Preventing Infection in Care

Main Programme – Multiple Choice Questions

On completion of the Preventing Infection in Care main programme and by completing the following Multiple Choice Questions the learner will be able to

- List all 10 Standard Infection Control Precautions (SICP’s) and describe measures you will take to ensure they are implemented in the care setting
- Identify areas of improvement when applying the SICPs and describe how these improvements can be embedded in practice
- Explain how you might support your colleagues in applying the SICPs in their daily practice
- Describe some specific infections and conditions and how to manage an outbreak of infection
- Describe common causes of infection and the awareness of preventative measures such as antimicrobial stewardship and immunisation

Please tick your chosen answer/s
Please note there may be more than one answer

Question 1 - Hand Hygiene

1:1 The most important practice in reducing the transmission of infectious agents which cause HAIs is.

a) Washing your hands after using the toilet
b) Washing your hands when they are visibly soiled
c) Carrying out hand hygiene frequently using the correct technique

1:2 Put the numbers of the following stages in the correct sequence for effective hand hygiene using alcohol based hand rub (ABHR)

1. Rub your hands together palm to palm
2. Rub each thumb in turn holding it in the opposite hand using a rotational motion
3. Apply a palmful of alcohol based hand rub from a dispenser into a cupped hand and cover all surfaces
4. Rub the back of each hand with the palm of the other hand and interlace your fingers
5. Rub the back of your fingers to the opposing palm with fingers interlocked
6. Allow your hands to dry naturally, do not use paper towels
7. Rub palm to palm with fingers interlaced
8. Rub the tips of your fingers in the opposite palm in a circular motion

1:3 There are other measures you must take to ensure hand hygiene is effective in minimising the spread of infection. Tick all that apply.

a) Cover all cuts and abrasions with a waterproof plaster
b) Bare your arms below the elbow and remove watches and bracelets
c) Keep nails short and clean
d) Do not wear nail varnish or nail extensions
e) Wear no rings other than a plain band
f) All of the above
Question 2 - Personal Protective Equipment (PPE)

2:1 The Personal Protective Equipment that should be worn when there may be a risk of splashing includes

a) Gloves
b) Gloves and apron
c) Gloves, apron and face mask
d) Gloves, apron, face mask and eye protection

2:2 In which situation would you not be required to wear disposable gloves in a care setting (tick the correct answer)

a) Preparing food
b) Changing a catheter bag
c) Cleaning up a urine spill
d) Washing a commode

2:3 Tick the incorrect statement

a) I carry out a risk assessment of the task I am about to take to decide whether I need to put on PPE
b) I wash my hands with my gloves on and always remove them at the end of my shift
c) I dispose of all my chosen PPE immediately after I have completed my task
d) I always perform hand hygiene once I have removed my PPE

2:4 The correct order to remove PPE is

a) Apron first, gloves second, mask and finally eye protection if worn
b) Eye protection, then mask if worn, then apron and finally gloves
c) Gloves first, apron second, mask and finally eye protection if worn
d) It doesn't matter in what order they are removed

Questions 3 - Respiratory and Cough Hygiene

3:1 The Cold and Flu virus can be spread by coughs, sneezes and contact with surfaces and objects contaminated with the virus.

True
False
3:2 When sneezing, coughing or blowing your nose you must (tick the four correct answers)

- a) Always use cotton hankies as they are softer
- b) Use a disposable tissue and dispose of it immediately after use
- c) If there is no time to get a tissue, cough or sneeze into the crook of your elbow
- d) Always perform hand hygiene after disposing used tissues
- e) Provide the people you care for with wet wipes if they are unable to reach a sink after blowing their nose

3:3 Tissues used to blow the nose should be disposed of (tick all that apply)

- a) By the person who has used it directly into the waste paper bin
- b) As infected or clinical waste
- c) As general domestic waste

Question 4 - Safe Management of Blood and Body Fluid Spillages

4:1 Examples of body fluids that can cause contamination include (tick all that apply)

- a) Urine
- b) Vomit
- c) Faeces
- d) Sputum
- e) Tears

4:2 When a spillage occurs you need to assess

- a) The size and content of the spillage
- b) Whether it contains blood
- c) If the spill is on a hard or soft furnishing
- d) What PPE should be worn
- e) Which disinfectant should be used and at what dilution
- f) All of the above
Question 5 - Occupational Safety: Prevention and Exposure Management (incl. sharps)

5.1 Exposure to harmful items include (tick the most accurate statement)

a) Sharps such as needles, razors and glass
b) All sharp objects and blood spillages
c) Any sharp object and any potentially harmful substances

d) All of the above

5.2 If you have a cut, abrasion or bite to the skin you must

a) Suck it and cover it with a waterproof plaster
b) Report it to your manager
c) Make the wound bleed under running warm water before washing and drying thoroughly and applying a waterproof plaster and report it immediately
d) Put on gloves

5.3 Splashes to your eye/s or mouth should be

a) Rinsed thoroughly with copious amounts of water
b) Reported to your manager
c) Rinsed with water and spat out, not swallowed
d) All of the above

5.4 Cleaning of the environment is whose responsibility?

a) Housekeepers and domestic staff
b) Carers and nursing staff
c) The person you care for should be encouraged to do it if they are able
d) All of the above

Question 6 - Safe Management of the Care Environment

6.1 Managing a safe care environment involves cleaning and dusting

a) All furniture and fittings
b) Items of common use i.e. door handles and TV remote controls
c) All of the above
d) None of the above

d) All of the above
6.3 Routine cleaning of hard surfaces should be carried out wearing apron and gloves and by using

   a) Acticlor
   b) Pine disinfectant
   c) Warm water and detergent
   d) Warm water and antibacterial detergent
   e) Household bleach

Question 7 - Safe Management of Care Equipment

7.1 Care equipment can be categorised as

   a) Single use items
   b) Any single person use equipment
   c) Reusable non-invasive equipment / multi use equipment
   d) All of the above

7.2 Which of the following are examples of single use items?

   tick two correct answers

   a) Dressing packs
   b) Hoist slings
   c) Syringes
   d) Commodes

7.3 Which of the following are examples of single patient use, used only by the same person?

   a) Hoist slings
   b) Syringes
   c) Catheter bags

7.4 Which of the following are examples of reusable, multi use items (tick all that apply)?

   a) Commodes
   b) Wheelchairs
   c) Mattresses
   d) Bed frames
   e) All of the above
7.5 Who is responsible for cleaning care equipment?

a) All staff providing care  
b) Domestic staff  
c) Housekeepers  
d) The manager

7.6 Multi use equipment, such as a commode, that is contaminated with blood or body fluids must be decontaminated between residents by (tick the correct procedure)

a) Washing with disposable clothes/paper towel and a fresh solution of detergent, rinsing, and following with a disinfectant solution of 1,000 parts per million available chlorine, rinsing and thoroughly drying  
b) Washing with disposable cloths/paper towel and a fresh solution of detergent, rinsing and drying thoroughly  
c) Washing with disposable clothes/paper towel and a fresh solution of detergent, rinsing, and following with a disinfectant solution of 10,000 parts per million available chlorine, rinsing and thoroughly drying  
d) Washing with disposable cloths/paper towel and a fresh solution of antibacterial detergent, rinsing and drying thoroughly

Question 8 - Patient Placement (for those you care for)

8.1 Occasionally a person you care for may need to be separated from others because they have symptoms of an infectious condition (tick all situations that indicate the need for isolation):

a) 3 or more episodes of diarrhoea  
b) 3 or more episodes of vomiting  
c) Unexplained rash and fever  
d) All of the above

8.2 If you suspect a person you care for may have an infectious condition as above, who would you contact for advice (tick the correct answer)?

a) Your manager  
b) Public health nurse  
c) Infection control nurse  
d) All of the above
8.3 If you, a colleague or a visitor/carer have symptoms of an infection such as norovirus, i.e. at least 3 episodes of vomiting and/or diarrhoea, you must not return to your workplace until you are free of symptoms for at least (tick the correct answer)

a) 12 hours  
b) 24 hours  
c) 36 hours  
d) 48 hours

Question 9 - Safe Management of Linen

9.1 Clean laundry must be stored

a) In the laundry room until needed  
b) In a designated area stored away from dirty laundry and dust  
c) On a laundry trolley  
d) On a shelf in the person’s room

9.2 Linen can be defined as

a) Sheets, pillow cases and duvet covers and other bed linen  
b) Towels  
c) Personal clothes  
d) All of the above

9.3 The correct Personal Protective Equipment needed to remove used bed linen is

a) Gloves  
b) Gloves and apron  
c) Gloves, apron and face mask  
d) None

9.4 The correct procedure to remove used bed linen is

a) Remove all linen and take it to the laundry room  
b) Put on PPE, roll and fold the linen into a bundle taking care not to shake it and take it to the laundry room  
c) Put on PPE, roll and fold the linen into a bundle taking care not to shake it and place it in the correct laundry bag close at hand
Question 10 - Safe Management of Waste (incl. sharps)

10.1 Waste can be categorised as
a) All domestic, personal and household waste  
b) Infected dressings and incontinence pads  
d) Newspapers and sweetie papers  
e) Glass and cardboard

10.2 To dispose of contaminated waste you must
a) Put on PPE, put the waste in the correct colour coded bag, seal and dispose  
b) Put on PPE, put the waste in the correct colour coded bag, seal and dispose in a hazardous waste bag, remove PPE and carry out hand hygiene  
c) Place in a waste paper bin for removal later

Question 11 – Causes of Infection

11.1 Micro-organisms need three conditions to multiply they are

  a) Food, cold and moisture  
  b) Warmth, moisture and food  
  c) Warmth, moisture and air

11.2 Tick the 6 links in the chain of infection that need to be present to cause infection to spread

  a) Infectious agent  
  b) Reservoir  
  c) Portal of exit  
  d) Portal of transmission  
  e) Portal of entry  
  f) Transmission  
  g) Susceptible host

11.3 The most effective measure to break the chain of infection is

  a) Follow all the Standard Infection Control Precautions  
  b) Wash your hands frequently  
  c) Always wear PPE  
  d) Keep the environment clean
Question 12- Outbreaks of infection

12.1 An outbreak is defined as

a) Two or more people with diarrhoea and vomiting
b) Two people living together with diarrhoea and vomiting
c) Two or more people which exceeds the expected number experiencing the same illness in the same place and at the same time
d) Two or more people with a respiratory infection

12.2 Individuals with symptoms of an outbreak should be isolated for how long after the symptoms subside?

a) 12 hours
b) 24 hours
c) 36 hours
d) 48 hours

Question 13 – Other preventative measures

13.1 To slow down antimicrobial resistance it is everyone’s responsibility to?
Tick the most accurate answer

a) Ensure antibiotics are not prescribed inappropriately for coughs and colds
b) Do not over use or misuse antibiotics
c) Use, manage, administer and monitor antibiotics appropriately

Now check your answers against the correct ones that can be found in the Main programme script
Once all your answers are correct your manager/supervisor should sign and date it and this should be kept with your signed completion certificate which can be found on the accompanying CDROM as evidence of your learning.

You may now choose to complete the Main programme workbook which can be found on the CDROM in printable or interactive version

Manager/ Supervisor..........................................................

Date of completion.............................