

# Identify, Protect and Control: A proactive approach to infection prevention and control

## Infection Prevention and Control Week 2025

### Quiz with answers

The correct answers are in **bold** – there may be more than one correct answer.

### Identifying infections

#### Question 1: Risk assessment

Risk assessment and management are important steps in infection prevention and control because:

**Answer:**

- a. It helps healthcare workers identify infection risks
- b. It helps health service organisations develop intervention to manage infection risks
- c. It supports patient and healthcare worker safety
- d. **All of the above.**

#### Question 2: Infection prevention and control surveillance

Infection prevention and control surveillance programs are proactive approaches to identifying infection risks in healthcare. Infection prevention and control surveillance can include:

**Answer:**

- a. **Hand hygiene auditing**
- b. **Surgical site infection surveillance**
- c. Administration of surgical prophylaxis
- d. **Environmental cleaning audits**
- e. Rotating sterile stock
- f. **SABSI rates**

### Question 3: Staying informed about emerging infectious diseases

Emerging infectious diseases are a risk in health care because:

**Answer:**

- a. There may be limited antimicrobial treatment options to treat these infections
- b. Can spread easily to vulnerable patients
- c. Can cause outbreaks
- d. **All of the above**

### Question 4: Early detection of infection

What are some ways healthcare workers can identify if a patient has an infection?

**Answer:** (this is an open-ended question, the answers below are only suggestions, there may be other ways that staff can identify if a patient has an infection)

- Asking the patient/carer about their symptoms
- Observing the appearance of wounds, cannula sites, surgical sites
- Listening to breathing
- Checking for skin changes (rashes, sores, skin tears)
- Assessing temperature
- Review laboratory results
- Noticing changes in behaviour
- Asking about recent travel
- Observing changes in pain level

## Protecting others from infections

### Question 5: Protecting patients from infection

What are some strategies that patients and their carers can use to protect themselves from infection?

**Answer:** (this is an open-ended question, the answers below are only suggestions, there may be many other ideas that staff may have for protecting patients and their carers from infections)

- Good physical and mental health
- Healthy diet (nutrition and hydration)
- Good personal hygiene (good skin care and integrity) and hand hygiene
- Good oral hygiene
- Prevent injury to patients, such as falls and skin tear prevention

- Stop smoking
- Vaccination for vaccine preventable diseases, such seasonal flu vaccine
- Handle invasive devices and sharps safely.

### **Question 6: Protecting healthcare workers from infection**

How can healthcare workers protect themselves from infection in the healthcare setting?

**Answer:** (this is an open-ended question, the answers below are only suggestions, there may be many other ideas that staff may have for protecting staff from infections)

- Using standard precautions when caring for all patients at all times, including:
  - Practicing hand hygiene
  - Using PPE correctly
  - Handling and disposing of sharps safely
  - Cleaning reusable medical equipment between uses
- Maintaining a hygienic work environment
  - Safely handling and managing waste and linen
- Using transmission-based precautions, in addition to standard precautions, for patients with known or suspected infections, such as:
  - Contact precautions
  - Droplet precautions
  - Airborne precautions
  - A combination of precautions (contact and droplet precautions, contact and airborne precautions)
  - Respiratory precautions
- Looking after your physical and mental health
- Keeping up to date with vaccinations
- Not eating or drinking in the clinical environment
- Staying informed about emerging infectious diseases, and infection prevention and control

## Controlling the spread of infections

### Question 7: Chain of Infection

The Chain of Infection describes all the elements that need to be in place for infection to spread from person to person. These elements include:

**Answer:**

- a. A source of infection – infectious agent, such as a respiratory virus
- b. A reservoir – animals, people, or the environment, somewhere the infection agent survives
- c. A portal of exit – how the infectious agent gets out of where they live (mouth, nose, gastrointestinal tract)
- d. A means of transmission – how an infectious agent spreads to a new reservoir (contact, airborne, droplet)
- e. A portal of entry – how the infectious agent enters a new reservoir (absorption, ingestions, inhalation)
- f. A susceptible host - is the person at risk of infection
- g. **All of the above**

### Question 8: Standard precautions

What are the nine elements of standard precautions?

**Answer:**

- a. **Hand hygiene**
- b. **The use of appropriate PPE**
- c. Care management
- d. **The safe use and disposal of sharps**
- e. **Environmental cleaning**
- f. Collecting observations
- g. **Respiratory hygiene and cough etiquette**
- h. **Aseptic technique**
- i. Documentation
- j. **Reprocessing of reusable medical equipment and instruments**
- k. **Waste management**
- l. **Appropriate handling of linen.**

### Question 9: Transmission-based precautions

What are the three categories of transmission-based precautions?

**Answer:**

- a. **Contact precautions**
- b. **Droplet precautions**
- c. PPE precautions
- d. Clinical precautions
- e. **Airborne precautions**

### Question 10: Controlling transmission

Infection prevention and control aims to prevent the spread of infections in healthcare settings. What are the two types of precautions used in healthcare to prevent and control infections?

**Answer:**

- a. **Standard precautions**
- b. Personal protective equipment (PPE) precautions
- c. Hand hygiene
- d. **Transmission-based precautions**

#### **For more information**

Get behind IPC Week efforts in your health service. Use the Commission's resources for infection prevention and control to support your organisation improve patient and healthcare worker safety.

Visit [safetyandquality.gov.au/IPC-Week](https://safetyandquality.gov.au/IPC-Week) or email [HAi@safetyandquality.gov.au](mailto:HAi@safetyandquality.gov.au)