to park at South Field on Rte. 18. Shuttle service begins at 6:30 AM.

Return service from the South Entrance (ED) entrance runs continuously.

All students arriving after 11:30AM should park in the garage located behind the Little building on Columbian Street.
Emergency Codes

All emergencies in the hospital are communicated to the hospital operator by dialing 7777 on any hospital phone.

You must give the operator the following information:
- The type of emergency
- The location of the emergency
- Your name

It is your responsibility to be familiar with the nature of each of these emergencies.

Emergency Codes

CODE 9
Indicates that a patient has suffered a cardiopulmonary arrest. A team of physicians and nurses will respond to the emergency. Often a Code 9 involves transporting emergency equipment. Please give the team priority in the use of the hallways and elevators. Should you find a patient who has suffered a cardiopulmonary arrest, do not leave the patient unattended but call for help.

CODE 1
Indicates a neonatal emergency requiring resuscitation or a potential need for resuscitation for an infant less than 30 days of age. A team of physicians and nurses will respond to the emergency. Often a Code 1 involves transporting emergency equipment. Please give the team priority in the use of the hallways and elevators. Should you find a patient who has suffered a cardiopulmonary arrest, do not leave the patient unattended but call for help.