

**BLOODBORNE PATHOGENS FOR HEALTH CARE WORKERS
 ANNOTATED TRAINING OUTLINE
 SECTION V POSTEXPOSURE PROPHYLAXIS**

OBJECTIVES

1. List the steps that should be taken after an exposure incident in order to prevent infections.
2. Describe employee rights in case of an exposure.
3. Provide for appropriate follow-up of other employees who have bloodborne pathogen exposures.

DEFINITION: Significant exposure

An exposure to blood or potentially infectious body fluid through:

1. Percutaneous (needle stick, puncture or cut by an object through the skin);
2. Mucous membrane (exposure to the eyes, mouth, nasal, etc); or
3. Non-intact skin (exposure to blood or other potentially infectious body fluids (semen, vaginal secretions, any body fluid visibly contaminated with blood)). (See section II [Transmission] for more details regarding transmission.)

OUTLINE

A1. Follow-up of an Exposure If You Are the Exposed Person:

- a. Immediately wash off any blood that remains on your skin, rinse out any mucous membrane surface (eye irrigation, etc.) and/or remove contaminated clothing.
- b. As soon as possible after an exposure, report to your supervisor and begin the follow-up procedure.
- c. With the help of the health care worker who is counseling you on this exposure, complete the description of exposure on the DC4-798, *Bloodborne Pathogens Exposure/Screening Incident Report*.
- d. Follow the directions of the health care staff.
- e. Make a decision about use of postexposure prophylaxis with drugs for HIV exposure with the assistance of the health care staff.
- f. Follow instructions of institutional personnel and go to the workers' compensation site for complete follow-up of the exposure.

A2. Follow-Up of an Exposure If You Are the Health Care Person Assisting With the Follow-up Procedure:

- a. Review the additional resources for this session before the need to do this type of counseling.
- b. Remain as calm as possible and provide clear information to the exposed person.
- c. Provide counseling and assistance to the exposed worker.
- d. Refer to packet of information explaining the steps to assist in this process found in the *Bloodborne Pathogens Exposure Control Plan*.

OUTLINE

B. Information for Employee to Follow to Ascertain Complete Follow-Up of Exposure:

The exposed employee has the right to:

1. Documentation of the exposure.
2. Postexposure treatment.
3. Follow-up counseling and treatment through workers' compensation provided for exposures which are significant (as defined by the Centers for Disease Control information).
4. Medical counseling about the risks involved.

C. Health Care Worker's Responsibility for Assisting With Evaluation of Bloodborne Pathogen Exposures:

1. Know who in the health services area does the evaluation of exposure so that evaluation can begin as soon as possible.
2. Persons who will do evaluation need to be familiar with the documents attached to this curriculum. See reference list below and documents attached.

Note to instructor: Many of the health care workers in the class will simply need to know step one so that they can get the exposed individual to the right place. You will need extra time to do the training for the health care workers who will actually help with evaluation and counseling since they will need to review all the attached materials.

Other References

1. "What is a significant exposure?"
2. "Counseling of an Employee who is Exposed to Bloodborne Pathogens" includes steps to follow and information about what to do.
3. "Information Sheet for Counseling" provides details about risk of infection with each bloodborne pathogen.
4. Risks of anti-HIV medications.
5. DC4-798 (access the departmental intranet web site)

See also:

8. HSB 15.03.08, DC Policy on Human Immunodeficiency Virus (HIV) Disease and Continuity of Care
9. HSB 15.03.43, *Management of Bloodborne Pathogen Exposures*
10. DC data of bloodborne pathogen exposures (current information available from the Central Office Clinical Contract Monitor- Public Health at 850-717-3236).