

# Blood and Body-Substance Exposure Protocol



*Our practice team undertakes the following protocols when exposed to blood and body-substances:*

| Decontaminate Exposed Area      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wound                           | <ul style="list-style-type: none"> <li>Do not squeeze or rub the injury site</li> <li>Gently encourage bleeding from the skin wound</li> <li>Wash the area thoroughly with soap and water (or waterless cleanser or antiseptic if water is unavailable)</li> <li>Apply waterproof dressing as necessary and apply pressure through the dressing if bleeding is still occurring</li> <li>Do not use strong solutions such as bleach or iodine on the wound site</li> </ul>                                                                                                                                                                                                                                                                                                                                                                          |
| Skin                            | <ul style="list-style-type: none"> <li>Wash the area thoroughly with soap and water (or waterless cleanser or antiseptic if water is unavailable)</li> <li>Do not use strong solutions such as bleach or iodine on the skin site</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Eyes                            | <ul style="list-style-type: none"> <li>Remove contact lenses</li> <li>Rinse the eyes gently (but thoroughly) while they are open for at least 30 seconds with water or saline</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Mouth                           | <ul style="list-style-type: none"> <li>Spit out any blood or body-substance that has entered</li> <li>Rinse with water and spit out (repeat several times)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Clothing                        | <ul style="list-style-type: none"> <li>If any clothing is contaminated, remove and shower if necessary</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Report and Document             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Report                          | <ul style="list-style-type: none"> <li>Report the exposure to an appropriate person (e.g. WHS officer, Infection Prevention and Control Coordinator, medical practitioner) to ensure prompt and appropriate commencement of treatment and investigation</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Document                        | <ul style="list-style-type: none"> <li>Document the incident using the <b>Blood/Body-Substance Exposure Incident Report</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Blood Borne Virus (BBV) Testing |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Source                          | <ul style="list-style-type: none"> <li>Take a history from the source to identify the risk of disease exposure                             <ul style="list-style-type: none"> <li>Unprotected sexual intercourse</li> <li>Sharing needles, tattoos or body piercing</li> <li>Sharing razor blades or toothbrushes</li> <li>Blood or body-substance exposure of mucous membranes or non-intact skin</li> <li>Blood transfusion before February 1990 (For HCV)</li> <li>Infected with HIV, HBV, or HCV</li> </ul> </li> <li>Where the source is positive, likely positive, or unknown for BBV, testing must be performed. Consent must be obtained prior to performing any baseline serology testing</li> <li>Perform baseline tests for:                             <ul style="list-style-type: none"> <li>HIV</li> <li>HBV</li> </ul> </li> </ul> |

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|                                      | <ul style="list-style-type: none"> <li>○ HCV</li> <li>• Request urgent testing and results from the laboratory</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Exposed Person                       | <ul style="list-style-type: none"> <li>• Informed consent for BBV testing must be obtained prior to performing any baseline serology testing</li> <li>• Perform baseline tests for:                             <ul style="list-style-type: none"> <li>○ HIV</li> <li>○ HBV</li> <li>○ HCV</li> </ul> </li> <li>• Request urgent testing and results from the laboratory</li> </ul>                                                                                                                                                                                                                                                                                                                                             |
| <b>Risk Assessment</b>               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| High risk /<br>Massive exposure      | <ul style="list-style-type: none"> <li>• Injection of large volume of blood/body-substance (&gt;1mL)</li> <li>• Parenteral exposure to laboratory specimens containing high titre of virus</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Moderate risk /<br>Definite exposure | <ul style="list-style-type: none"> <li>• Injection of large volume of blood/body-substance (&lt;1mL)</li> <li>• Skin penetrating injury with a needle contaminated with blood or body-substance</li> <li>• Laceration or similar wound which causes bleeding, and is produced by an instrument that is visibly contaminated with blood or body-substance</li> </ul>                                                                                                                                                                                                                                                                                                                                                             |
| Low risk /<br>Possible exposure      | <ul style="list-style-type: none"> <li>• Superficial injury with a needle contaminated with blood or body-substance</li> <li>• A wound not associated with visible bleeding, caused by an instrument contaminated with blood or body-substance</li> <li>• Prior wound or skin lesion contaminated with blood or body-substance</li> <li>• Mucous membrane or conjunctival contact with blood or body-substance</li> <li>• Scratched/broken skin caused by a fingernail injury when there is blood evident on the source hands</li> <li>• Human bites that break the skin (clinical evaluation should include the possibility that both the person bitten and the person who inflicted the bite were exposed to BBVs)</li> </ul> |
| Very low risk /<br>Doubtful exposure | <ul style="list-style-type: none"> <li>• Superficial injury with needle considered not to be contaminated with blood or body-substance</li> <li>• Superficial wound not associated with visible bleeding, caused by an instrument considered not to be contaminated with blood or body-substance</li> <li>• Prior wound or skin lesion contaminated with a body-substance other than blood (e.g. urine)</li> <li>• Mucous membrane or conjunctival contact with a body-substance other than blood</li> </ul>                                                                                                                                                                                                                    |
| No risk /<br>No exposure             | <ul style="list-style-type: none"> <li>• Intact skin visibly contaminated with blood or body-substance</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

# Blood and Body-Substance Exposure Protocol



## Initiate Treatment

- Confidentiality must be maintained, especially if the exposed person is a staff member
- Offer the exposed person counselling if the source is known to be HIV positive, 'high risk' or is unknown for BBV
- Where the source is unknown, post-exposure prophylaxis needs to be considered based on the outcome of the risk assessment
- If the source's blood test results will not be available within 24 hours and the source is likely to be HIV positive, post-exposure prophylaxis needs to commence
- If post-exposure prophylaxis is required, it is important the exposed person commences this as soon as possible (best given within 1-2 hours of exposure, recommended within 48 hours of the incident or, up to 72 hours as decided by a medical practitioner)
- If the source's HBV result will not be available within 24-48 hours, and the exposed person's HBV status is not known/documented, with consent give the exposed person:
  - Hepatitis B immunoglobulin
  - Hepatitis B vaccine (first dose)
  - Adult diphtheria and tetanus (ADT) if necessary
- Advise the exposed person to practice safe sex until the blood test results and source history has been reviewed
- Provide the exposed person with the contact details for the state/territory health department communicable disease office
- If there is a high risk of disease exposure, refer the exposed person to an infectious disease specialist
- Re-assess treatment initiated once the results of the blood tests become available

## Reporting and Analysis of the Incident

- Using the **Adverse Outcome Event/Incident Report**, report the exposure to the person with primary responsibility for clinical risk management