

Contact Precautions Education Plan

Getting Ready to Learn About Contact Precautions

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review the following information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your health, the staff may explain something more than once and give you information in “bite size” pieces over several days. If there is something you don’t understand **it’s okay to ask us to explain.**

What I Need to Learn About Contact Precautions

I will be able to tell the staff:

1. What contact precautions are.
2. Why I have been placed in contact precautions
3. What the hospital staff will do while I am in contact precautions.
4. What my visitors will do while I am in contact precautions.
5. What I will do while I am in contact precautions.

The staff will use three questions and answers to teach me about contact precautions:

- What is my main problem?
- What do I need to do?
- Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I understand contact precautions.

What is my main problem?

I may have an infection that could be harmful if spread to other patients, staff or my visitors.

What do I need to do?

I will be able to tell the staff what contact precautions are.

- Contact precautions are rules I need to follow.
- The hospital staff and my visitors also need to follow these rules.
- Contact precautions are a way of stopping the spread of germs from person to person.

I will be able to tell the staff why I have been placed in contact precautions.

- I have been placed in contact precautions because I may have an infection caused by germs that are hard to treat. These germs may be on my body or inside my body. These germs may be spread to others when people touch me or the things around me.
- I have been placed in contact precautions to stop the spread of germs to other patients, staff and to my visitors.

I will be able to tell the staff what they will do while I am in contact precautions.

- An orange “Contact Precautions” sign will be placed outside my door.
- A cart containing paper gowns may be placed in my room or outside my door for use by the staff and my visitors.
- Staff will wash their hands or use hand sanitizer upon entering and leaving my room.
- Staff will wash their hands before and after providing care.

- Staff and visitors will wear gloves and a paper gown when touching me or the things around me.

I will tell the staff what my visitors will do while I am contact precautions.

- My visitors will wash their hands or use hand sanitizer when they enter and leave my room.
- My visitors should not enter my room if they are sick.
- My visitors should not bring items into or out of my room.
- My visitors will not sit or lay on my bed.
- My visitors will wear a paper gown and gloves while in my room.

I will be able to tell the staff what I will do while I am in contact precautions. I will:

- Wash my hands or use hand sanitizer often.
- Wash my hands or use hand sanitizer before eating.
- Wash my hands or use hand sanitizer after using the bathroom.
- Remind the staff to wash their hands or use hand sanitizer if I do not see them do this.
- Remind my visitors to follow contact precautions while visiting me.
- Wash my hands before leaving my room.

Why is this important to me?

I have an infection that could be harmful if spread to others. I need to help stop the spread of this infection.

As part of my care I may also receive the following:

- My own personal bottle of hand sanitizer.

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Resources for Staff

- See Teaching Tools
- Infection Prevention Department: 341-6317
- Bronson Manuals – [IP O-01 Standard Precautions Procedure and Special Precautions Guideline](#)
- [Infection Prevention: Implementing Isolation Precautions](#) - Nursing Reference Center Plus
- [Hand Hygiene: Antiseptic Hand Washing](#) - Nursing Reference Center Plus
- [Hand Hygiene: Using an Alcohol Based Rub](#) - Nursing Reference Center Plus

Teaching Tools

- Contact Precautions Education Plan

References

- APIC Infection Prevention Manual for Hospitals, 2010 Edition, ICP Associates, INC-Gail Bennett RN, MSN, CIC
- [Infection Prevention: Implementing Isolation Precautions](#) - Nursing Reference Center Plus
- [Hand Hygiene: Antiseptic Hand Washing](#) - Nursing Reference Center Plus
- [Hand Hygiene: Using an Alcohol Based Rub](#) - Nursing Reference Center Plus

Always close each teaching session with the question, “What questions do you have for me?”

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