



Cleaning and Disinfecting Guidelines for Foot Care Instruments

This document has been developed in accordance with current applicable infection control and regulatory guidelines. It is intended for use as a guideline only. At no time should this document replace existing documents established by the facility unless written permission has been obtained from the responsible facility manager.

PREFACE

The overall goal of infection prevention practices for foot care is to eliminate the risk of the transmission of pathogens between clients and between clients and the health care worker. Foot trauma during the foot care procedure should be avoided to eliminate the client risk of acquiring infections. The following recommendations should be implemented when providing foot care.

- a. All foot care equipment for re-use must be capable of being cleaned in a detergent and water to remove organic matter.
- b. Single-use items such as emery boards, orange sticks and rotary tool disks should be discarded after use. If a client's own equipment is used, it must be kept clean and dry.
- c. All instruments used in foot care must be sterile before use on a client/patient. Instruments that must be sterilized prior to use, often packaged in sets, may include the following: nail nippers foot dresser file Black's file rasp scalpel handle (for attachment of blade) nail probe callus parer.
- d. The recommended methods of sterilization for foot care instruments include dry heat; autoclave (steam under pressure); or chemosterilant with exposure time as stated on product's label. Methods of cleaning, disinfection and sterilization are detailed in text and tabular form in the Health Canada publication *Infection Control Guidelines for Cleaning, Disinfection, Sterilization and Antisepsis in Health Care*⁽¹⁷⁾.

PROTECTIVE BARRIERS

Appropriate personal protection must be used for those responsible for the decontamination and disinfection of respiratory equipment and the area with which the process occurs.

1. Wash hands.
2. Put on gloves.
3. Put on protective eye shields
4. Assemble equipment and supplies (cleaning/disinfecting solutions, paper towels, instrument soak container, sterilization bags, indicator strips, high level disinfectant container)

PRODUCTS

| | |
|--------------------------------|---|
| Chemical Sterilization: | Accel CS20 7% Accelerated Hydrogen Peroxide |
| Instrument Cleaning: | Accel WASH a 3% Stabilized Hydrogen Peroxide |
| Environmental Surfaces: | Accel TB RTU, Accel TB Wipes, Accel Intervention RTU, Accel Intervention Wipes, Accel Prevention RTU, Accel Prevention Wipes or Accel Prevention Concentrate |

1. Accel CS20 is ready-to-use (7% AHP).
2. Preparation of Accel WASH solution – pre-mix at a ratio of 1:128 into a large cleaning basin.
3. Preparation Accel Prevention Concentrate - Pre-mix and label from a controlled location at a ratio of 1:40 (0.18% AHP). Place mixed solution in either a labeled - flip top 1 Litre bottle or a small hand bucket.
4. Accel TB, Accel Intervention and Accel Prevention are ready to use liquids (0.5% AHP).



Cleaning and Disinfecting Guidelines for Foot Care Instruments

5. Accel TB Wipes, Accel Intervention Wipes and Accel Prevention Wipes are ready to use pre-moistened wipes (0.5% AHP).

Dilution Table

| Ratio | Metric | US Gallons |
|-------|--|--|
| 1:40 | 100 mL Accel Concentrate to 4 Litres water | 3.2 oz Accel Concentrate to 1 Gallon water |
| 1:128 | 32 mL AHP Concentrate to 4 Litres water | 1 oz AHP Concentrate to 1 Gallon water |

PRODUCT GERMICIDAL EFFICACY

Accel CS20 is based upon patented Accelerated Hydrogen Peroxide (AHP). Accel CS20 is a 7% AHP High Level Disinfectant and Chemosterilant solution that carries a 20-minute Fungicidal, Tuberculocidal and Sporicidal claim. Accel CS 20 has a 12-month shelf life with a 14-day reuse claim.

All Environmental Surface products listed above are based upon Accelerated Hydrogen Peroxide – and have a Broad-Spectrum Sanitizing claim against vegetative bacteria, a Bactericidal claim against gram negative and gram positive vegetative bacteria as well as General Virucide Claim against Poliovirus Type 1, Sabin Strain, which includes inactivation of both enveloped and non-enveloped viruses. In addition to the General Virucide Claim, Accelerated Hydrogen Peroxide has been proven to show efficacy against HIV, Human Coronavirus, Human Rhinovirus, Human Rotavirus, Canine Parvovirus, Feline Calicivirus (Norovirus) and the H3N2 strain of Avian Influenza A.

The Accel TB RTU and Wipes and Accel Prevention RTU, Wipes and Concentrate also carries a Fungicidal and Tuberculocidal claim.

Accel Intervention also carries a Tuberculocidal claim.

SUMMARY OF PROCEDURES

Critical instruments are those items that enter sterile tissues, including the vascular system and present a high risk of infection if the item is contaminated with any microorganisms, including bacterial spores. Reprocessing critical items involves meticulous cleaning followed by sterilization. Cleaning of critical items/equipment is an important step in the disinfection process to ensure the disinfecting of the items/equipment will be successful. Cleaning must be thoroughly done before “processing” because organic material may protect microorganisms from the disinfection process.

Recommended Procedures for Cleaning and Disinfecting of Foot Care Equipment

1. Cleaning should take place between each device/equipment usage. Items will be disassembled (as appropriate) and thoroughly cleaned.
2. Critical items may be contaminated with dried or wet sputum and/or blood and should be cleaned using a detergent such as Accel Wash (Diluted 1:128 or 32 mL Accel Wash Concentrate to 4 Litres water), rinsed, and dried prior to using Accel CS20 for Chemical Sterilization.
3. Chemical Sterilization consists of immersing the device/equipment in the Accel CS20 solution for 20-minutes.
4. Once the 20-minute Chemical Sterilization contact time has passed, the device/equipment should be removed from the Accel CS20 solution using clean, disinfected tongs or forceps.



Cleaning and Disinfecting Guidelines for Foot Care Instruments

5. The disinfected device/equipment should be thoroughly rinsed using sterile water.
6. Following removal from Accel CS20 solution, thoroughly rinse device/equipment by immersing it completely in a large volume of water.
7. Manually flush all lumens.
8. Remove device/equipment and discard the rinse water.
9. Following the rinsing step the device/equipment should be dried and stored in a suitable container (ie. clear polyethylene bag) for future use.

Recommended Procedures for Cleaning & Disinfecting of Blood & Body Fluid Spills

Appropriate personal protective equipment should be worn for cleaning up a body fluid spill. Gloves should be worn during the cleaning and disinfecting procedures. If the possibility of splashing exists, the worker should wear a face shield and gown. For large spills, overalls, gowns or aprons as well as boots or protective shoe covers should be worn. Personal protective equipment should be changed if torn or soiled, and always removed before leaving the location of the spill, and then wash hands.

1. **WASH** hands and put on gloves.
2. If the possibility of splashing exists, the worker should wear a face shield and gown. For large spills, overalls, gowns or aprons as well as boots or protective shoe covers should be worn. Personal protective equipment should be changed if torn or soiled and always removed before leaving the location of the spill.
3. Apply the **AHP Solution** to spill – wait 30 seconds.
4. Blot up the blood with disposable towels. Dispose of paper towel in plastic-lined waste receptacle.
5. Spray or wipe surface with the **AHP Solution** – wait 5 minutes. Wipe dry with disposable paper towel. Discard paper towel as above.
6. Remove gloves and dispose in plastic-lined waste receptacle.
7. **WASH** hands.

Disposal of Infectious Material

All cleaning cloths gloves and handled tools used for the decontamination of a blood and body fluid should be placed in a clearly marked plastic lined waste receptacle. Decontaminate all wastes before disposal; steam sterilization, chemical disinfection and or incineration.



Cleaning and Disinfecting Guidelines for Foot Care Instruments

Instructions for Confirmatory Testing of Accel CS20 (7% AHP)

The Accelerated Hydrogen Peroxide Test Strip 7% (Part No. AHP7) should be used for confirmatory testing. These strips are easy to use dip-and-read reagents strips for a pass or fail determination of the hydrogen peroxide concentration in the PREvention solution.

1. Remove a test strip and immediately close the container.
2. Dip the test strip into the Accel CS20 solution to be tested for 1-second ensuring that the reaction zone is completely wetted.
3. Remove the test strip and shake off excess liquid.
4. Wait for 35-seconds then compare the reaction zone with the colour scale.

NOTE: The purpose of confirmatory testing is not to extend the reuse life beyond the 14-day claim. Should the test strip show that the Accel CS20 solution still meets the targeted level of hydrogen peroxide the product **MUST** still be disposed.

References:

Provincial Infectious Diseases Advisory Committee, Best Practices for Cleaning, Disinfection and Sterilization in All Healthcare Settings, 2006

Public Health Agency of Canada, Infection Control Guidelines for Hand Washing, Cleaning, Disinfection and Sterilization in Healthcare, Volume 24S8, 1998

Public Health Agency of Canada, Infection Control Guidelines Foot Care by Health Care Providers, CCDR Supplement Volume 23S8, 1997