

EAST CAROLINA UNIVERSITY

INFECTION CONTROL POLICY

Athletic Training/Athletics/Sports Medicine

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Approved by:

Chairman, Infection Control Committee

Infection Control RN

I. Purpose: The Infection Control Policy is established to help safeguard patients and personnel from the transmission of infection between patient and personnel during patient care. All ECU personnel, students and other healthcare workers are to comply with all Infection Control Policies.

II. Personnel:

A. All new and current employees will comply with employment screening as outlined by the Prospective Health Policy. All employee health records will be maintained by Prospective Health.

B. Employees who have potential for blood or other potentially infectious material exposure will be offered hepatitis B vaccine at no charge to the employee. Medical students and employees who have potential for exposure to *Mycobacterium tuberculosis* (MTB) will be given PPD skin testing with follow-up per Prospective Health protocol.

Other healthcare students with clinical rotations through ECU clinics, other non-employees healthcare workers, and others who may have patient contact will have documentation of Infection Control training, required vaccines administered, and PPD skin testing results.

C. Any staff (including physicians) or student who has an exposure to a communicable disease through a needle stick or other means will report that exposure to the Head Athletic Trainer and follow-up will be done per Bloodborne Pathogen Exposure Control Plan, or Prospective Health policy depending on exposure.

Accidental exposures to chemicals and radiation will be reported on an incident report form. The person exposed to the hazards will be evaluated according to ECU Policy. Refer to the Radiation Safety Manual, the Biological Safety Manual, and the Chemical Hygiene Plan.

D. Employees will receive education on infection control, standard precautions, and OSHA standards upon employment and yearly thereafter.

E. This policy will be evaluated every three (3) years and as needed due to change in practice or standards.

III. Physical Layout:

A. Athletic Training Rooms are located in Suite 116 of the Ward Sports Medicine Building, Minges Coliseum (Ready Room II), Murphy Strength and Conditioning Center, Clark-LeClair Baseball Stadium, and the Olympic Teams Building.

IV. Procedures:

- A. Handwashing is done with an antimicrobial soap (as approved by BSOM) and water immediately before and after each patient contact. Sinks are available in each Physician's Office, the clinical suite, the hydrotherapy room, dressing room, and storage room of Suite 116 in the Ward Sports Medicine Building; one (1) sink is located in Ready Room II and Clark-LeClair Stadium Athletic Training Room; and two (2) sinks are located in the Murphy Strength and Conditioning Center Athletic Training Room. There are two sinks located in the Olympic Teams Building. If handwashing facilities are not immediately available, antiseptic hand cleaners and/or antiseptic towelettes will be provided. Waterless disinfectant dispensers are located in each athletic training room.
- B. Aseptic technique should be strictly observed with wound care including dressing changes, instrument cleaning, wound staple and suture removal, and any immediate treatment or rehabilitation in which personnel may come into contact with an open wound or blood. Any soiled bandages will be placed in a biohazard bag. Any soiled instruments will either be disposed of in a sharp's container, or washed with enzymatic cleaner in a designated sink, placed in a biohazard labeled closed container and taken to Student Health to be autoclaved.
- C. Standard precautions will be observed on all patients. Gloves are worn if hands may be exposed to blood and other potentially infectious materials. Protective mask and eyewear or face shield are worn if facial splashing is likely. Gowns are worn if splashing of clothing is likely.
- Needles and sharps should be handled according to the OSHA Needlestick Safety and Prevention Act.
 - Needles should not be bent or broken.
 - Needles should not be re-sheathed unless absolutely necessary.
 - If needles must be re-sheathed, it must be done with a mechanical device or with a one-handed technique.
 - Safety sharps will be used according to OSHA policy.

Sports Medicine workers who have exudative lesions or weeping dermatitis shall be prohibited from handling patient care equipment, devices used in performing invasive procedures and from all direct patient contact until evaluation and clearance is obtained. Open wound or sores should be covered with a protective dressing. Refer to policy Work Restriction for Personnel.

Student athletes with wound infections will be separated from direct physical contact with other students until evaluated by a physician or other advanced practice clinician and approved to return to the activity. All draining wounds will be covered.

Sports equipment or any part of the athletic area that comes in contact with any wound will be cleaned with an EPA approved disinfectant prior to use by any other athlete.

Towels, uniforms, scrimmage shirts, and any other laundry will be washed in hot water and detergent and dried on the hottest cycle.

Athletes will be required to:

1. Wash hands immediately with soap and water or alcohol-based hand sanitizers if they come in contact with any body fluid on the playing field or any other place such as when using weight- training equipment.
2. Shower with soap and water as soon as possible after direct contact sports.
3. Avoid sharing towels, soap, washcloths, razors, clothing, or uniforms or other personal items that may have contact with infected wounds.

- D. Procedures unique to the Department include wound care, staple and suture removal, emergency care and laundry.
 - E. Between patient visits, contaminated areas of exam tables and counter tops will be cleaned with an EPA approved disinfectant. Table paper will be changed, soiled linen removed, and contaminated or used supplies disposed of or removed from room between patients. Any instruments or modalities used on open wounds will either be discarded or cleaned with an EPA approved disinfectant prior to use by the next patient.
 - F. All specimen containers will be placed in leak-proof plastic bags, marked with a biohazard label and transported in a covered secondary container marked with a biohazard label.
 - G. Personal protective equipment which includes gloves, gowns, masks and eyewear or face shield will be available in each physicians office, in Suite 116 of the Ward Sports Medicine Building, in Ready Room II, Strength and Conditioning Center Athletic Training Room, Clark-LeClair Baseball Stadium Athletic Training Room, and in the Olympic Teams Building Athletic Training Room. Each athletic trainer is advised to carry appropriate equipment in kits and personal pouches.
 - H. Refer to Appendix A for a list of common procedures that require minimum personal protective equipment.
- V. Equipment and Supplies:
- A. Clean equipment is stored in Room 116D of the Ward Sports Medicine Building, in Ready Room II, Murphy Strength and Conditioning Center Athletic Training Room, and Clark-LeClair Baseball Stadium Athletic Training Room, and Olympic Teams Building Athletic Training Room.

Dirty disposable supplies are placed in appropriate waste removal containers. Reusable dirty equipment is cleaned with an EPA appropriate disinfectant or sterilized. EPA approved sanitizing wipes are available at each weight training station.

- B. Equipment is inspected periodically and repaired or replaced as necessary. Reusable contaminated equipment is cleaned with an EPA approved disinfectant or sterilized. Contaminated disposable equipment will be discarded in appropriate biohazard containers.
- C. Each exam room will have an appropriately labeled contaminated trash can (red bag) and a noncontaminated trash can (clear or brown bag). Any contaminated non-sharp trash will be discarded in the red bag trash. These red bags will be gathered by Athletic Training and placed in area for pickup by biohazard waste technicians. Any non-contaminated trash will be placed in a clear or brown bag.
- D. Sharps disposal units are located in each Physician's Office in Suite 116 of the Ward Sports Medicine Building, in Ready Room II, Murphy Strength and Conditioning Center, and Clark-LeClair Stadium Athletic Training Room, and the exam room in Olympic Teams Building. Sharps disposal units are also provided in the locker rooms of visiting teams as requested. These containers are checked routinely and disposed of when they are 3/4 full. They should be securely sealed and placed in the red bag storage area prior to pick-up for incineration.
- E. Clean linen is stored in a cabinet labeled "Linen" under a treatment table in Suite 116 of the Ward Sports Medicine Building. Similarly labeled cabinets are found in Ready Room II, Murphy Strength and Conditioning Center Athletic Training Room, Clark-LeClair Stadium Athletic Training Room, and in the Olympic Teams Athletic Training Room. Soiled linen should be placed in "dirty" linen hampers as indicated by a Biohazard label. Gloves will be worn when handling soiled linen.

Appendix A:

List of common procedures and minimum protective equipment needed.

Common Procedures	Minimum Equipment Needed
Wound care with irrigation	Gloves, gown, mask, eyewear
Wound care without irrigation	Gloves
Instrument cleaning	Gloves, mask, eyewear, gown or apron
Wound staple and suture removal	Gloves
Rehabilitation treatment with open wound	Gloves
Rehabilitation treatment without open wound	None
Laundry	Gloves
Injury with open wound	Gloves
Injury without open wound	Gloves
Cardiopulmonary Resuscitation (CPR)	Gloves, pocket resuscitators, bag/valve masks
Urine specimen collection	Gloves
Assist with joint aspiration	Gloves

Appendix B

WHIRLPOOL USAGE AND CLEANING INSTRUCTIONS

- Whirlpools are to be cleaned daily or between athletes as necessary
- Cleaning instructions are per the manufacturer's recommendations and/or federal regulations

GUIDELINES

- The whirlpools are filled each morning and 100mg of chlorazine is added to each unit
- Another 50mg of chlorazine is added in the late morning
- An additional 50mg of chlorazine is added in the late afternoon
- Chlorazene concentration should be 200 ppm. The above listed applications are the manufacturer's recommendations for achieving and maintaining the concentration, based on East Carolina University athlete's whirlpool usage and training room hours of operation.
- Athletes with open wounds are discouraged from using the whirlpools. If an athlete with an open wound does use the whirlpool, the tank will be drained, cleaned, disinfected, and then refilled prior to the next use.

CLEANING INSTRUCTIONS

- At the conclusion of each day or between use by an athlete with an open wound, the whirlpools will be drained.
- The tanks will be sprayed with an approved disinfectant, and it will sit for 10 minutes. The tank will be wiped down with a clean towel.
- Stainless steel cleaner will then be used to eliminate any remaining residue.
- The turbine will be cleaned by placing an approved disinfectant in a container and the intake nozzle placed in the container. The motor will then be switched on for approximately 5 seconds. The disinfectant will be allowed to sit for 10 minutes. The turbine will then be rinsed by placing the nozzle in water and turning on the motor.

Appendix C

WHIRLPOOL CLEANING SCHEDULE

Week of _____

Sunday	Time	Initials
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		
1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		
Monday		
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		
1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		
Tuesday		
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		
1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		
Wednesday		
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		
1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		
	Time	Initials
Thursday		
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		
1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		
Friday		
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		

1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		
Saturday		
Whirlpool motors cleaned		
2 packs Chlorazine added each tank (a.m.)		
1 pack Chlorazine added each tank (noon)		
1 pack Chlorazine added each tank (p.m.)		
Tanks drained and cleaned		

Appendix D

AQUA ARK DISINFECTION AND PATIENT USE

The Aqua Ark is rehabilitation aquatic device found in Room 116 B of the Ward Sports Medicine Building Athletic Training Room. The tank is disinfected through the use of bromine per the manufacturer's recommendations. The tank is inspected at least once each year by the Pitt County Health Department, and a Public Swimming Pool Operation Permit is issued yearly.

CLEANING INSTRUCTIONS AND PATIENT USE

- Bromine, pH, and total alkalinity readings are monitored and recorded each day by a Licensed Aquatics Facility Technician. Any adjustments in chemicals are made to keep the tank in acceptable ranges for each measurement.
- Tank filters are inspected and changed regularly as needed. Filters are cleaned per manufacturer's recommendations.
- The tank is drained and all surfaces are cleaned with an approved disinfectant at least twice per year. Valve inlets and hair/lint strainers are inspected daily and cleaned as needed.
- Athletes with open wounds are not allowed in the Aqua Ark
- All cleaning and disinfection policies are reviewed as part of the yearly inspection.