

# POLICY MANUAL

---

**Subject:** Exposure to Blood and Body Fluids    **Effective Date:** 10/90

---

**Initiated By:** Cinde Stewart  
QI Coordinator

**Approved By:** William C. Anderson  
Chief Medical Officer

**Review Dates:** 2/97 CSF, 12/02 DF, 7/11 NC  
10/12 NC, 11/13 NC, 11/15 NC  
10/13 NC

**Revision Dates:** 7/22/93; 12/99 CSF  
5/05 JL; 11/08 NC;

---

## POLICY:

Cumberland Heights follows the CDC Guidelines for the management of exposures to blood and body fluids as outlined in the CDC Documents "Public Health Service Statement on Management of Occupational Exposure to HIV, Including Consideration Regarding Anti Viral Medications Post exposure Use," "Protection against Viral Hepatitis: Recommendations of the Immunization Practices Advisory Committee," and "Recommendation for Prevention of HIV Transmission in Healthcare Settings," incorporated in entirety by reference.

## DEFINITIONS:

**Infectious wastes** – any material that has come in contact with blood or body fluids, as well as blood or body fluids themselves.

**Exposure** – an incident in which a person has had a parenteral, subcutaneous, ophthalmic, or mucous membrane contact with blood and/or body fluids or materials contaminated with blood and/or body fluids or materials contaminated with blood and/or body fluids involving large amounts of fluid or prolonged contact.

## PROCEDURE:

1. Should an exposure occur, the person should immediately wash the area with soap and water. If an ophthalmic splash is involved, the affected eye should be rinsed with saline irrigant. The person should notify his/her supervisor and the nurse on duty.
2. The nursing staff informs the Chief Medical Officer or physician designee of the incident, the QM Director, the Director of Nursing, and Human Resources.

3. The source person involved is informed by nursing staff of the exposure; permission for serological testing for HIV/HBV/HCV infection is obtained and testing performed.
4. The person exposed is counseled by the Chief Medical Officer or physician designee regarding the risk of infection, as well as the need for serological testing for HIV/HBV/HCV infection. This testing is available at Cumberland Heights via contract provider free of charge. Testing is available at time of initial exposure and a 6-month follow-up.
5. The Chief Medical Officer or physician designee also counsels the person exposed regarding the availability of the Hepatitis B vaccine (if the employee has not previously received it). Both are available at Cumberland Heights free of charge.
6. The Chief Medical Officer or physician designee further counsels the person exposed to seek medical evaluation for any acute febrile illness that occurs within 12 weeks of exposure, as well as seeking medical evaluation for any of the known signs/symptoms of hepatitis.
7. The Chief Medical Officer or physician designee provides written and verbal reports of any examination test results, and information given to the person's personal physician with the written consent of the person exposed.
8. A copy of 29 CFR 1910 is provided to the person's personal physician, as well as being available to the Chief Medical Officer or physician designee via the QM Office.
9. Records of the above are maintained in the Human Resources Office, separate from the regular personnel files, according to applicable state and federal laws. These records are maintained for the duration of employment plus 30 years and are considered confidential. They are not released outside of the workplace without written consent except as required by law.
10. All incidents of exposure are reviewed by the Infection Control Sub-committee of the organizational Safety Committee.