



## IPC TOPIC: ENHANCED BARRIER PRECAUTIONS IN NURSING HOMES

**Intro:** Enhanced Barrier Precautions are infection prevention and control measures intended to reduce spread of multidrug-resistant organisms (MDROs) in nursing homes<sup>1</sup>.

**What is the risk?** Resistant germs can live on the skin<sup>3</sup> and on surfaces, including bedding. These resistant germs can move from one resident to another if staff do not clean their hands between caring for residents. The germs can also spread to residents from staff's clothing during high-contact resident care. Targeted gown and gloves use, and clean hands can keep these germs from spreading to residents ensuring residents are still able to participate in activities outside of their rooms.<sup>4</sup>

### Highlights:

- Enhanced Barrier Precautions involve targeted gown and gloves use during high-contact resident care activities for residents known to be infected or colonized with a MDRO as well as those at increased risk of getting MDROs (e.g., residents with wounds or indwelling medical devices)<sup>2</sup>.
- Enhanced Barrier Precautions apply (when Contact Precautions do not otherwise apply) to residents with any of the following:
  - Wounds or indwelling medical devices, regardless of MDRO colonization status.
  - Infection or colonization with an MDRO<sup>2</sup>.

Specific high-contact resident care when enhanced barrier precautions should be used include:

- Dressing
- Bathing/showering
- Transferring
- Providing hygiene
- Changing linens
- Changing briefs or assisting with toileting
- Device care or use:
  1. Central line
  2. Urinary catheter
  3. Feeding tube
  4. Tracheostomy/ventilator
- Wound care: any skin opening requiring a dressing<sup>1</sup>.

## HOW TO IMPLEMENT ENHANCED BARRIER PRECAUTIONS

### (NURSING STAFF AND IP'S)

- Enhanced Barrier Precautions can reduce the transfer of MDROs to staff hands and clothing.
- Signage should specify which high-contact resident care activities require the use of gowns and gloves.<sup>4</sup>
- PPE including gowns and gloves should be available immediately outside of the resident room<sup>4</sup> for easy access.
- Alcohol-based hand rub should be available outside and inside every resident's room to remind caregivers to clean their hands before and after care<sup>4</sup>.
- Put a trash can inside the resident room and near the exit to discard PPE.
- Used PPE should be properly disposed, and hands should be cleaned again before going to the next resident<sup>4</sup>.
- Periodically monitor and assess staff procedures to see if additional training or education is needed.
- Provide education to residents and visitors so that each one knows their responsibilities<sup>4</sup>.

### Summary:

When enhanced barrier precautions are in place, residents are not required to be restricted to their rooms during their length of stay. Residents will also not be required to stay in private rooms. Enhanced Barrier Precautions allows residents and patients to participate in group activities, dining, and exercise during their length of stay in the facility<sup>2</sup>.

### References:

1. Considerations for Use of Enhanced Barrier Precautions in Skilled Nursing Facilities <https://www.cdc.gov/hicpac/workgroup/EnhancedBarrierPrecautions.html?msclkid=39038417aed311ec8c868e1e03c50297>
2. Frequently Asked Questions (FAQs) about Enhanced Barrier Precautions in Nursing Homes <https://www.cdc.gov/hai/containment/faqs.html>
3. [Germs lives on the skin \(cdc.gov\)](https://www.cdc.gov/germs/lives-on-the-skin/)
4. [Germs can live on dry surfaces \(cdc.gov\)](https://www.cdc.gov/germs/can-live-on-dry-surfaces/)
5. Implementation of Personal Protective Equipment (PPE) Use in Nursing Homes to Prevent Spread of Multidrug-resistant Organisms (MDROs) [https://www.cdc.gov/hai/containment/PPE NursingHomes.html](https://www.cdc.gov/hai/containment/PPE_NursingHomes.html)
6. Appendix J. Long-Term Care CAUTI Surveillance Worksheet. Content last reviewed March 2017. Agency for Healthcare Research and Quality, Rockville, MD. <https://www.ahrq.gov/hai/quality/tools/cauti-ltc/modules/resources/tools/cauti-surveillance/assessment.html>
7. Thomas M. Hooton and others, Diagnosis, Prevention, and Treatment of Catheter-Associated Urinary Tract Infection in Adults: 2009 International Clinical Practice Guidelines from the Infectious Diseases Society of America, *Clinical Infectious Diseases*, Volume 50, Issue 5, 1 March 2010, Pages 625–663, <https://doi.org/10.1086/650482>