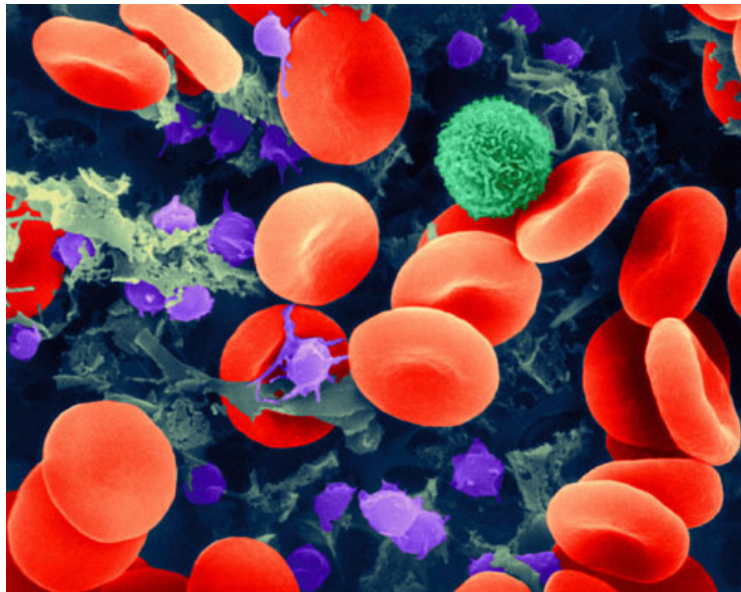


Unit 2: Disease Prevention

Instructional Activities for Adults



PKIDs' Infectious Disease Workshop

Made possible by grants from the Northwest Health Foundation,
the Children's Vaccine Program at PATH and PKIDs.

PKIDs' Infectious Disease Workshop

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There are people who've helped us whose names are not on this printed list. That omission is not deliberate, but rather from our own clumsiness in losing important pieces of paper, and we apologize.

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This publication contains the opinions and ideas of its authors. It is intended to provide helpful and informative material on the subject matter covered. Any information obtained from this workshop is not to be construed as medical or legal advice. If the reader requires personal assistance or advice, a competent professional should be consulted.

The authors specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this workshop.

Introduction

PKIDs (Parents of Kids with Infectious Diseases) is a national nonprofit agency whose mission is to educate the public about infectious diseases, the methods of prevention and transmission, and the latest advances in medicine; to eliminate the social stigma borne by the infected; and to assist the families of the children living with hepatitis, HIV/AIDS, or other chronic, viral infectious diseases with emotional, financial and informational support.

Remaining true to our mission, we have designed the *Infectious Disease Workshop (IDW)*, an educational tool for people of all ages and with all levels of understanding about infectious diseases. In this workshop, you will learn about bacteria and viruses, how to prevent infections, and how to eliminate the social stigma that too often accompanies diseases such as HIV or hepatitis C.

We hope that both instructors and participants come away from this workshop feeling comfortable with their new level of education on infectious diseases.

The IDW is designed to “train-the-trainer,” providing instructors not only with background materials but also with age-appropriate activities for the participants. Instructors do not need to be professional educators to use these materials. They were designed with both educators and laypersons in mind.

The IDW is comprised of a master Instructor’s Background Text, which is divided into six units: Introduction to Infectious Diseases, Disease Prevention, Sports and Infectious Disease, Stigma and Infectious Disease, Civil Rights and Infectious Disease, and Bioterrorism and Infectious Disease.

For each unit, instructors will find fun and helpful activities for participants in five age groups: 2 to 6 years of age, 6 to 9 years of age, 9 to 12 years of age, 13 to 18 years of age and adults.

We welcome any questions, comments, or feedback you may have about the IDW or any other issue relating to infectious diseases in children.

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WORD SEARCH WITH A HIDDEN MESSAGE

LEVEL

Adult

OBJECTIVE

Participants will identify infectious disease terminology.

MATERIALS

One copy of the word search handout (included with lesson) per participant.

PREP

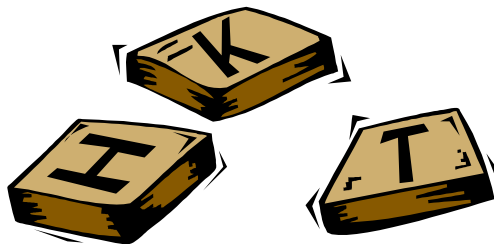
None

INSTRUCTIONAL COMPONENTS

None

ASSESSMENT

The unused letters of the puzzle should spell out the hidden message, “ANYONE CAN GET INFECTED.”



S	T	A	N	D	A	R	D	I	S	E	A	S	E	B
T	E	S	I	T	I	G	N	I	N	E	M	A	O	L
O	G	G	U	R	D	S	H	O	T	N	H	D	H	O
P	E	R	T	U	S	S	I	S	I	O	I	T	S	O
R	R	U	E	G	M	A	X	E	A	L	L	H	A	D
E	M	B	S	S	N	N	Y	X	Y	A	O	E	M	B
C	S	E	O	O	U	I	N	F	E	E	C	P	S	O
A	Y	L	L	E	G	R	L	H	I	B	A	A	T	R
U	R	L	N	N	G	U	I	I	H	E	T	T	I	N
T	A	A	U	I	I	N	F	V	A	C	C	I	N	E
I	T	F	A	D	O	S	A	G	E	S	T	T	G	E
O	I	C	S	U	N	A	T	E	T	T	H	I	N	K
N	N	S	P	M	U	M	E	A	S	L	E	S	H	E
S	A	F	E	A	I	R	E	H	T	H	P	I	D	Y
T	S	E	D	H	A	N	D	W	A	S	H	I	N	G

INFECTIOUS DISEASE WORD LIST

AIDS	FAD	KEY	SANITARY
AILING	FUNGI	LOSE	SEX
ALONE	GEL	MEASLES	SHOT
BATHES	GERMS	MENINGITIS	SMASH
BLOODBORNE	GET	MUMPS	STANDARD
BODILY FLUIDS	HANDWASHING	PERTUSSIS	STING
DIPHTHERIA	HEALTH	POLIO	STOP
DISEASE	HEPATITIS	PRECAUTIONS	TETANUS
DOSAGES	HIB	RUBELLA	THINK
DRUG	HITCH	SAD	VACCINE
EXAM	HIV	SAFE	VIRUS

HIDDEN MESSAGE:

HEALTHY HABITS DISCUSSION

Avoiding Five Common Disease Transmission Scenarios

LEVEL

Adult

OBJECTIVE

Participants will discuss correct methods for preventing disease transmission in common, everyday activities.

MATERIALS

- Overhead projector and pens.
- Handout on Disease Causing Scenarios included with lesson—1 for each participant, or 1 overhead.

PREP

None

INSTRUCTIONAL COMPONENTS

1. Have participants discuss and evaluate their current practices for preventing disease transmission in daily life. Write down their comments. Suggestions to get the discussion started:
 - What do you, your families, and your coworkers do that helps prevent disease transmission?
 - What disease prevention habits would you like to improve?
 - Name various ways diseases are spread at home and in the workplace.
2. According to the Centers for Disease Control and Prevention, there are five common ways in which diseases are transmitted in everyday activities, all of which can be prevented by handwashing. Pass out the included handout or use the overhead projector to review them with participants.
3. Have participants re-evaluate their daily habits using the information on the handout.
4. Discuss ways in which problem areas can be addressed and resolved.

ASSESSMENT

Participants are encouraged to improve their daily health habits (handwashing in particular) at home and at work.

Five Common Disease Transmission Scenarios

In all of these scenarios, disease transmission can be prevented by handwashing (scrubbing with warm water and soap for at least 15 seconds).

HANDS to FOOD: Microscopic amounts of body waste may stick to our hands and get on the food we prepare, if we don't wash after using the toilet.

INFANT to HANDS to OTHER CHILDREN: Traces of body waste can adhere to hands after changing a baby's diaper. That waste can then be transferred to others we touch, if we don't wash our hands.

FOOD to HANDS to FOOD: Raw, uncooked foods like chicken and eggs may contain harmful germs. When handling these foods, it is important to wash our hands before handling any other foods. While cooking the chicken or eggs will kill any germs present on them, the other raw foods we touch, e.g., salad, will retain the harmful germs.

NOSE/MOUTH/EYES to OTHERS: Germs can be found in saliva, mucous and nasal discharge. Sneezing, coughing, or rubbing the eyes or nose and then touching people prior to washing hands can transmit germs.

FOOD to HANDS to INFANTS: In the same way germs can be transmitted from certain uncooked food to other foods, they can also be transmitted to an infant if the caregiver neglects to wash his/her hands between food preparation and tending the infant.



STANDARD PRECAUTIONS Practice/Demonstration Stations

LEVEL

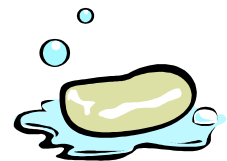
Adult

OBJECTIVE

Participants will practice and/or observe proper practice of standard precautions.

MATERIALS

1. *Handwashing and Gloves Station*: Must effectively demonstrate proper methods for washing hands, when to use gloves, and then explain why these precautions are important.
 - Alcohol-based handrub.
 - Soap.
 - Sink (can be a prop).
 - Non-permeable gloves.
 - Plastic bag for “garbage.”
 - Plastic sandwich bags (demo as substitute if no gloves are available).
2. *Mask and Eye Protection Station*: Must effectively demonstrate use of eye/face protection equipment and explain why these precautions are important.
 - Goggles.
 - Surgical-type mask.
 - Bandanna.
 - Face shield.
 - Glasses/sunglasses (demo as substitute if no goggles are available).
3. *Contaminated Clothing Station*: Must effectively demonstrate procedures for isolating and cleaning soiled clothing and explain why these precautions are important.
 - Various articles of clothing.
 - Fake blood (ketchup for clothing that can be ruined, construction paper for good clothing).
 - Plastic bag with twist-tie (for storage of clothes until cleaned or disposed of).
 - Bottle of bleach (preferably empty)—to add to laundry wash cycle.
4. *Dinnerware and Other Inanimate Objects*: Must effectively demonstrate procedures for cleaning and disposing of various items and explain why these procedures are important.
 - Dish, cup, spoon—1 of each: washable and disposable.
 - Sharps container (optional?)—show single use disposal of sharp objects.
 - Garbage bag in garbage can with lid (or some other means of showing how to keep items in the garbage out of reach of children)—show disposal of single use non-sharp objects.
 - Plastic toys—show disinfection of multiple use objects.
 - Countertop—show disinfection of multiple use objects.



5. *Resuscitation—optional*: Must effectively demonstrate use of barriers during resuscitation and explain why these precautions are important.
 - Doll or mannequin.
 - Mouthpieces, resuscitation bags, plastic wrap with hole in it—to show means of providing barrier between individuals. However, resuscitation should only be performed by a trained individual—do not practice on people; use only dolls or mannequins.
6. *Diaper-Changing Station*: Must effectively demonstrate procedures for cleaning/disinfecting hands and surfaces before and after diaper changes and explain why these precautions are important.
 - Doll.
 - Diaper.
 - Non-permeable gloves.
 - Bleach solution in spray bottle—to clean counter with afterwards.
 - Bleach solution recipe for display.
 - Soap and sink, or other appropriate means of showing handwashing.
 - Plastic-lined garbage can with lid (or other means of keeping out children) for diaper disposal.
7. *Kitchen Station*: Must effectively demonstrate procedures for cleaning/disinfecting hands and surfaces before and after food preparation and explain why these precautions are important.
 - Small refrigerator, box, or picture of refrigerator.
 - Examples of food that should be kept refrigerated.
 - Bleach solution in spray bottle—for cleaning countertops.
 - Example of raw meat.
 - Sink (or simulation of)—to wash hands in after preparing raw meat.
 - Scrubbing brushes or pads—to demonstrate washing them in the dishwasher after use
 - Simulation of dishwasher.

PREP

Determine the presentation format. Possibilities include:

- PowerPoint or other “slide show” presentation using graphics/animation to demonstrate concepts.
- Use of objects and props for the instructor to demonstrate to participants or for participants to explore individually in a “hands-on” environment.

INSTRUCTIONAL COMPONENTS

1. Explain that standard precautions are various types of actions we can take to prevent infectious disease transmission between ourselves.
2. Note that although standard precautions were issued for health care workers caring for patients in hospitals and other medical settings where the risk of disease transmission is greater, they make sense for everyone in general, and PKIDs has adapted them to everyday situations.

3. For instructor and participant reference, a more detailed explanation of standard precaution concepts for everyday life can be found in the PKIDs' IDW *Unit 2: Disease Prevention* Instructor's Background Text.
4. If you choose a presentation format that allows participants to explore the stations in a hands-on manner, you may wish to first do a demonstration of each activity/station for the entire group so that participants have a better idea of the nature of standard precautions.
5. Allow class time for participants to explore the hands-on stations and/or ask questions.

ASSESSMENT

Each participant should be able to use the equipment at each station appropriately and/or should be able to explain why correct use of equipment and procedures is important.

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Additional Activities and Resources for Teachers, Students and Parents

The Centers for Disease Control and Prevention. *Health Information for International Travel, 2001-2002*. McLean, VA: International Medical Publishing, Inc., 2001.

Contains the CDC's recommendations for vaccination and disease prevention for travelers. This edition includes improved maps and addresses children's health concerns as well.

Delmar's Home Care Aide Video Series Tape 5: *Standard Precautions and Infection Control in the Home*. Videotape. Clifton Park, NY: Delmar Publishers, 1998.

Includes information on disease transmission, application of standard precautions, disinfection, cleaning soiled items, and disposing of contaminated waste.

The Handwasher's Brigade Presents: How To Wash Your Hands! Videotape. PKIDs, 1999.

Humiston, Sharon, M.D., M.P.H., and Good, Cynthia. *Vaccinating Your Child: Questions and Answers for the Concerned Parent*. Atlanta: Peachtree Publishers Ltd., 2000.

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