

AHCA/NCAL Infection Preventionist Hot Topic Brief and Tip Sheet

Using CDC's Isolation Precautions in Appendix A

Residents in long-term care facilities are both vulnerable to and often have various illnesses and infectious conditions, many of which can be transmitted to other residents, staff, and visitors. Infection preventionists have a reliable source to use when determining which protective measure to use and for how long. The Centers for Disease Control and Prevention (CDC) Isolation Guidelines Appendix A lists multiple infectious diseases alphabetically with the appropriate type of isolation as well as the duration of precautions.

The isolation guidelines explain the various populations that are vulnerable to infectious diseases and a description of each type. Appendix A was developed as a companion to the isolation guidelines, offering guidance on the appropriate type and duration of precautions, along with criteria for discontinuation when applicable. It also includes important caveats—outlining exceptions and special circumstances—regarding when isolation is necessary and when precautions may be safely discontinued.

Background and Scope:

Historically, there have been a variety of isolation precautions developed that focus on a particular disease and/or condition, for example, enteric precautions. Universal Precautions were created with the emergence of bloodborne pathogens and stated that all blood and body fluids should be treated as if it were infected with a bloodborne pathogen such as HIV, Hepatitis B, or Hepatitis C rather than focus on each type of bloodborne pathogen.

In the 1996 guidelines, Standard Precautions were introduced which expanded on Universal Precautions to encompass other viruses and bacteria in addition to bloodborne pathogens. Standard Precautions combine Universal Precautions and Body Substance Isolation are based on the principle that all blood, body fluids, secretions, excretions (except sweat), non-intact skin, and mucous membranes may contain transmissible infectious agents.

Standard Precautions are essential infection prevention practices for all patients and residents, regardless of suspected or confirmed infection status, in all healthcare settings, including long-term care facilities. These include clean hands, clean surfaces, use of PPE selected according to task and anticipated exposure; safe injection practices; and cleaning and disinfection of potentially contaminated equipment.

Safe care cannot be delivered without Standard Precautions; therefore, they are required in all healthcare settings. These are determined by the nature of the healthcare worker (HCW)-patient interaction and the extent of anticipated blood, body fluid, or pathogen exposure. It all starts with applying standard precautions and then layering additional measures to prevent specific syndromes or infectious diseases or conditions when they are suspected or confirmed. Transmission-based precautions are used for patients who may be infected or colonized with specific infectious agents for which additional precautions are needed to prevent infection transmission. Transmission based precautions include Contact, Airborne and Droplet.

Suggestions for Practice

- According to CDC, there are 3 main types of transmission-based precautions.

1. Contact

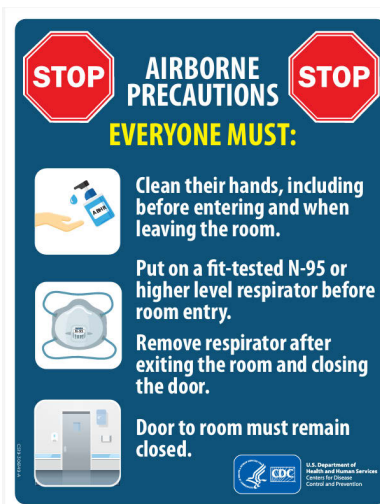
- a. Used for diseases and conditions that are spread through direct contact
- b. Examples include multidrug resistant organisms (MDRO), lice, scabies, C.diff
- c. Minimum PPE required for HCWs includes gowns and gloves

2. Airborne

- a. Used for diseases spread by small air particles that can travel through the air
- b. Examples include Tuberculosis, Measles, and Varicella
- c. Minimum PPE requirements for HCWs includes an N-95 respirator and an airborne infection isolation room (AIIR)

3. Droplet

- a. Used for disease spread by large droplets in the air
- b. Examples include Influenza, Pertussis, and Neisseria Meningitidis
- c. Minimum PPE requirements for HCWs include an isolation or procedural mask



Suggestions for Practice:

- To use appendix A, visit the [site](#) and lookup the infectious disease, including by suspected pathogens, are listed alphabetically. There are then columns for the type of precaution, the duration of precaution and additional comments. For example, if you look up the syndrome Gastroenteritis, you will see it is broken down with different types of precautions for Gastroenteritis caused by E Coli (standard) and one caused by C. difficile (Contact + Standard). See screenshot example. Bookmark this site for quick reference when you need to quickly determine the appropriate precautions for any unfamiliar infectious disease.

Screenshot Appendix A- Gastroenteritis

Gastroenteritis <i>C. difficile</i>	Contact + Standard	Duration of illness	Do not continue antibiotics if appropriate. Do not share electronic thermometers; [853, 854] Ensure consistent environmental cleaning and disinfection. Hypochlorite solutions may be required for cleaning if transmission continues [847]. Handwashing with soap and water preferred because of the absence of sporicidal activity of alcohol in waterless antiseptic handrubs [983].
Gastroenteritis <i>Cryptosporidium</i> species	Standard		Use Contact Precautions for diapered or incontinent persons for the duration of illness or to control institutional outbreaks.
Gastroenteritis <i>E. coli</i> Enteropathogenic O157:H7 and other Shiga toxin- producing strains	Standard		Use Contact Precautions for diapered or incontinent persons for the duration of illness or to control institutional outbreaks.
Gastroenteritis <i>E. coli</i> Other species	Standard		Use Contact Precautions for diapered or incontinent persons for the duration of illness or to control institutional outbreaks.

References

1. <https://www.cdc.gov/infection-control/hcp/isolation-precautions/index.html>
2. <https://www.cdc.gov/infection-control/hcp/isolation-precautions/appendix-a-type-duration.html>