

產房及產後護理之家之 感染管制

衛福部 疾病管制署
中區傳染病防治醫療網
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產房感染管制之目的

- To establish infection control **guidelines** for healthcare workers (HCWs) in the Labor and Delivery area

產房空間之劃定

- Restricted area: The restricted areas include the **Labor and Delivery OR suites and birthing rooms**.
- Semi-restricted area: The semi-restricted areas include **the hallway** outside the OR/birthing rooms and the infant resuscitation area.

工作人員

- Personnel shall comply with the **pre-employment and the annual employee health requirements**.
- Employees shall **eat and drink only in designated areas** (lounge, conference rooms, etc.).
- A **cap** that covers all hair including beard and side burns, **mask** and **eye protective shields**, **sterile gloves** and **sterile gowns** shall be worn by all personnel involved in deliveries that take place in the **restricted area**.
- Universal Precautions** shall be followed for all patients.
- Sharps shall be disposed of in **puncture-resistant leakproof containers**. The containers shall be closed and replaced when $\frac{3}{4}$ full.

洗手

- A **surgical scrub** (or alcohol gel) is required prior to each delivery or surgical procedure
- Circulating nurses and observers** need not scrub but shall wash their hands between cases.
- Good handwashing is also essential **before and after routine patient contact** (as in the labor and recovery rooms) and **going to the rest room and before eating**.

病人

- Pre-operative and operative surgical preps shall be conducted **as ordered by the operating surgeon** and as outlined in the Nursing Procedure Manual.
- Placement of **IV lines**, **Foley catheters**, **fetal monitors**, etc. shall be done according to established standards.
- Isolation** will be initiated when appropriate.

病人家屬

- Family members will be asked to **don appropriate OR attire** prior to entering the Labor and Delivery suite. Caps that cover all hair on the head and face are required.

非產房常規工作人員

- Personnel who are not permanently assigned to the OR, but who must enter the Labor and Delivery OR must **follow the dress code as described in the Labor and Delivery OR policy**. Caps that cover all the hair on the head and face are required.

剖腹產之抗生素預防性投藥: I

- Indications for antimicrobial prophylaxis:
 - Laboring patient- If a patient **has already received antibiotics for any of a number of reasons**, it will be at the discretion of the surgeon whether to administer any at the time of cesarean section. This decision may be based on the duration of time since an antibiotic was administered, the indication for antibiotic use, the pharmacokinetics of the medications used, the clinical condition of the patient, and circumstances occurring at the time of the surgery.
 - It will be at the discretion of the surgeon whether to administer antibiotics for scheduled repeat or elective cesarean sections.

剖腹產之抗生素預防性投藥: II

- **The choice of antibiotic will be left to the surgeon**. The antibiotic generally used is a cephalosporin, but circumstances may necessitate use of a different antibiotic in some cases.

剖腹產之抗生素預防性投藥: III

- The antibiotic **will be given intravenously by the anesthesiologist immediately after the umbilical cord is clamped**.
 - The decision not to administer prophylaxis should be made by the obstetrician; **a physician's order to withhold antibiotics should be placed in the patient's chart in this case**.
 - If prophylaxis is ordered, the anesthesiologist will administer it and document this on the anesthesiology OR flow sheet.
 - The circulating nurse will also document whether prophylaxis was administered or not on the OR nurse records. When prophylaxis is not given, the nurse will document the reason it was not given in the OR nurse records.

開刀房內之規範: I

- **Vaginal delivery packs** will be opened and instrument tables set up **for no longer than 12 hours**. A label with date and time will be placed on the table when set up. After this time, the tables will be cleared, instruments will be reprocessed and other items discarded or reprocessed.
- **Cesarean section trays and packs will be opened and tables set up for no longer than 8 hours**. A label with date and time will be placed on the table when set up. After this time, the tables will be cleared, instruments will be reprocessed and other items discarded or reprocessed.

開刀房之規範: II

- Anesthesiology staff will **not set up the fluid warmer "Hot Line"** in advance of cases.
- **Arterial and central venous pressure lines and transducers will be set up for no longer than 24 hours.** The lines will be labeled with the date and time they were set up. After this time, the fluid and tubing will be discarded.
- **The intravenous set up for peripheral IV's will be assembled and placed in the warmer for no longer than 24 hours.** The assembly will be labeled with date and time when set up. The IV set up will be placed in a bag to prevent inadvertent touch contamination. After 24 hours, the tubing and fluids must be discarded.

剖腹產後傷口感染之監測

- The **appearance of the surgical site** in patients with suspected infection should be documented in the patient's medical record.
 - Drainage (purulent, serous, serosanguinous)
 - Erythema
 - Swelling
 - Tenderness.
- **Specimens of drainage or a swab** of tissues in a newly opened surgical site **should be sent for culture.**
- When surgical site infection is diagnosed, the diagnosis should be **documented in the patient's medical record** and the causative microorganism recorded when established by culture

環境: I

- **Traffic in and out of the OR delivery rooms shall be kept to a minimum** to prevent air turbulence created by activity. **Surgical caps must be worn in all semi-restricted and restricted areas.**
- **Doors shall be kept closed** in the OR delivery rooms. Movement and conversation during cases shall be minimized.
- The **back door** leading from the delivery suite **shall not be used** as a short cut to transport supplies to or from any area.
- **All organic matter on the floor shall be immediately wiped up by a gloved hand and an absorbent cloth.** This cloth shall be immediately discarded in the linen hamper. The **gloves** shall be removed and hands washed before any further handling of supplies for the case. **Spills** shall be cleaned up appropriately.

環境: II

- **Sponge buckets** shall have waterproof liners.
- **All waste that is saturated or dripping with blood or other bloody body fluids** shall be discarded in a red bag as **biohazardous waste.**
- Birthing Room Environment:
 - **Items** in the room (furniture, drapes, pictures, etc.) shall be made of **durable materials** with a smooth impervious surface which can be cleaned and disinfected easily.
 - **Routine terminal cleaning** of the room(s) shall be performed after the room has been vacated.

室內清潔: 病人出院

- **Linens:** The **linen shall be bagged** and taken to the soiled linen area.
- **Kick Buckets:** Kick bucket bags and sponge bags **shall be securely closed before disposal.** If the contents are saturated with blood or bloody body fluids, these bags shall be placed in a red biohazard bag before discarding.

室內清潔: 器械

- **All reusable items** shall be sterilized or properly disinfected prior to reuse.
- **All disposable items** shall be discarded after use.
- **Floors shall be wet mopped** after each case.
- **All instrument and operating tables** shall be thoroughly cleaned after each case.
- **All blood spills or spills of bloody body fluids** shall be cleaned up with an **EPA-registered tuberculocidal (hospital-grade) disinfectant.**

室內清潔:日常清潔 I

- Floors shall be thoroughly cleaned.
- All horizontal surfaces and furniture (i.e., operating tables, instrument tables, and cabinet doors) shall be cleaned and disinfected.
- Kick buckets shall be cleaned, disinfected and relined.
- Wheels and castors shall be cleaned and inspected carefully for debris.
- Sinks and faucets shall be cleaned with a suitable abrasive.

室內清潔:日常清潔 II

- Lounges, offices, workrooms, and janitorial closets shall be cleaned daily and kept in good order.
- Cleaning equipment shall be taken apart, cleaned with a detergent germicide, and allowed to dry.
- Routine cleaning schedules shall be established for the autoclave, warmers, refrigerators, cabinets, storage areas, and other permanent equipment. Cleaning of these items/areas shall be documented.

室內清潔:日常清潔 III

- Floors are scrubbed on a weekly basis and whenever soiled with blood or other body fluids.
- All blood shall be handled as if it were infectious. Bulk blood and bloody body fluids shall be carefully poured into the sewage system for disposal.
- Equipment shall be cleaned with an EPA-registered tuberculocidal (hospital-grade) disinfectant. Disposable items that are saturated with blood or bloody body fluids shall be placed in a red biohazard bag and discarded.

檢體處理:一般檢體

- Culture specimens shall be sent immediately to the laboratory in appropriate sterile specimen containers. The outside of the container shall be clean and labeled appropriately.

檢體處理:病理檢體 I

- Specimens going to Pathology shall be cautiously handled as infectious material.
 - Frozen specimens are to be put in a 4X4 moistened with saline and then placed into a sterile specimen container. Pathology shall pick up these specimens after they have been called.
 - All other specimens shall be placed in a clean container with a sealed lid. Formalin fixative is used for other specimens, placentas, and fetuses.
 - Large specimens shall be placed in a sealed container and then placed in a plastic bag.
 - The containers for all pathology specimens shall be free of any soilage and have a clean label attached to the outside for identification.

檢體處理:病理檢體 II

- All specimens that cannot be sent immediately to pathology shall be placed in the appropriate refrigerator. No food, medicine or blood shall be placed in the same refrigerator.

消毒與滅菌

- Disinfection and sterilization shall be carried out according to the hospital guidelines.
- Items to be sterilized are sent to Sterile Processing.
- All sterilized items shall be labeled with the name of the item. The policy for event-related sterility shall be followed.

消毒滅菌後物品之儲存

- All clean/sterile supplies shall be stored on **shelves and be dust free.**
- All sterile supplies inside each sterile pack shall be checked routinely for expiration dates.

藥品

- Multidose vials of medication shall be discarded according to the UTMB Pharmacy Policy. Single dose vials shall be supplied whenever possible. Irrigation fluids such as saline and water shall be discarded 24 hours after opening.

產後護理之家的感染控制

產後護理之家感染的來源

- 配乳與餵乳
- 訪客帶入
- 母親傳染
- 醫護同仁帶入
- 廢棄物處理
- 環境清潔

Risks of artificial feeding

(in developing countries risks are elevated above these levels)

- **Increased risk of acute illness:**
 - Gastroenteritis: 3-4x risk (developing countries 17-25x)
 - Acute otitis media: 3-4x risk
 - Lower respiratory tract infections (e.g. pneumonia)
 - Bacterial infection requiring hospitalization: 10x risk
 - Meningitis: 4x risk (e.g. *Enterobacter sakazakii*)
 - Higher mortality from sudden infant death syndrome (SIDS)

泡奶的流程: I

1. 先清洗奶瓶與奶嘴後，水煮5-10分鐘
2. 打開奶粉罐時要先清洗罐蓋
3. 洗手
4. 依據說明書配奶
5. 用開水泡奶，若用的是含氯自來水，泡奶的水不一定要燒開

泡奶的流程: II

6. 配好的奶要24小時用完，尚未用完的奶必須先搖勻再冷藏
7. 要知道食源性腹瀉的症狀為何? 最常見的為吐與拉肚子
8. 若對奶粉有疑慮，必須立即回報

奶粉的正確配置與儲存

- 將泡好的奶由冰箱取出，加到室溫以上(嬰兒可以喝冰奶，但還是建議喝加到室溫以上的奶)
- 以熱水泡的奶若沒法立即食用，應儲藏於冰箱(冷藏非冷凍)，食用前再加熱，加熱到40度的奶不得使用超過48小時
- 泡好的奶忽冷忽熱會損害營養成分，建議將奶粉與未開封的開水儲存於陰涼處，要用時將水加熱再來泡奶，奶粉不要儲存於冰箱，會結塊
- 奶的加熱必須用溫水浴，不可用微波爐

訪客管理: I

- 所有的訪客均必須徵得臨床照顧者的同意
- 新生兒所有的照顧者均必須有完整的疫苗接種紀錄
- 訪客不能有任何疾病的徵兆
- 訪客必須遵守洗手原則及具備正確洗手技術

訪客管理: II

- 當病人單位在執行醫療行為或醫療評估時，訪客必須暫時迴避，例如入院評估、理學檢查、腰椎麻醉等等
- 簡單的醫療行為時可有具備良好行為能力的成人訪客在旁全程陪伴
- 訪客可停留於病人房內或家屬休息區，但不得留滞在走廊或護理站

母親的管理

- 新媽媽必須追加施打百日咳疫苗
- 母親發燒或出現明顯感染病徵兆時應停止接觸嬰兒及哺乳
- 母親在服用抗生素或其他藥物時應停止哺乳
- 乳房出現潰瘍、膿腫、變形時應停止哺乳

醫護管理

- 醫護必須執行健康管理，每日量體溫兩次，若有發燒或身上出現感染徵兆時應暫停醫療業務
- 必須追加施打百日咳疫苗，每年施打流感疫苗
- 確實遵守手部衛生原則執行手部衛生
- 遵守標準防護的原則執行醫療行為

廢棄物處理

- 廢棄物必須放置於有蓋垃圾桶內，每日或八分滿了都必須清理
- 外溢廢棄物應以覆蓋處理，並立即消毒立即清運處理

環境清潔與消毒

- 環境必須每日清潔，定期以EPA核准的環境消毒劑進行環境消毒
- 病人出院必須執行終極消毒
- 出現外溢事件應立即執行局部區域之清潔與消毒

懇請賜教