

THE ADVISOR



MONTHLY COMPLIANCE COMMUNICATOR

WICKED! MANAGING AN EXPOSURE EVENT

Performing certain procedures during the delivery of healthcare can place the worker at the risk of exposure to blood, bloody secretions or other body fluids. Once an exposure occurs, fast action is required on the part of many people in the practice. This is truly an example of the need for preplanning and education of all staff at risk.

Before moving on to the process of responding to an exposure, we must address and review prevention. Prevention must be at the top of your priority list and should include training on the appropriate use of personal protective equipment, use of engineering controls including safety devices, and appropriate surface disinfection. Worker safety should be a part of the culture in every practice and as such may lead to the prevention of an exposure event.

Potential routes of exposure include:

- Stick with a contaminated needle.
- Stick with a contaminated sharp object, for example, scalers, surgical instruments, or scalpel blades.
- Splash to the mucous membranes of the eyes, nose, mouth.
- Splash to non-intact skin.

Once the exposure occurs the clock literally starts ticking. Employees must know the correct measures to take, and how and to whom to report the incident. Your practice should identify, in advance of an exposure event, a health care provider who can provide an immediate medical evaluation and counseling of the exposed worker, and testing of the source patient.

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HIPAA OSHA INFECTION CONTROL BUSINESS ASSOCIATES



INFECTION CONTROL

WICKED! MANAGING AN EXPOSURE EVENT

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When establishing the relationship for the healthcare provider consider the following items in your selection process.

- Ease of access for both the worker and the source patient.
- Potential wait time to be seen.
- Ability to obtain the rapid HIV test for the source patient.
- Availability of post exposure medication if indicated for the employee.

Source Patient Testing Process: Practices must have a process identified for source patient testing. After informing the patient of the exposure, immediate access to care is necessary. In some states post exposure testing of the source patient is required by law and written consent is not required, while in other states, the source patient may be allowed the leeway to decline testing.

Available tests:

- A Rapid HIV test is the standard of care in an exposure situation and should be utilized if available. If rapid HIV is not available, expedite the HIV test. Post exposure prophylaxis (PEP) for the exposed worker, if necessary, should begin within hours for maximum effectiveness, according to the latest CDC guidance.
- Hepatitis B Surface Antigen (HBsAG).
- Anti-Hepatitis C virus (Anti-HCV).

The results of the source patient tests must be made available to the physician providing treatment to the exposed employee. Additionally, forward the results to any physician as requested by the source patient. As a reminder, the cost of all source patient testing is the responsibility of the practice.

Medical Care for Exposed Employee

Follow these steps for the benefit of the exposed employee. The employee should immediately wash the affected area with soap and water or flush the mucous membranes with copious amounts of water. As soon as the first step is completed the event should be reported. Follow these steps for the benefit of the exposed employee.

- Complete an incident report identifying the route(s) of exposures and the circumstances under which the exposure incident occurred.
- Make a confidential medical evaluation available immediately and follow-up, post exposure prophylaxis if indicated, and counseling by a qualified healthcare provider. This step is Bloodborne Pathogen standard.
- Obtain employee consent to treatment and any bloodwork which may be completed. If the worker does not choose to receive testing or treatment, employers must get a signed declination of care to document that care was offered.

Hopefully an employee in your practice will never experience an exposure event, but advance planning and training can ensure care is provided to both the source patient and practice employee in timely and efficient manner.

Want to learn more? Join Karen Gregory, RN, on October 31st at 12 noon for [**WICKED! Responding to a Blood Exposure Webinar**](#)

Dress up in your Halloween Costume and send us a picture!! We will award a prize for the best costume.

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OCTOBER SCARES: BREACHES BY THE NUMBERS AGAIN

Did you know that Mary Shelley's Frankenstein was the Doctor? Her creature had no name, but if she was alive today writing her famous book, it might be called "BREACH!"

Last month The Advisor reported on the staggering increase in the number of breaches from 2018 to 2019, reported by

the Department of Health and Human Services Office for Civil Rights from 2018 to 2019. The trend continues with this comparison of the first nine months of 2018 to the first nine months of 2019.

	Jan - Sept 2018	Jan - Sept 2019	2019% increase
Number of individuals affected	4,738,797	37,582,184	693%
Number of reports	130	332	155%
Covered Entities	108	300	178%
Business Associates	27	78	189%

Type of breach

Hacking/IT incident	66	201	205%
Improper media/equipment disposal	3	4	33%
Loss or theft	21	37	76%
Number of unauthorized access/disclosure	40	90	125%

Method of breach

Desktop computer	15	27	80%
Email	44	128	191%
EMR/EHR	10	15	50%
Paper or Film	18	39	117%
Laptops & other devices	23	39	70%
Network servers	20	84	320%

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DATA BREACHES AND COMPUTER FORENSICS

The general components of an effective incident or breach response plan are to prepare, prevent, detect, and recover. An incident response plan does not have to be complex in order to be effective. However, one of the most technical aspects can be part of the recovery from a breach.

Recovering from a breach of electronic data includes an assessment to determine the extent of data loss or file corruption and an investigation into the origin of the breach. Think of it as a digital crime scene. Instead of human fingerprints or DNA, a digital forensic analyst looks for evidence contained on a network or in a computer's log files, programs, file systems, and more that can lead to identifying the perpetrator of a cyber-attack, or even which user on a network downloaded files they weren't authorized to download.

Fixing the issue(s) that led up to the breach might include improvements such as stronger firewalls, installing updates for software, security patches, ensuring all workers have a unique user ID and a password that is long and complex, and process and policy improvements. All of this detective work is done without modifying any files, logs, or software, so if the breach occurred as part of criminal activity, the digital forensics collected is used in the same way evidence from a physical crime scene is used if there is subsequent legal action.

There are a growing number of digital forensic firms and it can be difficult to know when you need one and how to choose a reputable one. A digital forensics firm can analyze your software and servers to ensure that all your patients' information has been accounted for. If your network has been subject to ransomware, an attack that removed data from your system or has corrupted your files, you should contact a digital forensic firm to help restore your data without causing further damage. If there are any hidden files lingering on the network or computer, they will be found so the breach does not repeat itself. This would be particularly important if your backup files did not restore properly.

Resources to consider when you start your search for a trustworthy and competent digital forensics firm can include government agencies, certification boards, universities, and professional associations.

- FBI Cyber Crime Division <https://www.fbi.gov/investigate/cyber>
- U.S. Department of Homeland Security <https://www.dhs.gov/science-and-technology/forensics>
- SANS Institute <https://www.sans.org/security-resources/>
- The Cybersecurity and Infrastructure Security Agency <https://www.us-cert.gov/about-us>
- The National Cyber-Forensics and Training Alliance www.ncfta.net
- Scientific Working Group on Digital Evidence <https://www.swgde.org/>
- National Institute of Justice <https://nij.ojp.gov/topics/forensics>

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PRIVACY & SECURITY WORD SEARCH

IT IS CYBER SECURITY AWARENESS MONTH!

A D E Z I R O H T U A N U Y
N U B R N O T I C E N N T D
T D T T A I G Y C A V I R P
C N L H D N H E N V R N E V
O K E U O C S E R U V R D P
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Phish
Cybersecurity
Hacker
Ransomware
Malware
Network
Data Breach
HIPAA
OSHA

Privacy
Notice
Enforcement
Compliance
Unauthorized
Disclosure
Audit
Policy
Authorization

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TMC OSHA COMPLIANCE

YOUR NEW FRIEND: SAFETY DATA SHEETS

We've all seen that dusty manual pushed to the back of the cabinet in labs and sterilization areas. Formally known as Material Safety Data Sheets (MSDS), Safety Data Sheets (SDS) often find their home in a binder that is rarely read. Safety Data Sheets can be your best friend if you are ordering, storing, using or managing emergencies relating to chemicals in your facility. Get to know your SDS!

The Globally Harmonized System (GHS) for communicating and managing the use and care of chemicals in the workplace is all about communicating the hazards of chemicals in your workplace, so that you can do your job safely. Unfortunately, many facilities do not have a current and thorough list of the chemicals they use, and many do not have the most updated SDS and training on hazards and manufacturer's specifications for safe usage.

16 Sections

SDS provide valuable chemical information on many topics. The SDS is divided into 16 sections that make it quick and easy to find what you need to know to be safe. Each section is described below.

- 1. Identification of the product** — Some chemicals are known by a nickname and the product name is less familiar. SDS are typically organized by product name.
- 2. Hazard Identification** — Make sure you are familiar with the GHS pictograms and their meaning. Signal words, hazard statements, and precautionary statements help to quickly assess chemical hazard.
- 3. Composition/Information on Ingredients** — This section gives a breakdown of the hazardous chemicals in a substance or mixture.
- 4. First Aid Measures** — This is one of the most important sections. The information here can save a life, yours or a colleague. Review the SDS of the chemicals you are exposed to on a regular basis. Are you following the PPE recommendations for safe usage? Do you know what to do in case of an accidental exposure? If you are a first responder, these instructions can protect you too!
- 5. Fire Fighting Measures** — Every chemical has its own extinguishing method, and this section explains which type of extinguisher is appropriate for the chemical. Do you have the correct type of extinguisher for the fire potentials in your facility?
- 6. Accidental Release Measures** — Spills happen. Be ready. Do you know where your spill kit is located and how to use it? Some chemical spills require evacuation and professional cleanup. In this section, you will learn about how to contain spills and the method and materials recommended for cleaning them up.

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- 7. Handling and Storage** — This section explains how and where to safely store an item. Can you store your chemical in the attic? In the basement? Does temperature or light effect your chemicals? Can they become a fire hazard or inactivated because of improper storage?
- 8. Exposure Controls/PPE** — Do you know what your exposure limit is for the hazardous chemicals you might become exposed to when you work? This section provides the permissible exposure limits and recommended engineering controls for working safely.
- 9. Physical and Chemical Properties** — Chemicals come in many colors or may be colorless. This section explains the properties of your products. If it is no longer the color that is described, does that mean it is no longer effective? Do your chemicals have expiration dates? How often do you check?
- 10. Stability and Reactivity** — Can your products be mixed with anything? Will they react?
- 11. Toxicological Information** — This section gives you more information about exposure routes, related symptoms, effects and numerical measures of toxicity.
- 12. Ecological Information** — Not regulated by OSHA. Still good to review!
- 13. Disposal Considerations** — Not regulated by OSHA Still good to review!
- 14. Transport Information** — Not regulated by OSHA. Still good to review!
- 15. Regulatory Information** — Can I dump my expired chemicals down the sinks or commodes without it hurting the pipes? Can I discard the unused portion of a certain chemical in the stream alongside of our office? Can I pour the diluted chemical in the garden bed out back? What is the recommended way of transporting this chemical? Are there other rules that need to be followed when using this chemical?
- 16. Other Information** — How old is this chemical preparation and when was it last revised?

Get to know your SDS's. They are your new friend, looking out for your safety.

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INFECTION CONTROL



ARE YOU READY FOR A SPILL?

Life is messy, and spills happen. Some spills, like a cup of coffee, are easy and worry-free cleanups. But when blood and/or other body fluids are spilled, precautions must be taken to prevent the spread of bloodborne pathogens. Be prepared and ready for the inevitable with a TMC Spill Kit. These kits contain absorbent materials, cleaners, and chemical neutralizers to contain accidental spills in a medical or dental setting. They are available in our online store for just \$12.

The TMC Spill Kit includes:

- Mask and Gloves,
- Scoop
- BIOHazard bag
- 2 packets of SaniZide germicidal wipes
- Packet of RED-Z fluid control

GET YOUR SPILLKIT TODAY!

IT'S YOUR CALL

OSHA Situation:

Global Handwashing Day is October 15th. Are you aware of these hand hygiene facts?

HIPAA Situation:

What is a limited data set?

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INSTRUCTIONS

Print and post newsletter in office for staff review. Each member should sign this form when completed. Keep on file as proof of training on these topics.

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