

HYGIENE & PRACTICE ENVIRONMENT

Introduction

This information is from the MTAM Standards of Practice and should be considered in conjunction. It is based on nationally-accepted standards of practice and applies to all MTAM Members. It is reviewed annually and subject to change. Last revised: 10/2016

Details

Universal hygiene precautions for infection control and public health must be followed always. This includes:

Hand Hygiene

Hand hygiene is the act of removing or destroying microorganisms on the hands while maintaining good hand integrity (keeping the skin healthy). Hand hygiene can be performed with an alcohol-based hand rub or with soap and water.

For effective hand washing, follow these steps:

- Remove any rings or other jewelry.
- Use water and wet your hands thoroughly.
- Use soap (1-3 mL) and lather very well.
- Scrub your hands, between your fingers, wrists, and forearms with soap for 20 seconds.
- Scrub under your nails.
- Rinse thoroughly.
- Dry your hands with a single use towel or air dryer.
- Turn off the taps/faucets with a paper towel.
- Protect your hands from touching dirty surfaces as you leave the bathroom.

Gloves

Gloves are for single-patient and single-procedure use only.

Only disposable gloves should be used in the prevention of disease transmission. Gloves must be removed and replaced when they become heavily soiled and when working between patients and between dirty and clean tasks. Gloves should always be removed using a glove-to-glove or skin-to-skin technique which will prevent contaminating the hands.

The use of gloves does not replace the need for hand hygiene. Gloves often create a moist environment that facilitates the growth of microorganisms. Hands should be properly washed before

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the gloves are put on and after the gloves are removed. Hand hygiene is also needed before and after the replacement of gloves during a procedure or in between tasks.

Spills

Spills of blood or other body fluids should be cleaned up with a fresh mixture of household bleach (1part) and water (9 parts). Paper towels should be used and disposed of in a plastic garbage bag. Wear gloves during clean up.

Wash Clothes

Soiled items should be stored in sealed plastic bags. Wash soiled linens separately in hot soapy water and dry in a hot dryer.

General Practice Environment Best Practices

- The area to be used for the practice of massage therapy shall be clean and free of impediments to ensure adequate space for safe movement and comfort.
- Massage therapy equipment and supplies shall be properly maintained and disinfected. This involves the use of low level detergent disinfectants. These agents typically clean and disinfect at the same time and can be used on most objects and surfaces. Some examples are:
 - Quaternary ammonium compounds,
 - 3% hydrogen peroxide based products,
 - Phenolic products (be aware that these products leave a film and may be toxic to children),
 - Bleach (1:1000 diluted and prepared weekly) Bleach does not “clean” like detergent but it is a disinfectant.
- There shall be separate areas for the patient and massage therapist to prepare for and engage in the practice of massage therapy.

Sources:

<http://www.ccohs.ca/oshanswers/prevention/universa.html>