

# Infection Control Micro-Learns User Guide

## ABOUT THE MICRO-LEARNS

The Project Firstline Infection Control Micro-Learns are a series of guided infection control discussions that provide brief, on-the-job educational opportunities. Each micro-learn focuses on a single infection control topic and connects infection control concepts to immediate, practical value. Health care workers can easily apply the key points to their daily work and perform the recommended actions to keep germs from spreading.






## USING THE MICRO-LEARNS

The micro-learns can be incorporated into existing opportunities where groups of health care workers gather, such as pre-shift “huddles” or team meetings. The sessions should be led or facilitated by an experienced team member with infection control expertise.

### Each micro-learn package includes:

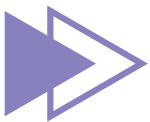
- **An adaptable discussion guide for the facilitator:** The discussion guide is not a script. Facilitators are encouraged to adapt the guide for their audience by including relevant and practical questions and ideas.
- **A job aid for the facilitator:** The visual job aid helps to reinforce the key messages of the micro-learn. Facilitators are encouraged to make the job aid available after the micro-learn session, such as in digital or hard copy form.

### Notes for Facilitators

-  Before presenting a micro-learn, check the policies and protocols at your facility and adapt the content accordingly.
-  Build on your knowledge, experience, and awareness to connect the content to local context or relevant recent events so your audience can apply the concepts confidently.
-  The micro-learns reinforce infection control concepts when risks are observed in patients or in the patient environment, not necessarily in visitors or other staff members.

# “Cleaning and Disinfecting” Micro-Learn Discussion Guide

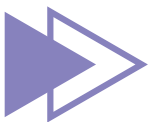
Use the talking points below and accompanying job aid to engage your team in short, focused discussion.  
Adapt to meet your needs.



## INTRODUCE THE TOPIC

Share information about the topic that your audience should know:

- The health care environment carries germs that can cause infections or antibiotic resistance.
- The way you interact with the health care environment also plays a role.
- Cleaning decreases the number of germs on surfaces and disinfecting kills germs.
- Cleaning alone removes most types of harmful germs (like viruses, bacteria, parasites, or fungi) from surfaces.



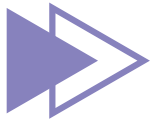
## EXPAND THE TOPIC

Share additional information about what your audience should know on the job:

- Always read disinfectant labels to gain information about the product - what germ it kills, how to use it, how long the surface has to stay wet (contact time), first aid information and how to store the chemical.
- **Follow the listed contact time.** This ensures items are disinfected to keep germs from spreading.
- **Don't rush** the disinfecting process. Wait until contact time is complete before using objects or surfaces or before a new patient comes into a room.
- **Don't wipe** the surface that is wet with disinfectant to dry it faster.
- **Don't blow** on the surface that is wet with disinfectant to dry it faster.
- Increase cleaning in high traffic and common areas.
- Increase cleaning when there is a known outbreak.
- Always wear gloves when using disinfectants especially wet wipes.

# “Cleaning and Disinfecting” Micro-Learn Discussion Guide

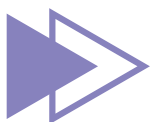
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## DISCUSS WITH YOUR TEAM

**Find out how your audience feels about the topic:**

- The infection control program is meant to prevent or stop the spread of infections in health care settings. Are you familiar with it? How effective is the program? Do you have suggestions to help create a stronger program?
- Are there moments in the day where you find yourself cleaning and disinfecting surfaces? What is your process? Is there anything you would do differently?
- How often do you or have you seen shared devices disinfected after each use?
- As a team, what can we do to reduce the spread of germs in our facility?
- Do you know where to find the contact time for disinfectants?



## WRAP UP AND REINFORCE

**Reinforce key takeaways:**

- Germs live in water, wet surfaces, dust, dirt, devices, and dry surfaces.
- Contact time is the amount of time a disinfectant must remain visibly wet on a surface to effectively kill a specific germ.
- Clean your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer before and after caring for a patient. This will reduce the spread of germs and multidrug resistant organisms (MDROs).
- Patient rooms and medical equipment should be cleaned with appropriate disinfectants.
- Contact precautions are used to prevent spreading MDROs to other patients. If a resident is placed on a contact precaution, remember to follow the correct steps when using PPE.
- Share information such as the facility’s process for isolation precautions, recent cases, or other relevant information.
- Share reminders, prompts, and opportunities for further learning as appropriate, including the Project Firstline website: [cdc.gov/projectfirstline](https://www.cdc.gov/projectfirstline).

# Why Does Cleaning Matter?

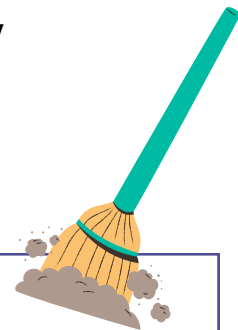


- Reduces the spread of germs
- Leads to optimal employee health
- Critical for patient safety

## ENVIRONMENTAL RESERVOIRS



- Water and wet surfaces
- Dirt and dust
- Devices
- Dry surfaces



## CLEANING



Follow contact (dwell) time



Rush, wipe or blow to dry the surface faster



# Infection Control Practices that Reduce Multidrug Resistant Organisms (MDROs)



**Washing  
hands with  
soap and  
water for 20  
seconds**



**Using  
transmission-  
based  
precautions**



**Using hand  
sanitizer**



**Using  
appropriate  
disinfectant**



**Cleaning  
patient  
equipment**



**Using  
antimicrobials  
properly**

## Where can MDROs live?

- Bed linens
- Bed rails
- Bathrooms
- Fixtures
- Medical equipment
- Hands

