

## **LTCE NURS 1-724**

### **Infection Control: Guidelines for Managing Influenza and Norovirus Gastroenteritis Outbreaks**

*Click on any topic below*

[\*Which nurses should take this course?\*](#)

[\*Why influenza outbreaks are a concern for nurses\*](#)

[\*Learning objectives/course content\*](#)

[\*Disclosure statement\*](#)

[\*Qualified planner and faculty\*](#)

#### **Which nurses should take this course: RNs LPNs, NPs and others.**

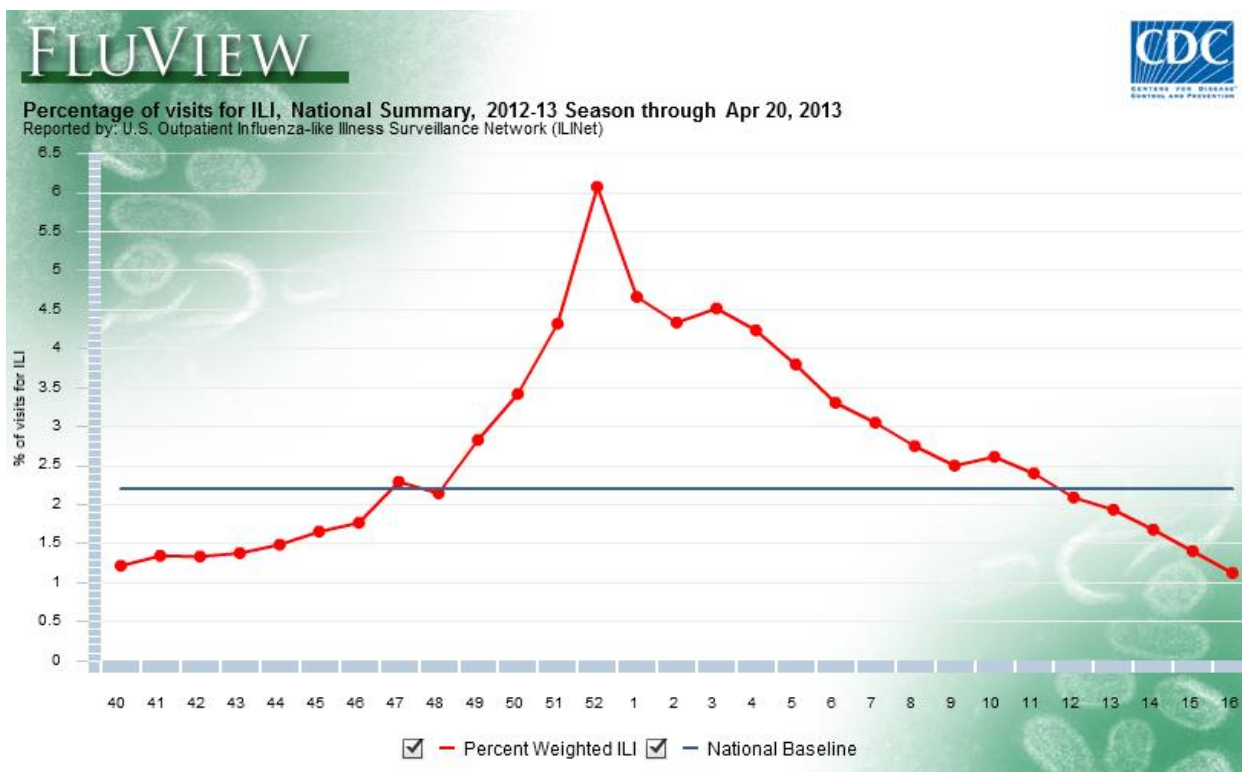
Nurses in most health care settings, hospitals, nursing homes, physician practices, etc., encounter influenza and need to be aware of how to manage the spread of influenza.

Nurses in all institutional settings that serve meals will have an interest in better understanding norovirus gastroenteritis.

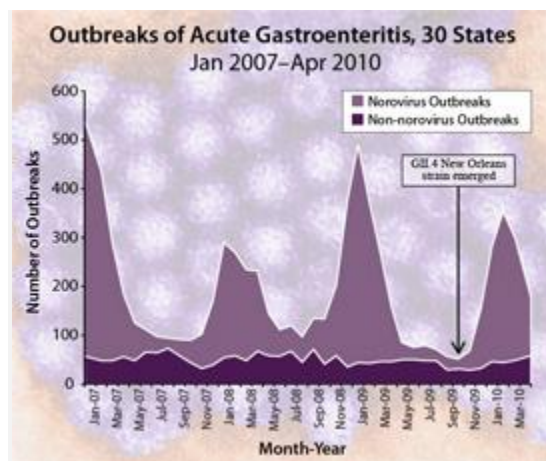
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#### **Why influenza and norovirus gastroenteritis outbreaks are a concern for nurses**

Health care workers, especially nurses must deal with the presence of influenza and norovirus gastroenteritis outbreaks on an ongoing basis.



## Trends and Outbreaks



[View larger figure](#)

## Trends

Each year, norovirus—

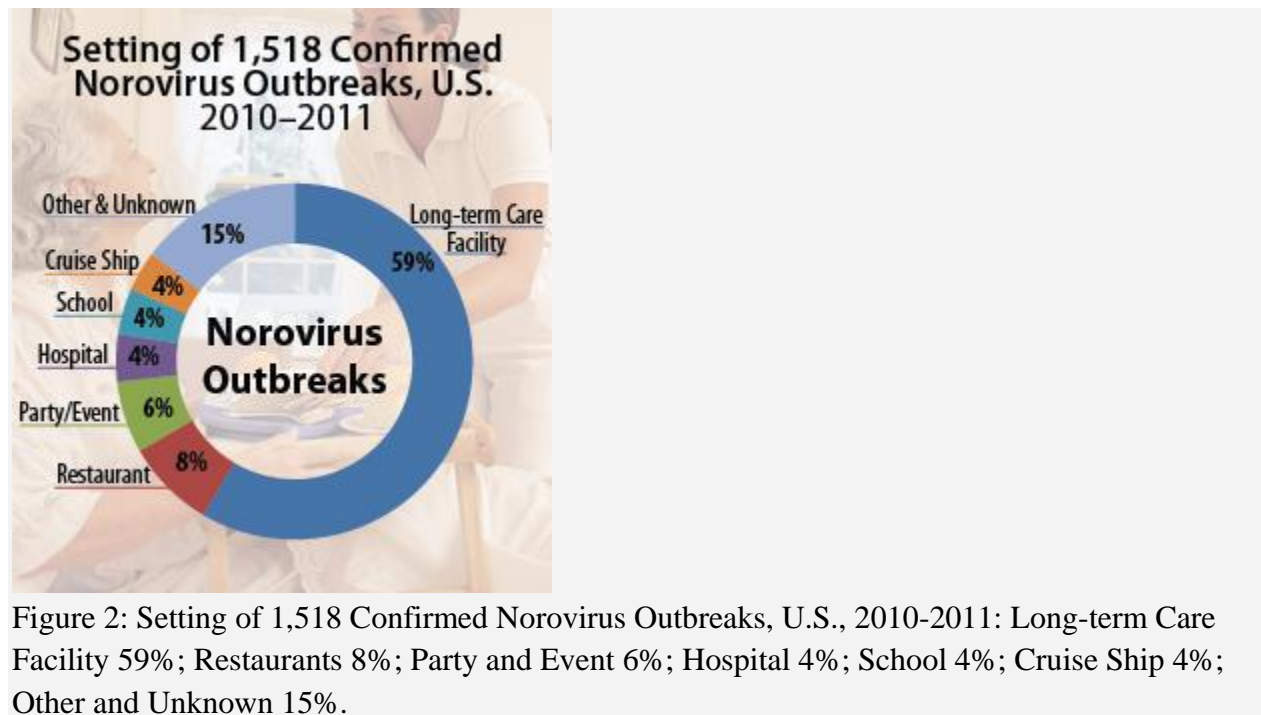
- causes about 21 million cases of acute gastroenteritis (inflammation of the stomach or intestines or both)

- contributes to about 70,000 hospitalizations and 800 deaths, mostly among young children and the elderly

You can get norovirus illness at any time during the year. But, it is most common in the winter. Also, there can be 50% more norovirus illness in years when there is a new strain of the virus going around.

### Outbreaks

Most outbreaks of norovirus illness happen when infected people spread the virus to others. But, norovirus can also spread by consuming contaminated food or water and touching things that have the virus on them.



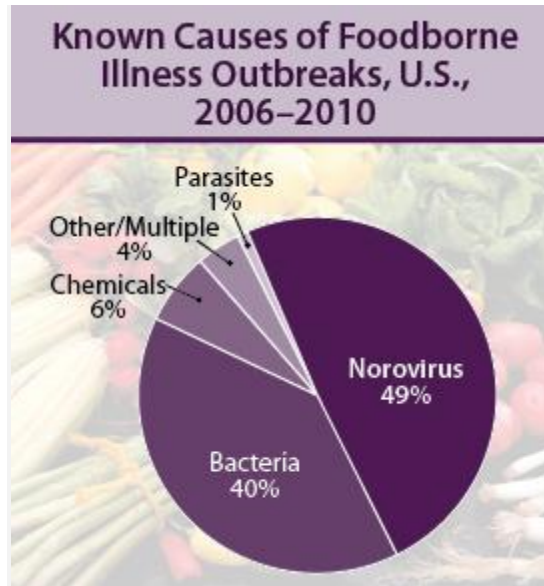


Figure 3: Known Causes of Foodborne Illness Outbreaks, U.S., 2006-2010. Norovirus 49%; Bacteria 40%; Chemicals 6%; Parasites 1%; Other/Multiple 4%.

Healthcare facilities, including nursing homes and hospitals, are the most commonly reported places for norovirus outbreaks in the United States and other industrialized countries. Nearly two-thirds of all norovirus outbreaks reported in the United States occur in long-term care facilities.

This course updates the nurse participant on prevention strategies for seasonal influenza in health care settings and guidelines for prevention and control of norovirus gastroenteritis outbreaks in health care setting.

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## Learning Objectives:

**At the conclusion of taking this course the student will be able**

**To identify the modes of transmission for influenza**

**To understand what steps to take to minimize potential exposures**

**To manage visitor access and movement within the facility**

**To implement Standard and Droplet Precautions for all residents with suspected or confirmed influenza**

**When norovirus gastroenteritis is suspected, to be able**

**To cohort patients and set up isolation precautions**

**To diagnose the presence and spread of norovirus**

**To manage staff and visitors safely**

To find active cases

## Learning Objectives:

**Each learner will list the modes of transmission for influenza,**

**Each learner will list each step to take to manage an influenza outbreak in a long term care facility.**

**Each learner will name the three elements 1. hand hygiene, 2. gloves and 3. gowns of the Standard Precautions applicable to influenza control.**

**The student will list the steps to implement Standard and Droplet Precautions for residents with suspected or confirmed influenza.**

**The student will list who to notify when influenza outbreaks occur.**

Reading file 1

Prevention strategies for seasonal influenza in healthcare settings...

<http://www.cdc.gov/flu/professionals/infectioncontrol/healthcaresettings.htm>

This reading file is the current Centers for Disease Control (CDC) Prevention Strategies for Seasonal Influenza in Healthcare Settings. The CDC sets health care standards for the Federal Government and is located in Atlanta, Georgia.

*What you will learn:*

- That influenza is a community-based infection.
- Modes of Transmission for influenza
- The fundamental elements of a core prevention strategy to prevent influenza transmission

- How to promote and administer seasonal influenza vaccine
- Steps to take to minimize potential exposures
- How to monitor and manage ill healthcare personnel
- Elements of the Standard Precautions applicable to influenza control
  - Hand hygiene
  - Gloves
  - Gowns
- How to adhere to droplet precautions
- Caution to use when performing aerosol-generating procedures
- How to manage visitor access and movement within the facility
- How to monitor influenza activity
- How to implement engineering controls
- The training and education of healthcare personnel

*To think about as you read:*

What is the balance between allowing full family and other outside visitors to residents versus restricting visitations to manage influenza? Is it possible to achieve full staff compliance with hand hygiene and the wearing of gloves and gowns?

Reading file 2

Influenza Outbreak Management in Long-term Care Facilities

<http://www.cdc.gov/flu/professionals/infectioncontrol/ltc-facility-guidance.htm>

In this second reading you will learn how to respond when an influenza outbreak occurs in the facility.

*You will learn*

Steps to take before an outbreak occurs

- What to do when there is a confirmed or suspected influenza outbreak
- How to implement daily active surveillance for respiratory illness among ill residents, health care personnel and visitors to the facility

- How to implement Standard and Droplet Precautions for all residents with suspected or confirmed influenza.
- The importance of administering influenza antiviral treatment and chemoprophylaxis to residents and staff.
- Additional measures you can take to reduce transmission among residents and staff.

*To think about as you read*

To what extent has influenza been successfully controlled in the facilities with which you have had experience? Is such an extensive prevention and treatment program worthwhile as a staff use of time?

Reading file 3

Prevention and Control of Norovirus Gastroenteritis Outbreaks in the Health Care Setting

<http://www.cdc.gov/hicpac/pdf/norovirus/Norovirus-Guideline-2011.pdf?source=govdelivery>

Norovirus Gastroenteritis can spread through areas of a facility with bewildering speed.

In this reading you will learn the recommendations of the Centers for Disease Control's Healthcare Infection Control Practices Advisory Committee (HICPAC). These are the current federal standards long term care facilities are expected to implement.

*You will learn what is recommended for*

- Patient cohorting and isolation precautions
- Hand hygiene
- Patient transfers
- Indirect patient care staff precautions: food handlers in particular
- Diagnosis of the problem
- Use of personal protective equipment

- How to clean the environment
- Staff leave policies
- Visitor management
- Education about this problem area
- How to find active cases
- Who to notify when outbreaks occur

*To think about as you read.*

Nearly every long term care facility faces an outbreak of Norovirus Gastroenteritis during each year. How can prevention be best achieved on the limited resources available to the typical long term care facility? Which preventive steps do you think are the most important?

*Summary*

You have now been introduced to two of the major concerns for infection control program in the healthcare setting. You can keep up on current developments and recommendations by regularly visiting the Centers for Disease Control website.

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## **Disclosure Statement**

**This Disclosure Statement will be posted on our website and available to website visitor to view before signing up for a course. The course itself will also carry this disclosure statement at the opening of the course.**

**Successful completion of this online course requires learning the reading materials, passing the multiple choice examination with 70% or more correct answers, and completion of the course evaluation form. Upon completing the above the student will be able to print out the course certificate.**



**We believe no conflict of interest exists for this course. A conflict of interest exists when an individual has the ability to control or influence the content of an educational activity and has a financial relationship with a commercial interest, the products or services of which are pertinent to the content of the educational activity. Commercial interest is defined by ANCC as any entity producing, marketing, reselling, or distributing healthcare goods or services consumed by or used on patients, or an entity that is owned or controlled by an entity that produces, markets, resells, or distributed healthcare goods or services consumed by or used on patients. Long Term Care Education exists solely to provide educational courses and has no commercial ties of any kind to any commercial interest. Mr. John Gotelli, the lead nurse planner for Long Term Care Education, is an employee of University of North Carolina Hospitals, Medicine/Geriatric Services where he serves as a Geriatric Nurse Practitioner (2006 to present). He has no financial interest of any type with the university hospital system other than as a salaried employee. No financial or personal relationship exists that would present a conflict of interest in the content of this educational activity.**

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**The expiration date for awarding contact hours is August 31, 2015.**

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The qualified planner for this course is

John M. Gotelli, MSN, NP  
University of North Carolina Hospitals, Medicine/Geriatric Service  
Geriatric Practitioner  
Nurse Practitioner licensed in the State of North Carolina  
Geriatric Nurse Practitioner, ANCC Certified

Mr. Gotelli is enjoying a successful career in nursing and nursing education.

John M. Gotelli, MSN, NP  
 1100 Joseph Johnston Ct  
 Hillsborough, NC 27278  
 jgotelli@unch.unc.edu

Education	Vanderbilt University School of Nursing, Nashville, TN Master of Science in Nursing (August 2000) Gerontology Nurse Practitioner Specialty
	Vanderbilt University School of Nursing, Nashville, TN Basic professional nursing component of the MSN program (August 1999)
	University of California, Davis, CA Bachelor of Arts, Psychology (June 1992)
Licensure and February 20013 Certification	Nurse Practitioner, licensed in the state of North Carolina through Geriatric Nurse Practitioner, ANCC Certification through September 2015
Work Experience	University of North Carolina Hospitals, Medicine/Geriatric Service <u>Geriatric Nurse Practitioner</u> (July 2006 to present) Clinical responsibilities: <ul style="list-style-type: none"> <li>• Round daily with the medical team</li> <li>• Perform comprehensive geriatric evaluations on acutely ill hospitalized patients admitted to the geriatric service</li> <li>• Ensure problems such as poly-pharmacy, delirium, pressure sores, psychosocial issues, immobility and incontinence are addressed</li> <li>• Facilitate interdisciplinary rounds (social work, nutrition, case management and Recreation therapy)</li> </ul> Leadership and Administrative responsibilities: <ul style="list-style-type: none"> <li>• Serve as consultant to staff nurses hospital wide for geriatric clinical issues</li> </ul>

- Organize and implement curriculum for Geriatric Resource Nurse Program (also open to Nursing Assistants). A two day program which introduces staff to essential bedside geriatric care.
- Implement Continuous Quality Improvement (CQI) Projects related to geriatric clinical issues.
- Serve on various hospital committees: restraint reduction committee; nursing research council
- Improve continuity of care for seniors living in community retirement homes/health centers through collaborative initiatives between health systems
- Serve as Adjunct Faculty for University of North Carolina, Chapel Hill School of Nursing to foster relationship between UNC hospital and the nursing school
- Clinical tutor for 2<sup>nd</sup> year medical students Introduction to Clinical Medicine Course, UNC School of Medicine – 2007 and 2008
- Implemented Nursing Rounds, a collaboration between UNC School of Nursing and 8 bed tower to enhance nursing sensitive patient outcomes

Veterans Administration, Charlotte Community Outpatient Clinic  
Nurse Practitioner, Primary Care Service Line (2000 – 2006)

- Provided primary care services to a veteran population with the collaboration of three physicians
- Managed a patient panel size of approximately 850
- Performed comprehensive history and physical examinations; ordered and interpreted laboratory and imaging diagnostic studies; maintained preventive health activities; coordinated a plan of care for episodic and chronic health conditions; communicated plan of care to patient and family members; ordered appropriate therapies including medications
- Coordinated care with other healthcare systems to ensure appropriate follow up and avoid duplication of services

Center for Social Services, San Diego, CA

Benefits Specialist/Case Manager (1997-1998)

- Provided public and private benefits counseling to San Diego residents and their families infected with and affected by HIV/AIDS

- Assisted in primary screening to access Social Security, SSI, Medi-Cal, Medicare, as well as Ryan White funded HIV clinics
- Participated in a comprehensive county wide Needs Assessment Survey
- Enrolled eligible participants and managed daily operations of the AIDS Drug Assistance Program

AIDS Foundation San Diego, San Diego, CA

Benefits Specialist (1996-1997)

- Duties were same as above

Case Manager (Temporary position from February – August 1996)

- Developed long-term case management treatment plans with clients and their families affected by HIV/AIDS
- Collaborated with medical providers in managing client illness as it related to social well-being
- Facilitated referrals to clinics, private medical practices, clinical drug trials, and community organizations

#### Honors and Affiliations

- Nursing Recognition Award presented by UNC Department of Medicine -2012
- North Carolina “Top 100” Nurses Award - 2009
- Adjunct Faculty, University of North Carolina Chapel Hill School of Nursing
- Member of the Gerontological Society of America
- Outstanding Geriatric Nurse Practitioner Student for the year 2000 class
- 1999 Luther Christman Award: Presented to the first year student with the most outstanding clinical skills

#### Publications and Presentations

Gotelli, J., Neelon, V., Carlson, J. (2010) Delirium and Functional Decline by Discharge in Acutely Ill Hospitalized Elders. Abstract presentation at 2010 Gerontological Society of America Annual Conference.

Gotelli, J., Merryman, P., Carr, C., McElveen, I., Epperson, C., & Bynum, D. (2008)  
A Quality Improvement Project to Reduce Complications Associated with Indwelling Urinary Catheters. *Urologic Nursing*, 28 (6), 465-467, 473.

Center for Life Long Learning, UNC School of Nursing. *Geriatric Pharmacology* (2012)  
Chapel Hill, NC

North Carolina Statewide Program for Infection Control and Epidemiology (SPICE)  
*Urinary Tract Infections in the Elderly*. (2012) Chapel Hill, NC

North Carolina Association of Recreational Therapists 2007 Annual Meeting. *Delirium and Dementia*. (2007) Greenville, NC

Pain Specifics. *Pain in the Elderly* , UNC Hospitals Nursing Practice and Education Seminar. (2006) Chapel Hill, NC

Presented findings from the Summary of the Seventh American College of Chest Physicians Conference On Antithrombotic and Thrombolytic Therapy, CHEST 2004; 126 : 1635-6965, Charlotte VA Community Based Outpatient Clinic, September 2005

Research Interests      Geriatric Syndromes – delirium, cognitive and functional decline, falls.

Mr. Gotelli has had a wide variety of nursing responsibilities in several health care setting over the past fifteen years including lecturing in the North Carolina Statewide Program for Infection Control.

Mr. Gotelli and Dr. Allen work together to identify continuing education course topics which are relevant to the needs of nurses currently practicing in a variety of nursing setting.

Dr. Allen has attended the North Carolina Statewide Program for Infection Control and Epidemiology over the past decade and is an Infection Control Practitioner in the State of North Carolina.

Dr. Allen has over three decades of teaching health care administration at the UNC-CH School of Public Health. Over the years his courses have been attended by UNC-CH School of Nursing students and students from the UNC-CH School of Medicine.

Dr. Allen's text is a core medical title in the nursing field

Text selected as 2011 (and Again in May, 2013) Doody's Core Medical Title Nursing Home Administration, the text on which the courses on this website are based has been chosen as one of only five 2011 core medical titles in *the nursing field* being recommended by the library association for Health Sciences Libraries to add to their collection.

A "Core Medical Title" is defined as "...a book or software title that represents essential knowledge needed by professionals or students in each [healthcare] discipline and is highly recommended for the collection of a library that serves health sciences specialists."

(The other titles are: *Compact Clinical Guide to Chronic Pain; Dictionary of Nursing Theory and Research; Family Practice Guidelines; Nursing Interventions Through Time*).

### **Biographical sketch: James E. Allen**

#### Education:

B.A., University of Arizona

S.T.M., Boston University

Ph.D., Boston University Graduate School

M.S.P.H. University of North Carolina at Chapel Hill

#### Professional Certifications License:

NHA -- licensed nursing home administrator,

State of North Carolina, License 812.

Certified Long Term Care Infection Control Practitioner, UNC-CH.

Consultant to law firms in North Carolina, South Carolina, Florida, Texas, Kansas, Connecticut, South Dakota and West Virginia.

#### Current Position:

President: Long Term Care Education.com (an education website)

[longtermcareeducation.com](http://longtermcareeducation.com)

[jamesallen@unc.edu](mailto:jamesallen@unc.edu); [jeallen@mindspring.com](mailto:jeallen@mindspring.com)

(Professor of Health Policy and Management, Emeritus

Department of Health Policy and Management,

School of Public Health, University of North Carolina at Chapel Hill

706 Greenwood Road, Chapel Hill, NC 27514-5923 email: [jamesallen@unc.edu](mailto:jamesallen@unc.edu)

Ph. Long Term Care Education: 919-815-0387 Fax 919-933- 6825)

#### Publications:

Thirty journal articles, over 100 published book reviews, five books. Most recent books:

*NURSING HOME ADMINISTRATION*, 6th Ed, New York: Springer Publishing Company, ([www.springerpub.com](http://www.springerpub.com)) 2011, 700+ pp. (The standard text in the field for over 30 years, recently named as the leading text for nursing home administrators).

*THE LICENSING EXAM REVIEW GUIDE IN NURSING HOME ADMINISTRATION*, New York: Springer Publishing Company, ([www.springerpub.com](http://www.springerpub.com)) 2011.

*NURSING HOME FEDERAL REQUIREMENTS AND GUIDELINES TO SURVEYORS*, 7th edition, New York: Springer Publishing Company, ([www.springerpub.com](http://www.springerpub.com)) 2011.

*ASSISTED LIVING ADMINISTRATION: THE KNOWLEDGE BASE*, New York: Springer Publishing Company, 2004, 697 pages.. ([www.springerpub.com](http://www.springerpub.com)).

The NAB Five-Step Administrator-in-Training Internship Manual for Nursing Home Administrators. The National Domains of Practice based administrator-in-training program authorized for use by colleges and state boards by The National Association of Boards of Examiners for Long Term Care Administrators. Washington: ([www.nabweb.org](http://www.nabweb.org)) 2012 edition.

The National Exam and Self-Study Guide for Assisted Living Administration: The Knowledge Base. Based on the NAB Domains of Practice. Chapel Hill: ([www.longtermcareeducation.com](http://www.longtermcareeducation.com)) 2010.

18 Manuals for Department Heads based on the current Federal Requirements and Guidelines to Surveyors. Chapel Hill: ([www.longtermcareeducation.com](http://www.longtermcareeducation.com)) 2010.

Teaching

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