

Water-free care



Jon Otter PhD FRCPATH
Director of Infection Prevention and Control & Consultant Clinical Scientist
Guy's and St Thomas' NHS Foundation Trust

 @jonotter

 jon.otter@gstt.nhs.uk

Blog: www.reflectionsIPC.com

Slides: www.jonotter.net



Guy's and St Thomas'
NHS Foundation Trust

Infection risks from water

Patient wash-water harbouring micro-organisms

Contaminated cleaning materials

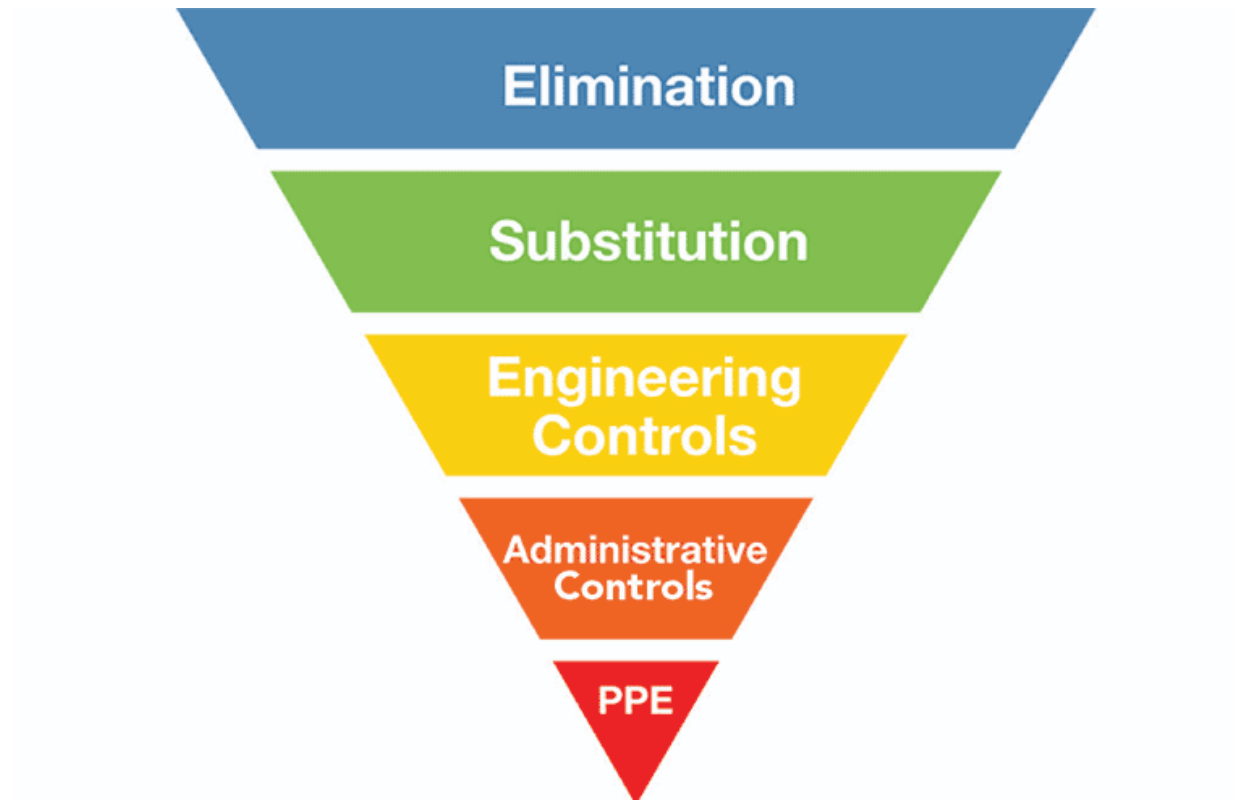
Sinks and drains as reservoirs for infection

Hospital water systems contaminated with *Pseudomonas* and/or *Legionella*

Contamination during medical device reprocessing

Contaminated drinking water

Hierarchy of controls



Infection risks from water

Patient wash-water harbouring micro-organisms

Contaminated cleaning materials

Sinks and drains as reservoirs for infection

Hospital water systems contaminated with *Pseudomonas* and/or *Legionella*

Contamination during medical device reprocessing

Contaminated drinking water

Patient bathing – the grim washbowl...

Prospective study at 3 acute US hospitals, 92 bath basins, including including basins from 3 intensive care units.¹

- Bacteria grew in 98% of samples - organisms with the highest positive rates of growth
- Enterococci (54%) – VRE (13%)
- Gram-negative organisms (32%)
- *Staphylococcus aureus* (23%) - MRSA (8%)
- *Pseudomonas aeruginosa* (5%)
- *Candida albicans* (3%)

44-month study period, a total of 1,103 basins from 88 hospitals in the United States and Canada were sampled. The IPC Team cultured the first 10 basins encountered when entering a unit using a uniform standardized sampling method.²

- Basins were considered clean and ready to use
- Between use standard practice was rinse with tap water and soap
- 62% cultured at least one pathogen (22% with 2 pathogens)
- 45% Gram-negative bacilli
- 35% Vancomycin-resistant enterococci
- 4% methicillin-resistant *Staphylococcus aureus*

1. Johnson et al. *Am J Crit Care*. 2009;18:31-40.

2. Marchaim et al. *Am J Infect Control* 2012;40:562-564.

The skin ain't made for water

15 healthy volunteers received 6 different washing and drying techniques on their forearm.

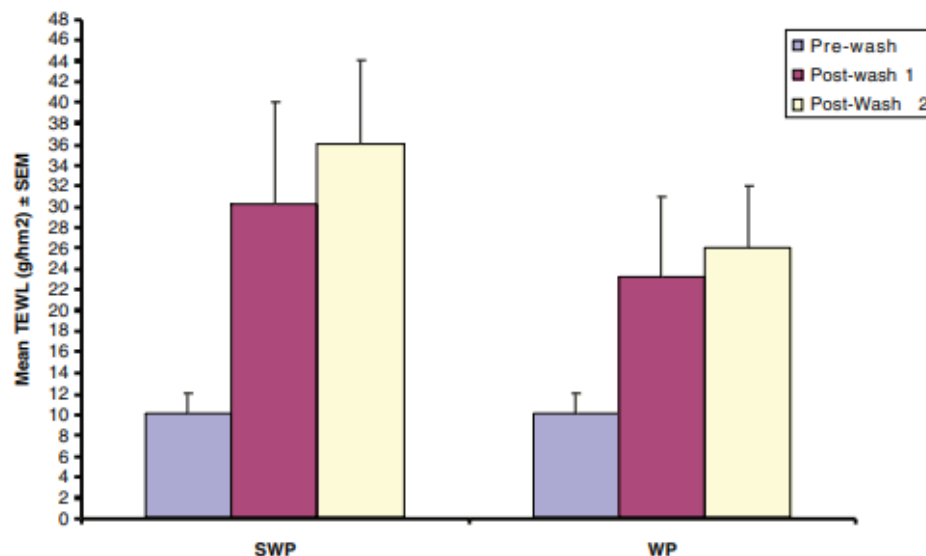


FIGURE 2. Transepidermal water loss (TEWL) measurements following towel drying using a gentle patting technique. TEWL was measured for 1 minute at baseline, and immediately following washing with either soap and water or water alone, and then drying the area by patting with a towel until the volunteer stated their skin felt dry. The results shown represent the mean values \pm SEM. The values recorded were significantly higher than those obtained in the rest of the study ($P < .01$) and show that the skin had been left wet.

Voegeli D. J Wound Ostomy Continence Nurs 2008;35:84-90.

Don't wash your hands (with soap and water...!)

52 nurses randomised to either alcohol hand disinfectant or soap and water for hand hygiene for 8 days.

Deterioration in skin condition was less frequently improved and more frequently worsened by both self-assessment, and clinical assessment by a dermatologist in the alcohol hand disinfectant group.

Table 2. Effectiveness of the hand hygiene procedures against contaminants: comparison of bacterial samples before and after procedures

	+→0 Successful decontamination	0→0 Absence of transient flora	+→+ No effect	0→+ Contamination
Hand wash with non-medicated soap (<i>n</i> = 50)	10	16	4	20
Alcohol-based hand rinse (<i>n</i> = 52)	16	25	6	5

‘Waterless’ bathing

- Pre-formulated (so don't over-wet)
- Convenient – available at the point of care
- Reduced risk of contamination spread
- Can easily add disinfectant activity (usually chlorhexidine)

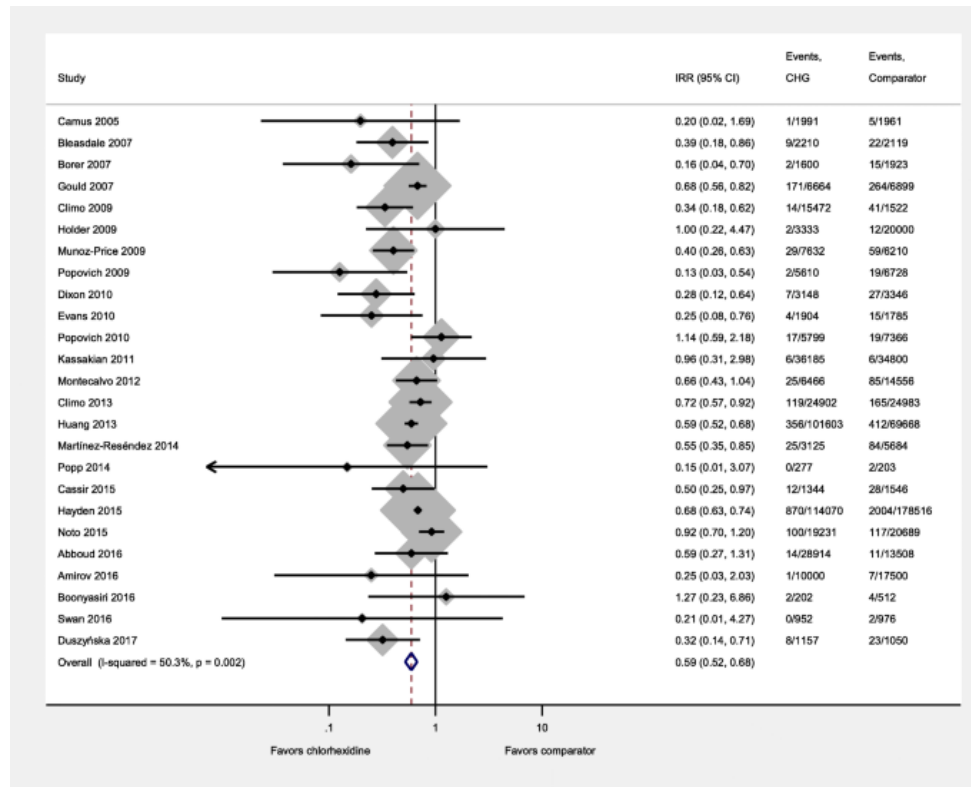
How does waterless bathing compare with the traditional bed bath?

Systematic review of studies that objectively measured how waterless bathing compares with the traditional bed bath

- Physiological outcomes
 - Waterless bathing resulted in less skin abnormalities and less dry skin than traditional bathing.
- Stakeholder-related outcomes
 - Staff and patients have a significant preference towards waterless bathing.
- Organisational outcomes
 - Waterless bathing was faster than traditional bed bathing.

Waterless/CHG bathing and reduction in BSI

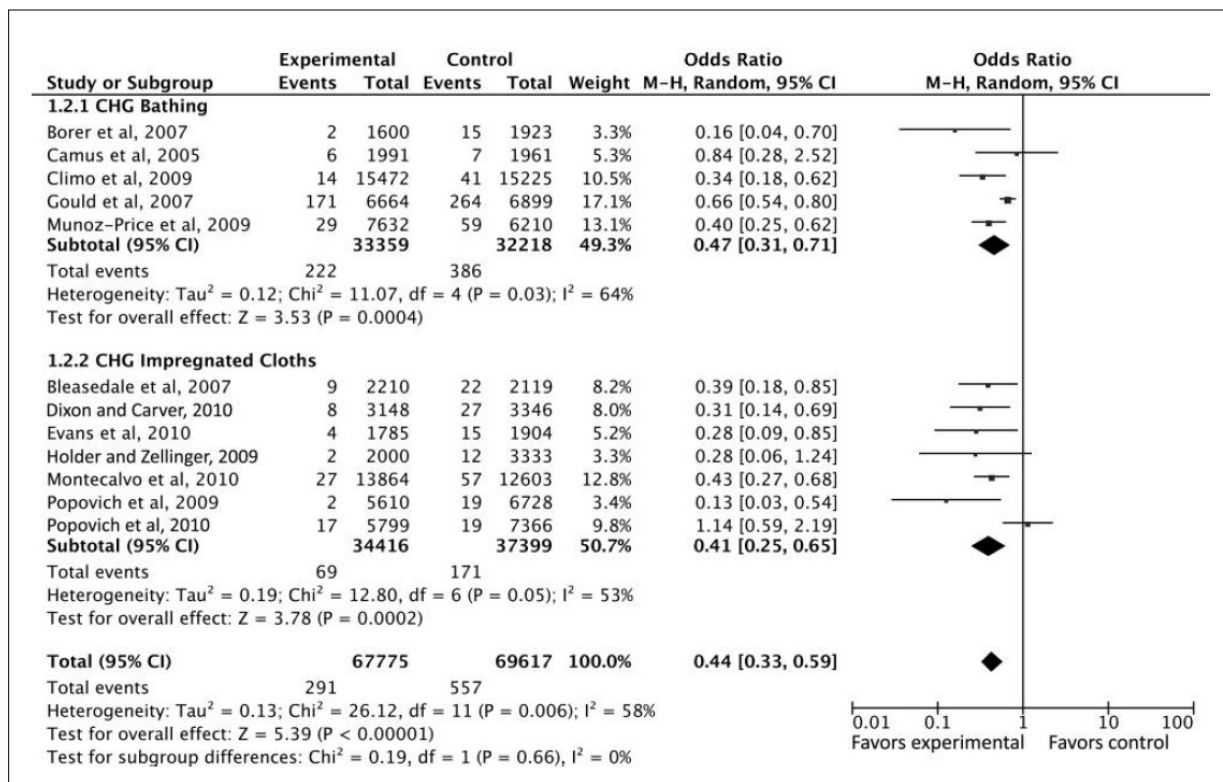
Forest plot showing that chlorhexidine bathing reduced the incidence of hospital acquired bloodstream infections



Musuuza et al. BMC Infect Dis. 2019; 19: 416.

Waterless/CHG bathing and reduction in BSI

The efficacy of daily bathing with chlorhexidine for reducing healthcare-associated bloodstream infections



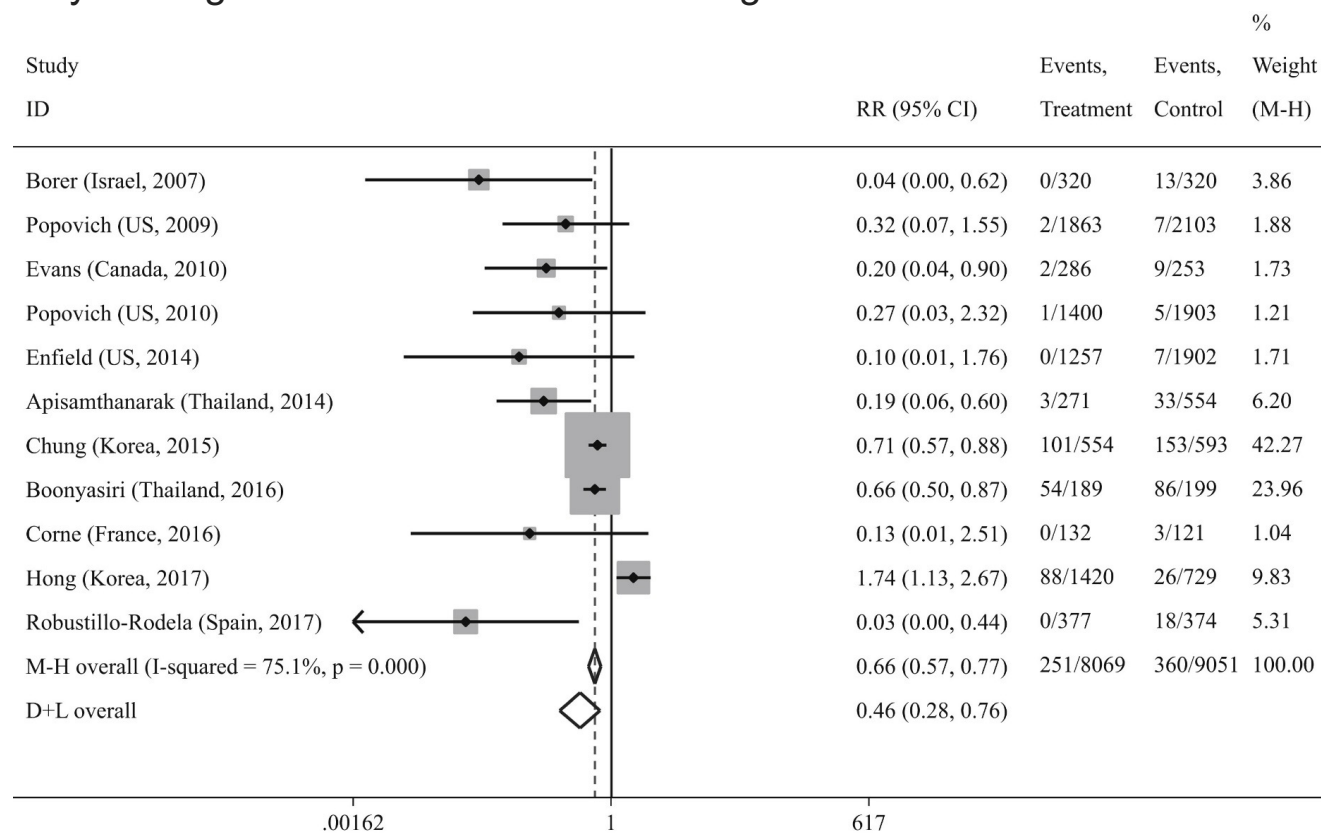
O'Horo et al. Infect Control Hosp Epidemiol 2012; 33:257-267.

Waterless/CHG bathing and reduction in BSI (outside ICU)

- Cluster RCT showed no benefit to universal decolonisation outside of critical care areas
- **But**
 - statistically significant reduction in MRSA and VRE in those with an indwelling invasive device
 - IV device, urinary catheter etc

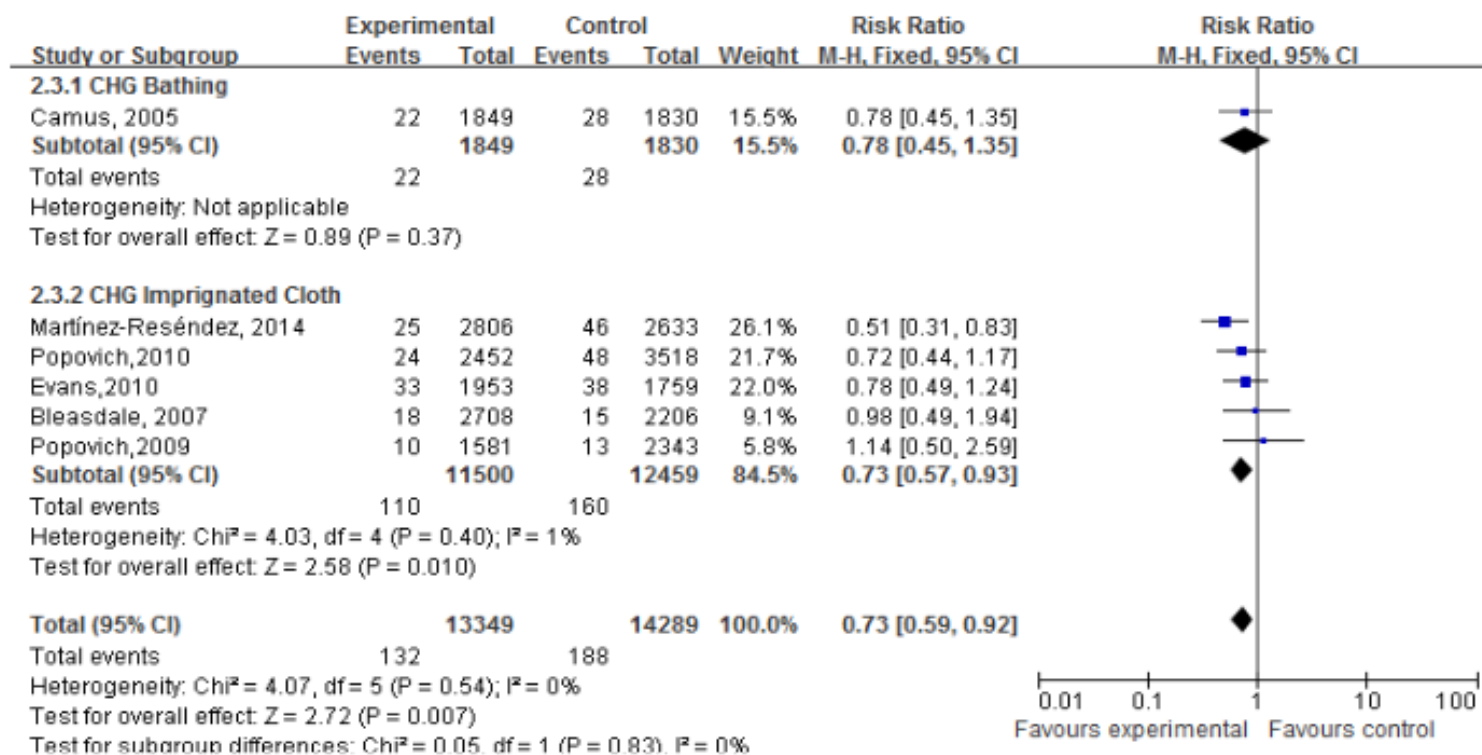
CHG bathing and reduction in *Acinetobacter baumannii*

The efficacy of daily bathing with chlorhexidine for reducing infection / colonization with *A. baumannii*



CHG bathing and ventilator-associated pneumonia (VAP)

The efficacy of daily bathing with chlorhexidine for reducing VAP



Chen et al. J Thorac Dis 2015;7:746-753.

Preventing and treating incontinence related dermatitis

Comparing a perineal care washcloth impregnated with dimethicone 3% versus water and pH neutral soap to prevent and treat incontinence associated dermatitis: a randomised controlled clinical trial; study performed in 11 nursing homes, which were randomised to one of the two interventions

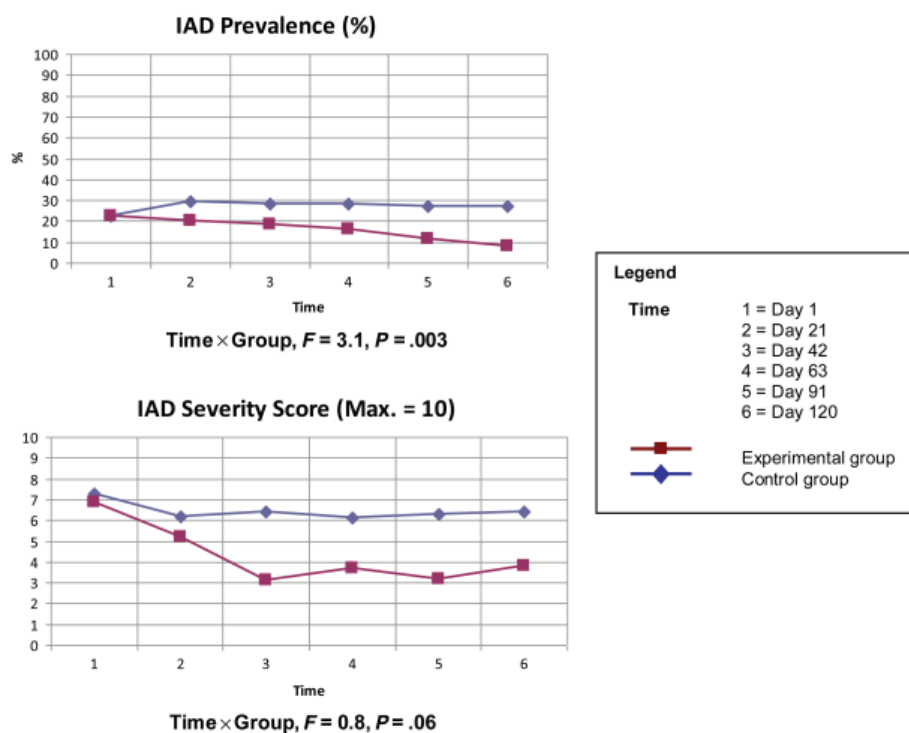


FIGURE 1. Graphic representation of the evolution of incontinence-associated dermatitis (IAD) prevalence and severity over time.

Other potential applications / benefits of waterless bathing

- Time saving^{1,2}
 - Waterless bathing associated with greater satisfaction of nurses in terms of preference and perception of cleanliness
 - Time to use old bathing techniques and products was 10 to 60 mins (mean 24.9 mins).
 - When using the new bathing techniques was 5 to 30 mins (mean 12.0 min), a 48.1% reduction in time taken.
- Evidence that CHG meatal cleansing reduces the risk of CAUTI.³
- Some evidence that CHG bathing prior to surgery reduces the risk of SSI.⁴

1. Eigsti JE. *Dimens Crit Care Nurs*. 2011;30:169-176.

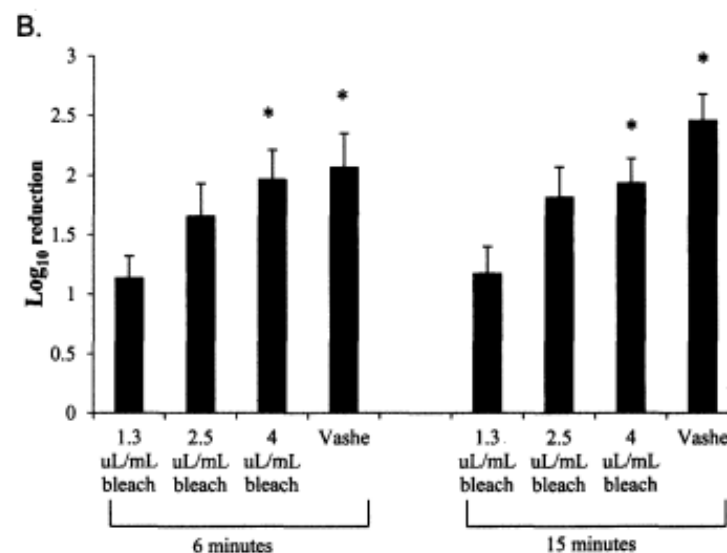
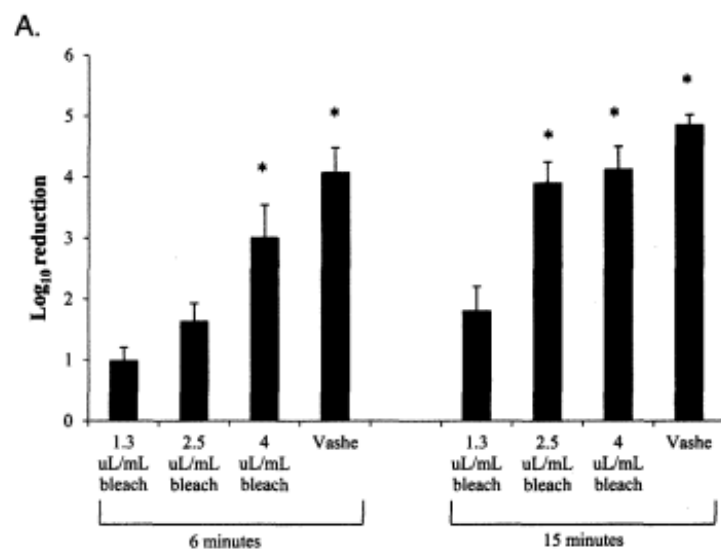
2. Groven et al. *J Clin Nurs*. 2021;30:2234-2245.

3. Fasugba, et al. *Lancet Infect Dis* 2019;19:611-19.

4. [NICE SSI prevention guidance](#).

Alternatives to CHG for skin decolonisation

Effectiveness of dilute sodium hypochlorite or Vashe (0.025% hypochlorous acid) in the inactivation of MRSA on (A) a pig skin laboratory model and (B) polystyrene. The figures below show the mean log reduction from 4 MRSA strains.



Infection risks from water

Patient wash-water harbouring micro-organisms

Contaminated cleaning materials

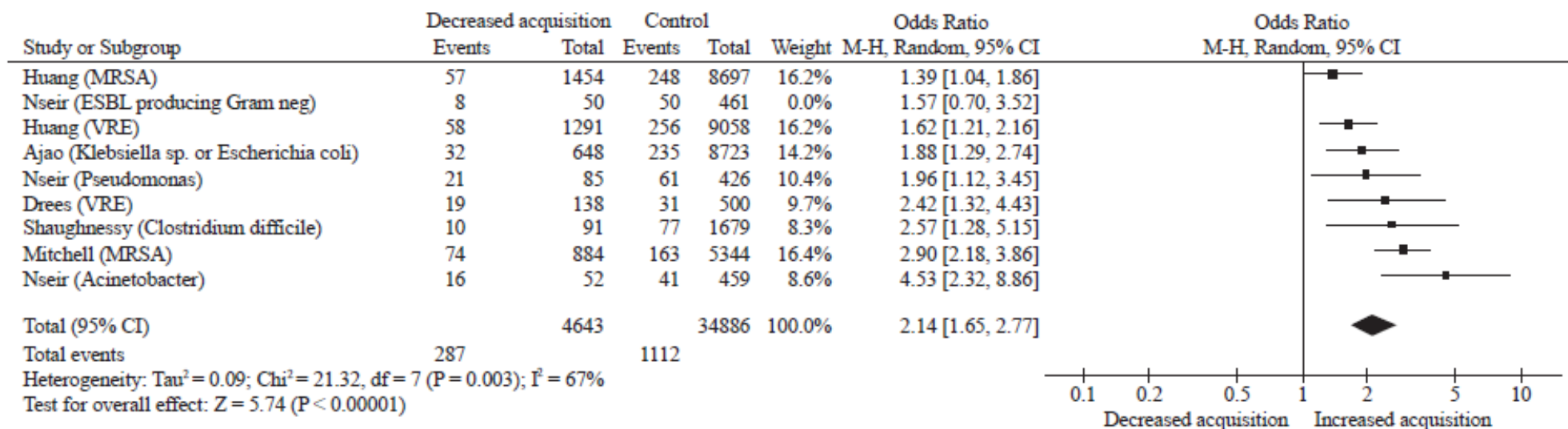
Sinks and drains as reservoirs for infection

Hospital water systems contaminated with *Pseudomonas* and/or *Legionella*

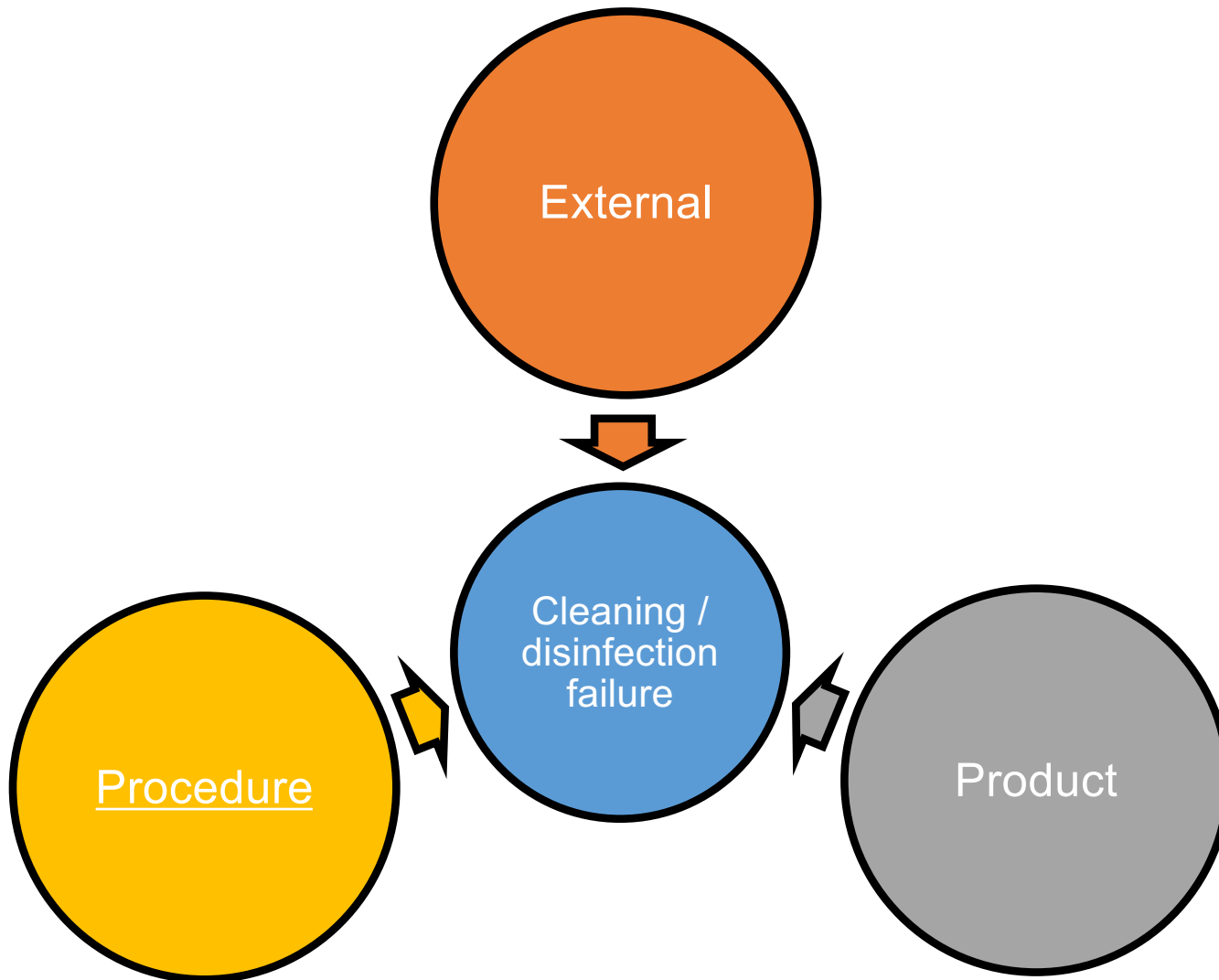
Contamination during medical device reprocessing

Contaminated drinking water

Your hospital room can make you sick!



Mitchell et al. *J Hosp Infect* 2015;91:211-217.



Contaminated cleaning materials

TABLE 3. Outbreaks and pseudo-outbreaks due to contaminated antiseptics

Antiseptic	Contaminant(s)	Site(s) of infection	Mechanism of contamination (source)	Author(s) or reference(s)
Alcohols	Chlorhexidine	<i>Pseudomonas picketti</i>	Blood (pseudobacteremia)	Distilled water used to dilute chlorhexidine; low concentration (0.05%) Matoye et al., 2000 (70)
Alcohols	Chlorhexidine	Benzalkonium chloride	Other	Contaminated (intrinsic) cleansing-germicide solution Matoye et al., 1970 (22)
Chlorhexidine	Chlorhexidine	Benzethonium chloride	Blood (pseudobacteremia)	Contaminated (intrinsic solution; 0.2%) Dixon et al., 1976 (20)
Chlorhexidine	Chlorhexidine	Benzalkonium chloride	Blood (pseudobacteremia)	Storage of benzalkonium chloride with cotton/gauze; improper dilution; storage bottles infrequently sterilized Kaslow et al., 1976 (39)
Chlorhexidine	Chlorhexidine	Benzalkonium chloride	Bacteremia	Storage of benzalkonium chloride with rayon balls; failure to disinfect squeeze bottles Frank and Schaffner, 1976 (25)
Chlorhexidine	Chlorhexidine cetrimide	Benzalkonium chloride	Intravenous catheters (dogs and cats), other sites	Storage of benzalkonium chloride (0.025%) with cotton/gauze Fox et al., 1981 (24)
Chlorhexidine	Chlorhexidine	Benzalkonium chloride	Joint	Storage of benzalkonium chloride with cotton/gauze Nakashima et al., 1987 (53)
Chlorhexidine	Chloroxylenol	Benzalkonium chloride	CSF	Contamination (extrinsic) of stock bottle Sautter et al., 1984 (78)
Chlorhexidine	Benzalkonium chloride	Povidone-iodine	Blood (pseudobacteremia)	Intrinsic contamination Craven et al., 1981 (19)
Chlorhexidine	Benzalkonium chloride	Poloxamer-iodine	Peritoneal fluid, wound	Intrinsic contamination Parrott et al., 1982 (59)
Chlorhexidine	Benzalkonium chloride	Povidone-iodine	Blood (pseudobacteremia), peritoneal fluid	Intrinsic contamination CDC, 1989 (14); Jarvis, 1991 (36); Panlilio et al., 1992 (58)
Chlorhexidine	Benzalkonium chloride	Povidone-iodine	Blood, catheter tips	Not determined Bouallègue et al., 2004 (11)
Chlorhexidine	Benzalkonium chloride	Triclosan	Conjunctiva	Intrinsic contamination McNaughton et al., 1995 (50)

^a CSF, cerebrospinal fluid.

B. cepacia proliferating on the deionizing resin in the water system

Weber et al. Antimicrobial Agents and Chemotherapy 2007;51:4217–4224.

Contaminated cleaning materials

Hospital-grade disinfectant was found to be contaminated with 9×10^4 cfu of *S. marcescens* and *A. xylosoxidans*.



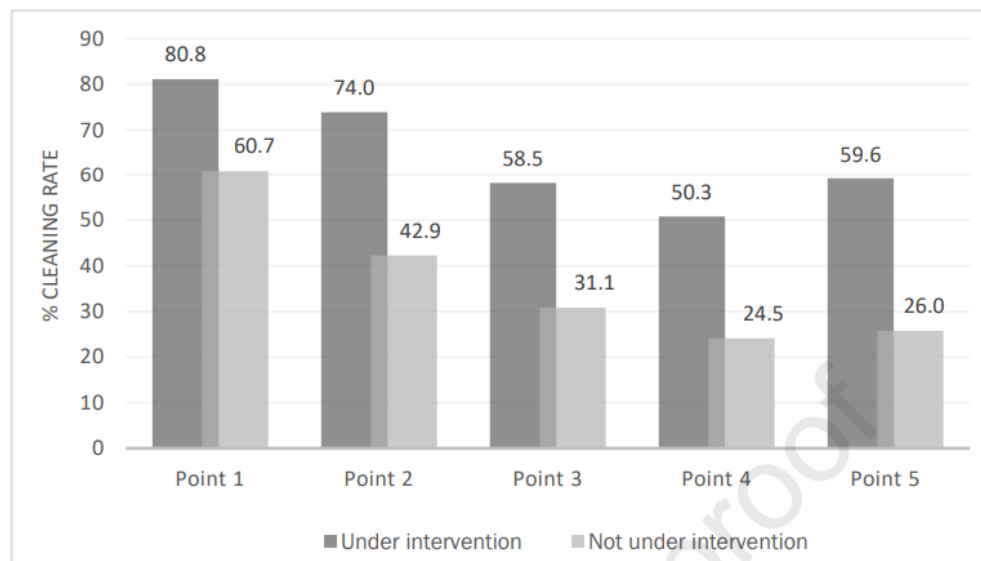
Fig 1. Agar contact plate cultures of bedrail surface in patient room, before and after surface was cleaned by housekeeper.

Boyce & Havill. Am J Infect Control 2022;50:1926-1301.

Water-free cleaning and disinfection: disinfectant wipes

Cluster-randomised cross-over intervention study of replacing “cloth and bucket” chlorine disinfection with detergent/disinfectant wipes.

Figure 3: Percent of Markers Cleaned, by Room Location and Intervention



*Cleaning points refer to: 1) the right bedrail, 2) the tray of the bedside table, 3) under the binder that contains the fluid balance pages, hanging at the foot of the bed, 4) the nurse's call-on button, and 5) the lamp switch. Results were compared to point 1.

Dadon et al. J Hosp Infect 2023 in press.

Water-free cleaning and disinfection: disinfectant wipes

Cluster-randomised cross-over intervention study of replacing “cloth and bucket” chlorine disinfection with detergent/disinfectant wipes.

Table 1: The impact of locating cleaning/disinfecting wipes in patients' units at multipatient rooms, on various hospitalization's outcomes,

Shamir Medical Center (20/10/2016-19/01/2018)

Outcome	Effect (95% CI)	p-value
CLABSI/CAUTI ¹		
IRR	1.6 (0.7, 3.5)	0.3
IRD	12.2/100,000 person-days (-9.7, 34.2)	0.3
CLABSI ¹		
IRR	2.0 (0.5, 8.0)	0.3
IRD	5.2/10,000 person-days (-5.4, 15.7)	0.3
CAUTI ²		
IRR	1.4 (0.8, 2.4)	0.2
IRD	6.7/10,000 person-days (-4.2, 17.7)	0.2
MDRO Contamination ³		
OR	0.7 (0.5, 1.0)	0.06
Predicted Probability Difference	-7.0% (-13.6%, -0.5%)	0.04
MDRO Acquisition ⁴		
HR	0.4 (0.2, 1.0)	0.04
Risk Difference	-7.6% (-7.7%, -7.4%)	NA
In-Hospital Mortality ⁵		
IRR	0.8 (0.7-1.0)	0.03
IRD	-19.8/10,000 person-days (-37.9, -1.6)	NA

1. Calculated using Poisson regression, clustered on a combined variable for unit and study phase
2. Calculated using Poisson regression with a non-clustered model
3. Calculated using a GEE model clustering on unit.
4. Calculated using a Cox proportional-hazard model. The absolute effect was calculated using the Austin method, which only provides a point estimate, along with bootstrapped confidence intervals.
5. Calculated using a non-clustered Poisson regression

Infection risks from water

Patient wash-water harbouring micro-organisms

Contaminated cleaning materials

Sinks and drains as reservoirs for infection

Hospital water systems contaminated with *Pseudomonas* and/or *Legionella*

Contamination during medical device reprocessing

Contaminated drinking water

Basically, anything wet...

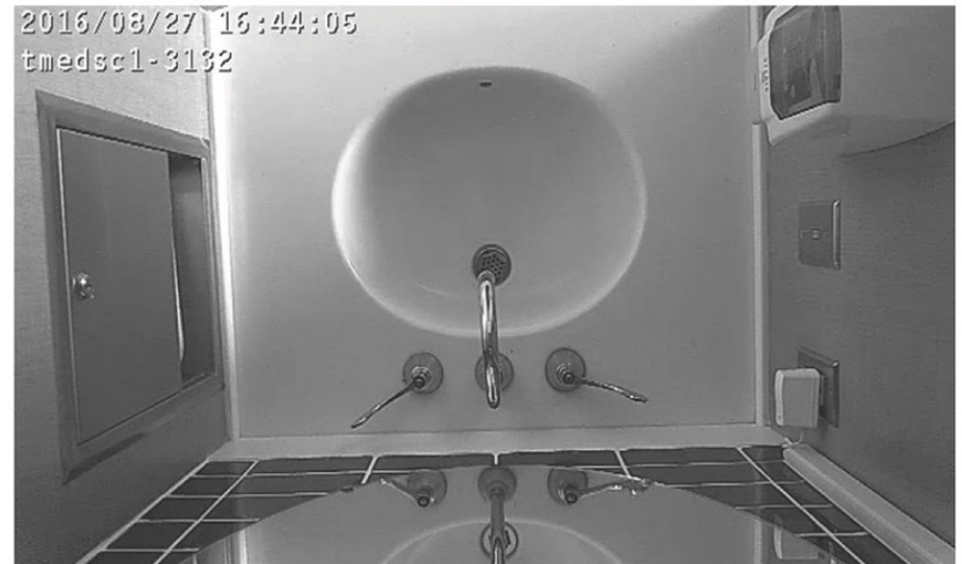
Water reservoirs containing carbapenemase-producing organisms.

Table 2. Water Reservoirs Containing Carbapenem-Resistant Organisms^a

Water Reservoir	Studies, No. (N = 32)	References
Drains/drainage systems	17	Peña et al [35], Kotsanas et al [26], La Forgia et al [28], Betteridge et al [7], Leitner et al [20], Wendel et al [29], Breathnach et al [21], Leung et al [24], Snitkin et al [22], Tofteland et al [32], Vergara-López et al [33], Yomoda et al [9], Stjerne Aspelund et al [12], Odom et al [11], Knoester et al [25], Landelle et al [37], Seara et al [34]
Sink surfaces	14	Betteridge et al [7], Wendel et al [29], Knoester et al [25], Podnos et al [23], Wang et al [27], Biswal et al [8], Hong et al [30], Bukholm et al [31], Kouda et al [38], Landelle et al [37], Dewi et al [10], Kaiser et al [13], Ito et al [14], Leung et al [24]
Faucets	8	Odom et al [11], Knoester et al [25], Majumdar et al [17], Pitten et al [36], Hong et al [30], Bukholm et al [31], Alter et al [15], Leung et al [24]
Water	3	Knoester et al [25], Ambrogi et al [18], Bukholm et al [31]
Inflatable hair wash basin	2	Wendel et al [29], Knoester et al [25]
Sensor mixer taps	1	Durojaiye et al [16]
Water/tea dispenser	2	Wong et al [19], Ito et al [14]
Shower/shower equipment	3	Betteridge et al [7], Leung et al [24], Seara et al [34]
Toilet bowl/brush	2	Breathnach et al [21], Kouda et al [38]

How often are sinks used for hand hygiene?

- Analysis of activity from 2973 sink videos from 60 days in patient rooms and adjoining bathrooms
- Handwashing was of observed behaviours
- But there were 56 activities where a variety of nutrients, which could promote microbial growth, were disposed of in the sink



Outbreaks associated with sink/drain contamination

Table 1. Epidemiologic Features of 26 Wastewater Drain-Associated Outbreaks

Reference	Outbreak Organism	Drain Type (% Positive)	Longest Interval Between Cases	Duration of Outbreak before first direct WWD Intervention	Initial Interventions (months)	Subsequent Interventions
2	MDR Pa	Whirlpool Drain 1/1 (100)	N/A	N/A	EIPI (1 mo)	1. Unit closed 2. Whirlpool system replaced
4	MDR Pa	Sinks 21/124 (17)	2 mo	12 mo	1. EIPI 2. Bleach sink decontamination protocol, "no lasting impact" (12 mo)	ICU closed, sinks removed, splash-minimizing sinks installed
5	MDR Ab	Sink	1 mo	9 mo	1. EIPI 2. Single sink replacement (9 mo)	Weekly bleach system flushing protocol using plugged sink flooding of waste pipes. Sinks negative for ObS at 6 mo. Subsequently, new sinks positive and 19 patients colonized
6	KPC	"Multiple patient sinks"	N/A	N/A	1. EIPI 2. Hydrogen peroxide vapor protocol (N/A)	Multiple environmental interventions
7	ESBL Kp	"Sink and surround"	6 mo	7 mo	BIPI (4 mo)	Sink systems replaced
8	ESBL Ko	Sinks 149/910 (16.4)	7 mo	6 mo	1. EIPI 2. Escalating bleach drain disinfection protocols (2) failed (20 mo)	1. Third protocol, thrice daily bleach decontamination decreased positive rate to 4.9%. Rate returned to baseline (16.4%) when compliance decreased. 2. Sink system replacement 3. Continued daily bleach protocol

Carling PC. Infect Control Hosp Epidemiol 2018;39:972-979.



Department
of Health

Health Technical Memorandum 04-01: Safe water in healthcare premises

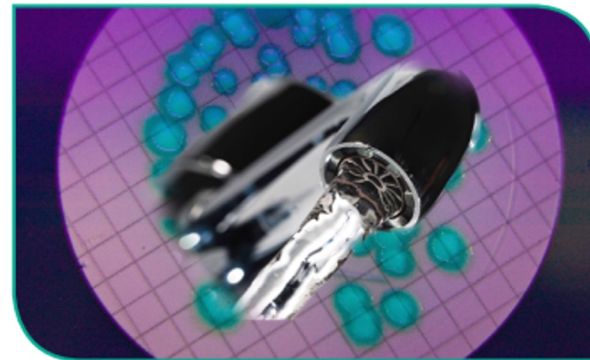
Part B: Operational management



Department
of Health

Health Technical Memorandum 04-01: Safe water in healthcare premises

Part C: *Pseudomonas aeruginosa* – advice for augmented care units

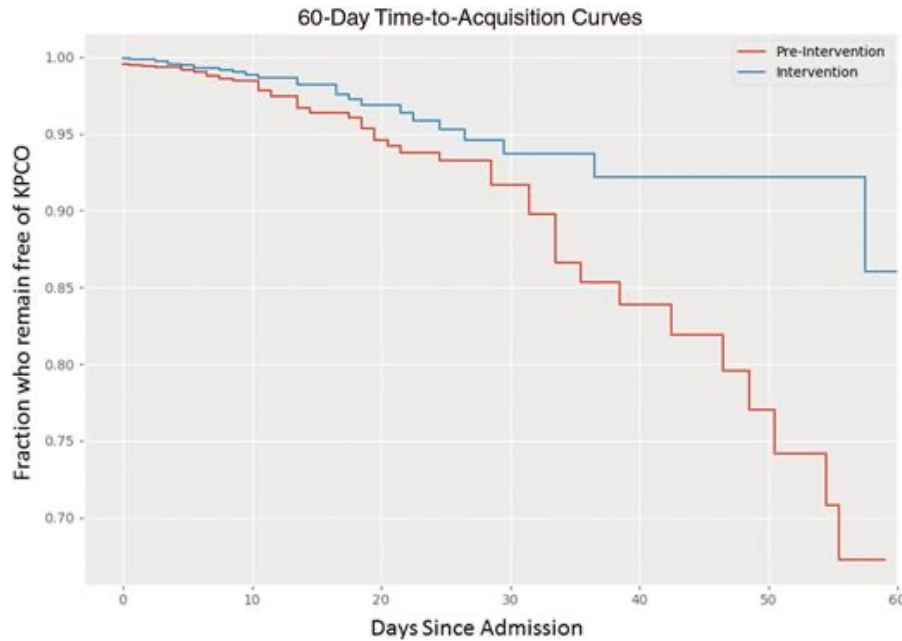


NHS

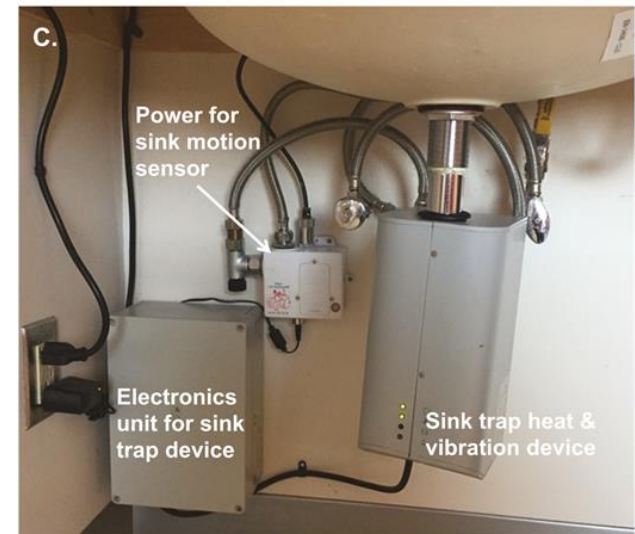
Guy's and St Thomas'
NHS Foundation Trust

Addressing drain contamination

CPE (*K. pneumoniae*) acquisition and clinical infection halved through improved management of sinks (OR = 0.51 for acquisitions, and 0.29 for clinical cultures) (n~7,500 pts).



Mathers *et al. Clin Infect Dis* 2018;67:171-178.



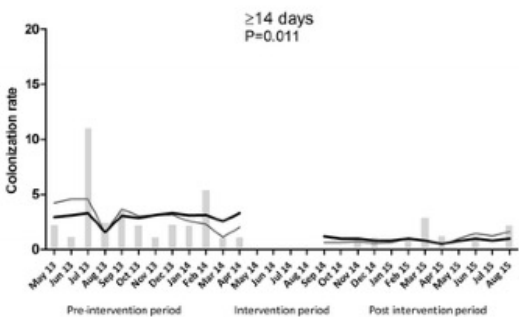
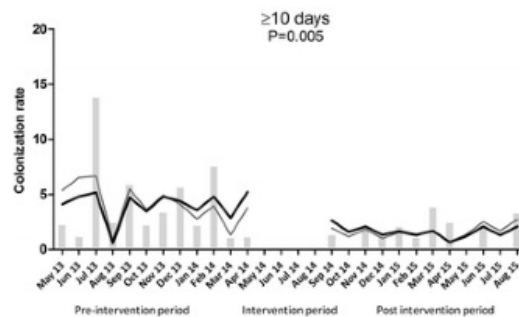
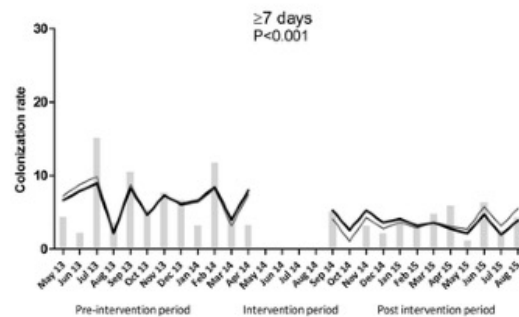
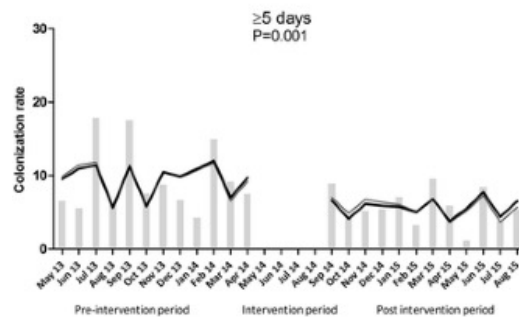
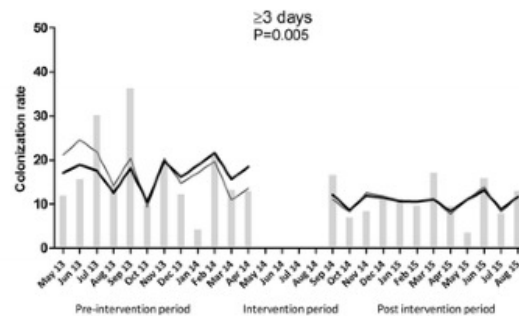
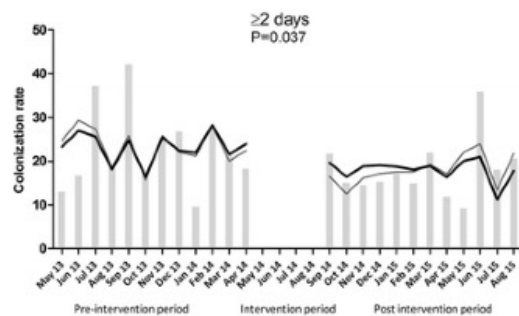
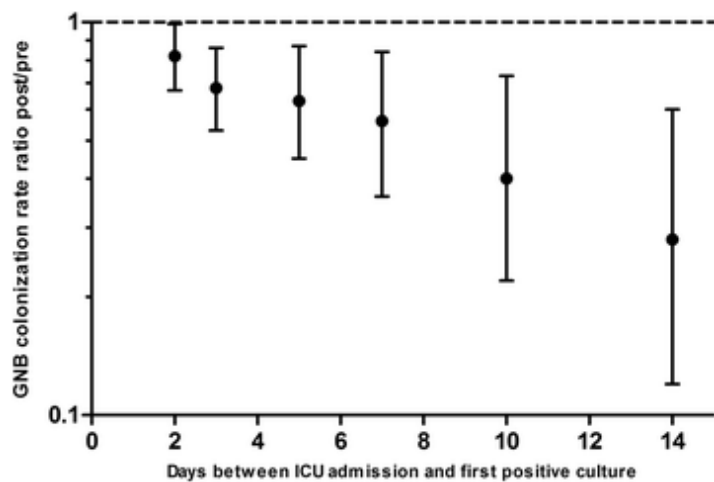
Water free critical care

Pre-post study in 5 ICUs in the Netherlands; rates of Gram-negative rod infection/colonisation compared before and after sink removal and the introduction of 'water-free' care.

Patient care-related action	New method with 'water-free' working
Hand washing after visual contamination	'Quick & Clean', (Alpheios B.V., Heerlen, The Netherlands) wipes to remove extensive contamination from hands. Followed by disinfection with alcohol-based hand rub
Medication preparation	Dissolving of medication in bottled water (SPA reine, Spa, Belgium)
Drinks	Bottled water (SPA reine, Spa, Belgium)
Canula care	Disposable materials
Hair washing	Rinse-free shampoo cap (Comfort Personal cleansing products, USA)
Washing	Moistened disposable wash gloves, (D-care,Houten, The Netherlands)
Dental care	Bottled (SPA reine, Spa, Belgium)
Shaving	Electric shaving, or with warm bottled water (SPA reine, Spa, Belgium)

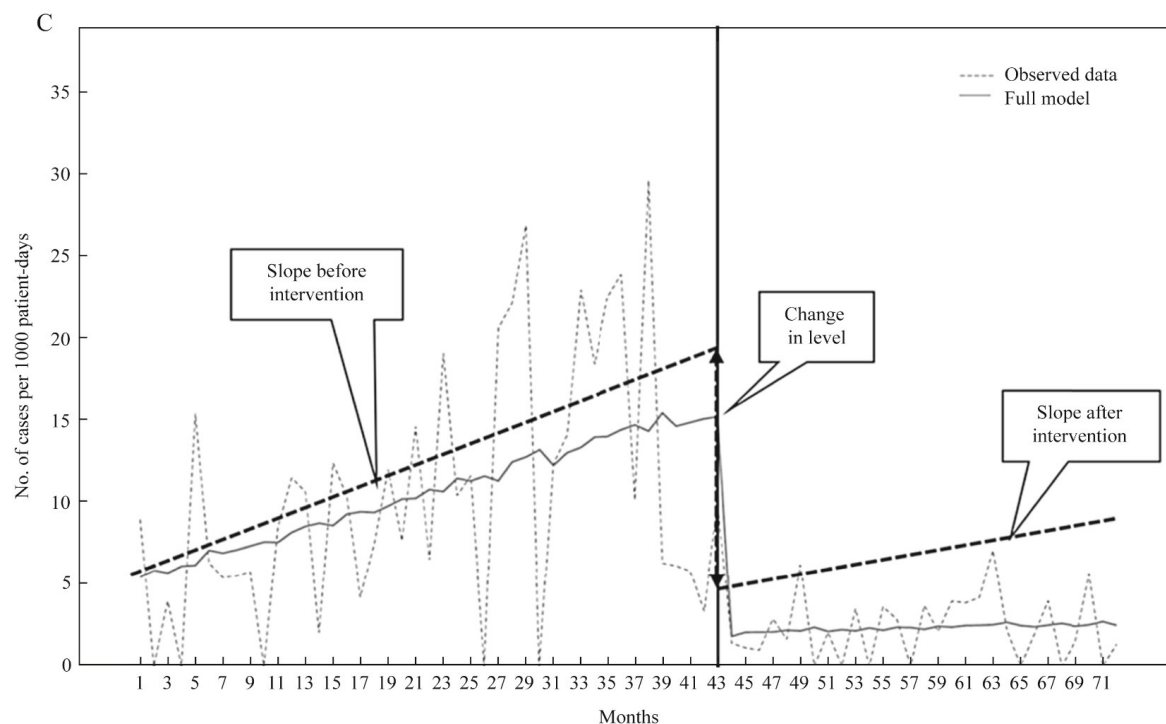
Water free critical care

Overall rate of Gram-negative rod colonisation rate: were 26.3 GNB/1000 ICU admission days pre-intervention and 21.6 during the intervention (rate ratio 0.82; 95%CI 0.67–0.99; P = 0.02).



Water free critical care

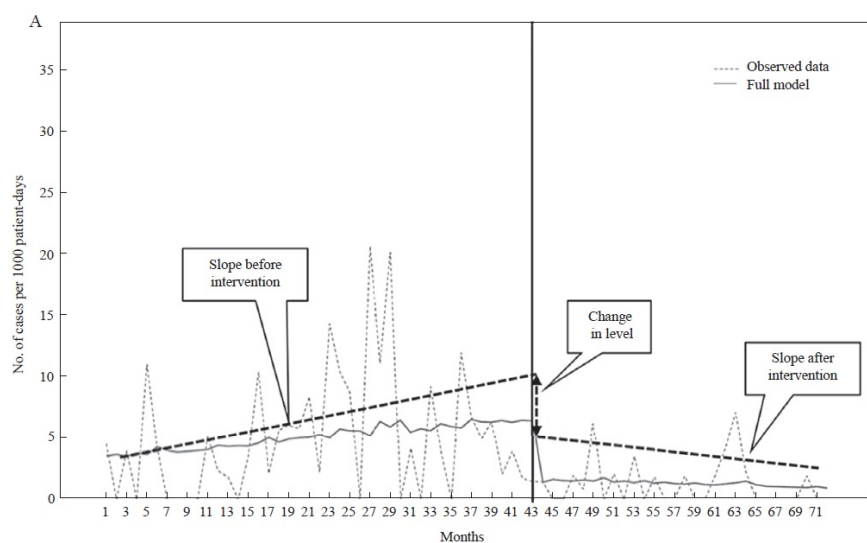
Pre-post study in 2 ICUs in Spain; rates of multidrug-resistant Gram-negative rod infection/colonisation compared before and after sink removal and the introduction of 'water-free' care.



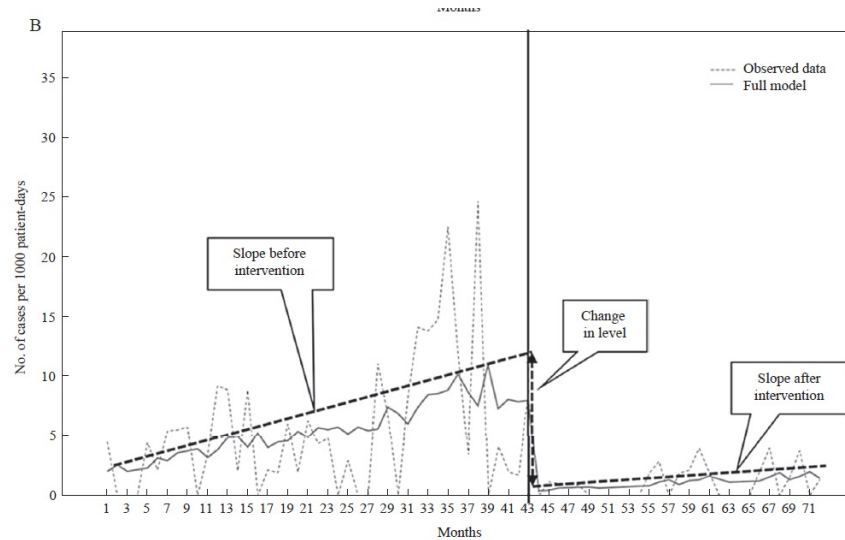
Overall rate of Gram-negative rod colonisation rate: 9.15 per 1000 patient-days before the intervention and 2.20 during. This yielded an RR between both periods of 0.24 (95% CI: 0.17–0.34).

Water free critical care

Pre-post study in 2 ICUs in Spain; rates of multidrug-resistant Gram-negative rod infection/colonisation compared before and after sink removal and the introduction of 'water-free' care.



MDR *K. pneumoniae*



MDR *P. aeruginosa*

Infection risks from water

Patient wash-water harbouring micro-organisms

Contaminated cleaning materials

Sinks and drains as reservoirs for infection

Hospital water systems contaminated with *Pseudomonas* and/or *Legionella*

Contamination during medical device reprocessing

Contaminated drinking water

Water-free care

Thanks to Martin Kiernan for some slides!

Jon Otter PhD FRCPATH
Director of Infection Prevention and Control & Consultant Clinical Scientist
Guy's and St Thomas' NHS Foundation Trust

 @jonotter

 jon.otter@gstt.nhs.uk

Blog: www.reflectionsIPC.com

Slides: www.jonotter.net



Guy's and St Thomas'
NHS Foundation Trust

www.webbertraining.com/schedulep1.php

(FREE Teleclass)

March 7, 2024

INFECTION PREVENTION AND CONTROL CERTIFICATION: OBTAINING YOUR ENTRY LEVEL IPC CERTIFICATION THROUGH CBIC

Speaker: **Jessica Dangles**, Certification Board of Infection Prevention and Control

March 14, 2024

COVID-19 PREPAREDNESS – WHAT WENT WRONG? WHAT ARE THE NEXT STEPS? THE POINT OF VIEW OF A BIOMEDICAL ENGINEER

Speaker: **Dr. Davide Piaggio**, University of Warwick, School of Engineering, UK

March 21, 2024

EMERGING FUNGAL INFECTIONS: ENVIRONMENTAL CHANGES BRING ABOUT NEW CHALLENGES

Speaker: **Dr. Tom Chiller**, Centers for Disease Control, Atlanta

April 2, 2024

COVID-19's CHALLENGES TO INFECTION CONTROL DOGMA

Speaker: **Prof. Michael Klompas**, Harvard University

(FREE Teleclass)

April 11, 2024

LESSONS LEARNED FROM A FAILED IMPLEMENTATION

Speaker: **Luize Fábrega Juskevicius**, University of São Paulo, Brazil

Thanks to Teleclass Education
PATRON SPONSORS



diversey.com



virox.com



gamahealthcare.com