

Clinical Nursing Skills and Techniques

Chapter 9

TEST BANK CLINICAL NURSING SKILLS AND TECHNIQUES 9TH EDITION, Exams of Nursing

Breaking the chain of infection: Transmission - ✓✓ANSWER✓✓-1.

Hand hygiene

2. Use personal set of care items for each patient
3. Avoid shaking bed linen or clothes
4. Avoid contact of soiled item with uniform
5. Discard any item that touches the floor
6. Standard precautions or select transmission-based precautions

Clinical Nursing Skills and Techniques

Chapter 9

Breaking the chain of infection: Portal of entry (site through which microorganism enters host) - ✓✓ANSWER✓✓-Skin and mucosa

1. Maintain skin/mucosa integrity: lubricate skin, frequent hygiene, turn and position
2. Cover wounds as needed
3. Clean wound sites thoroughly
4. Dispose of used needles in puncture-proof container

Urinary

Keep all drainage systems closed and intact, maintaining downward flow

Breaking the chain of infection: Host (patient) - ✓✓ANSWER✓✓-1.
Reduce susceptibility to infection

2. Provide adequate nutrition
3. Ensure adequate rest
4. Promote body defenses against infection
5. Provide immunizations

Clinical Nursing Skills and Techniques

Chapter 9

Hand Hygiene - ✓✓ANSWER✓✓-Washing hands with either plain or antiseptic soap and water and using alcohol-based hand rubs

Four factors influencing hand hygiene - ✓✓ANSWER✓✓-1. Intensity or degree of contact with patients or contaminated objects

2. Amount of contamination that may occur with contact

3. Patient or healthcare worker's susceptibility

4. Procedure or activity to be performed

When to wash hands - ✓✓ANSWER✓✓-1. When visibly dirty or soiled with blood or other body fluids

2. Before eating

3. After using toilet

4. When exposed to spore-forming organisms such as *C. difficile*

When to use alcohol-based rub - ✓✓ANSWER✓✓-1. Hands not visibly soiled

2. Routine decontamination of hands

a. Before and after direct patient contact

b. Before applying sterile gloves and inserting invasive device

Clinical Nursing Skills and Techniques

Chapter 9

- c. After contact with body fluids or excretions, mucous membranes, and non-intact skin
- d. After contact with wound dressings
- e. When moving from a contaminated body site to clean body site
- f. After contact with inanimate objects in patient vicinity
- g. After removing glasses

How long should you wash your hands? - ✓✓ANSWER✓✓-At least 15 seconds

Proper hand washing technique (Part of Tier 1 Precautions) -

✓✓ANSWER✓✓-1. 3 to 5 mL of antiseptic soap

2. Plenty of lather and friction

3. Interlace fingers

4. Rub palms and back of hands with circular motion at least 5 times each

5. Keep fingernails down

6. Clean under fingernails with fingernails of other hand or with disposable nail cleaner