

Chapter 4 Infection Control, Safety, Health, and Hygiene

Susan G. Salvo

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Introduction

- Massage therapy is safe and noninvasive, but therapists do serve patients under medical supervision
- Therapists must consider patients' conditions and medications before beginning treatment
- Safety and sanitation procedures protect both therapists and patients

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Disease Awareness: Introduction to Pathology

- Therapist will encounter clients who have disease or medical conditions
- Therapist must have:
 - Awareness of disease and its transmission
 - Fundamental overview of pathology

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Health and Homeostasis

- Homeostasis—constancy of the body's internal environment
- Two major systems regulate homeostasis:
 - Nervous system
 - Endocrine system

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Role of Feedback Systems

- The body regulates internal environment through feedback systems:
 - Negative feedback system—reverses a disruption in a controlled condition
 - Positive feedback system—strengthens or reinforces a change in a controlled condition

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Body in Disease

- Terms defined:
 - Disorder—any functional abnormality
 - Disease—any illness characterized by certain signs and symptoms
 - Signs—objective changes in the body that can be observed and measured
 - Symptoms—subjective changes in the body known only to the person experiencing them

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Body in Disease

- Syndrome—a group of signs and symptoms that occur to present a pattern that defines a particular disease or abnormality
- Local disease—a disease affecting only one area of the body
- Systemic disease—a disease affecting large areas of the body
- Exacerbation—period of full-blown symptoms
- Remission—period of partial or complete disappearance of symptoms

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Body in Disease

- Acute disease—a disease that has an abrupt onset of severe symptoms that run a brief course
- Chronic disease—a disease that develops slowly and lasts longer than 6 months
- Subacute—used to describe a condition in which the client has an absence of measurable signs but is still experiencing symptoms

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Types of Diseases

- Autoimmune
 - Not contagious
 - Excessive or inappropriate immune response
 - Results from an attack by the body's own immune system
- Cancerous
 - Not contagious
 - Exposure to carcinogens a potential cause
 - Can be benign or malignant
 - Can travel to other body parts by metastasis

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Types of Diseases

- Deficiency
 - Not contagious
 - Caused by the lack of an essential vitamin or nutrient
 - Often interferes with growth and development
- Degenerative
 - Not contagious
 - Involves tissue breakdown caused by overuse or as a result of aging

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Types of Diseases

- Genetic
 - Not contagious
 - Caused by imperfect genetic code in the chromosomes
 - May be passed from generation to generation
- Infectious (or communicable)
 - Highly contagious
 - Caused by a pathogen transmitted either directly or indirectly

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Types of Diseases

- Metabolic
 - Not contagious
 - Involves abnormal activities of cells and/or tissues

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Types of Disorders

- Congenital
 - Not contagious
 - Present at birth
 - Causes include genetic abnormalities, deficient maternal diet, or in utero exposure to harmful substances
- Traumatic
 - Not contagious
 - Injuries that can disrupt homeostasis

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Agents of Disease

- Pathogens are biological agents capable of causing disease
- Contamination—when pathogenic agent resides in or on an organism

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Agents of Disease: Bacteria

- Most not pathogenic; many are helpful
- Direct transmission from person, animal, or fomite
- Exposure through improper hygiene or food handling
- Bacterial diseases include boils, tuberculosis, strep

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Agents of Disease: Fungi

- Molds and yeasts—most not pathogenic
- Transmitted by a fomite or person to person
- Promoted by a warm, moist environment
- Typically superficial but tenacious
- Can be systemic and life threatening in a weak host
- Infestations include ringworm and *Candida albicans*

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Agents of Disease: Protozoa

- Single-celled organisms that can only survive in a living host
- Transmitted through contaminated food, water, or feces
- Protozoal diseases include amebic dysentery, malaria, and African sleeping sickness

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Agents of Disease: Viruses

- Considered nonliving entities
- Can easily mutate; antibiotics relatively ineffective
- Transmitted person to person, insect to person, or animal to person
- Viral diseases include the common cold, AIDS, rabies, viral hepatitis, and Ebola

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Agents of Disease

- Parasites—organisms that live in or on a host
- Can enter the body and cause disease

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Modes of Transmission

- Direct physical contact
 - Mucous membranes
 - Intact or broken skin
- Indirect physical contact
 - Ingestion
 - Inhalation

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Host-Pathogen Relationship

- Body reacts to fight off the pathogen
 - Pathogen's success depends on gaining access, areas attacked, ability to spread and replicate itself, and resistance to host's defenses
- Pathogen tries to overcome the body's defenses
 - Body's defenses are physical and chemical barriers, inflammation, and immune response

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Host-Pathogen Relationship

- Signs of immune response include fever, mild nausea, altered metabolism, cardiovascular changes, anemia, elevated white blood cell count
- Immune system can be depressed or weakened by chronic stress, malnutrition, radiation, some medications, and certain preexisting illnesses

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Infection Control

- Risk of transferring pathogens:
 - Therapist to client
 - Client to client
 - Tools, linens, lubricant to client
- Learning, implementing, and practicing universal precautions will decrease risk

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Infection Control

- Universal Precautions
 - Established by the CDC to reduce transmission of communicable disease
 - Include both routine and strict sanitary practices
 - Mandatory when performing invasive medical procedures or handling body fluids
 - Protects both the client and the therapist

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Guidelines of Sanitation

- Sanitary procedures:
 - Use standard hand washing procedure
 - Avoid wearing ornate jewelry
 - Keep fingernails clean, short, and unpolished
 - Keep hair clean and out of the way
 - Use clean linens, and launder after use
 - Adhere to safe method of handling contaminated linens and massage tools
 - Treat any unidentified substance as unsafe
 - Wear clean uniform each day

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Guidelines of Sanitation

- Sanitary procedures (cont'd.):
 - Use pump dispenser or clean single-use dish for massage lubricant
 - Use gloves when appropriate
 - Do not perform massage when ill or when experiencing coldlike symptoms
 - Avoid working while taking alcohol or recreational drugs
 - Avoid massaging clients who are ill

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Safety Guidelines for the Massage

- Obtain training in first aid and CPR
- Keep first aid kit on premises
- Wipe client's feet after massage
- Identify endangerment sites and contraindications

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Glove Use

- Gloves should be worn under certain conditions
- Discuss reasons for glove use with client
- Both latex and vinyl gloves have assets and liabilities
- Use a water-based massage medium with latex gloves.
- Oil-based lubricants are OK to use with vinyl gloves.

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Glove Use in Massage Therapy

- Proper removal and disposal methods:



- A. Pull off one glove B. Place removed glove in palm of gloved hand C. Remove other glove with first glove inside D. Dispose of used gloves

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Hand Washing

- Best measure to prevent the spread of infection
- Therapists must wash their hands before and after each massage using the recommended procedures for health care professionals
- Using gloves does not preclude washing hands

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Hand Washing

- Hand washing procedure:



- A. Turn on water B. Wet hands, forearms, and elbows C. Clean beneath nails D. Soap the hands

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Hand Washing

- Hand washing procedure (cont'd.):



- E. Rinse F. Dry the hands G. Turn off water

- Scrubbing for 15 seconds is sufficient
- Broken skin or contact with any bodily fluid: increase soaping time to two minutes.

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Health and Hygiene for Massage Therapists

- Subscribe to habits that promote proper health and good hygiene
- Three primary elements of health: nutrition, exercise, relaxation
- Self-care allows therapists to be better caregivers
- Hygiene: collective principles of health preservation

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Summary

- Pathology—the study of disease as it is exhibited biologically and physically
- The six types of disease are infectious, deficiency, metabolic, genetic, cancerous, and autoimmune
- Massage therapists must be familiar with correct sanitary procedures, including hand washing, glove use, and disinfecting equipment

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