Introduction

Hygiene and sanitation might seem like common sense, but specific skills are needed to protect the client and massage professional.

The massage environment must be sanitary and safe.

- Sanitation—prevention of spread of contagious disease
- Safety—fire and accident prevention, and first aid

Sanitation, a word derived from Latin, and hygiene, from Greek, ultimately mean the same thing: practices that promote health.

New information about the spread and control of contagious diseases is being dispersed almost daily by the Centers for Disease Control and Prevention (CDC).

Twice yearly, massage practitioners need to update information to reflect changes in CDC recommendations so that they are following the most current standards and guidelines.

Personal Health, Hygiene, and Appearance

Staying healthy helps control disease.

- Stronger immune system
- Regular checkups to detect disease early

Diet, sleep, rest, body mechanics (the way we use our bodies), exercise, and lifestyle all must be considered in the overall health picture, in addition to actively practicing prevention.

Smoking

Smoking is a leading cause of cardiovascular disease and lung cancer.

- Secondhand smoke is dangerous and often offensive.
- Lingering smoke odors on breath, body, and clothing can bother clients and co-workers.
- Never smoke in the massage area, and wash hands carefully after smoking.
- Inform new and potential clients if you smoke.
  - Refer to non-smoking practitioner if necessary

If the practitioner must smoke during business hours, it should be done outside, away from any access doors or windows.

After smoking the practitioner should wash the hands carefully, brush the teeth, and use mouthwash before performing a treatment.

Alcohol and Drugs

Alcohol and drugs interfere with one's ability to function as a professional.

- Never work under the influence.
- Prescription and over-the-counter medications can also impair functioning.
- Wait at least 8 hours after drinking alcohol before working.

How long do the effects of alcohol linger? *(The long-term effect of alcohol, that is, a hangover, takes 24 hours to subside.)*

Clients should be referred or rescheduled if the professional's ability to function is affected.

Hygiene

Personal hygiene considerations:

- Prevent odor
  - Avoid chemical cover-ups like perfume
- Keep hair clean and neat
- Care for hands and nails

Nonchemical ways to reduce body and breath odor? (Bathing or showering with mild soap, scraping the tongue, wearing breathable fabric with a relaxed fit, changing socks daily, using adequate protection during menstruation.)

Hygiene

Personal hygiene considerations:

- Wear professional clothing made from a breathable fabric
  - Don't forget clean shoes
  - Scrubs are acceptable attire
- Modest makeup; facial hair shaved or trimmed
- Remove all jewelry

If the client or professional is ill and if any concern exists that the condition might be contagious, the massage professional should refer or reschedule the client until the condition changes

Properly Groomed Massage Professionals

Some ways that jewelry can be unhygienic for massage.

Rings or watches can scratch a client.

Necklaces and bracelets can brush against a client or become tangled.

All jewelry and piercings, even small, well-cared-for studs or hoops, can harbor pathogens.

Sanitation

Pathogenic organisms:

- Viruses
- Bacteria
- Fungi
- Protozoa and pathogenic animals

Pathogens are spread by direct contact, through blood or other body fluids, or by airborne transmission.)

Viruses

Invade cells and insert own genetic code into host cells' genetic code

Use the host cells' nutrients to produce more virus particles

Burst cell membranes to escape and infect new cells

Bacteria

Primitive cells without nuclei

Cause disease in one of three ways:

- By secreting toxic substances that damage human tissue
- By becoming parasites
- By forming colonies that disrupt normal body function

Spores—resistant form of bacteria

Sanitation measures—such as vaccinating hens, pasteurizing eggs, and refrigerating dairy products—have greatly reduced the incidence of one common bacterial disease, salmonellosis. However, there are still 2 to 4 million cases annually in the United States.

Fungi

Simple, parasitic organisms

Similar to plants, but lack chlorophyll

Most pathogenic fungi live on skin or mucous membranes

E.g., athlete's foot, vaginal yeast infections

Yeasts – small, single-celled fungi

Molds – large, multicellular fungi

Because fungal, or mycotic, infections can be resistant to treatment, they can become quite serious.

Protozoa and Pathogenic Animals

Protozoa – unicellular organisms larger than bacteria

Pathogenic animals (metazoa) – larger, multicellular organisms

- Most are worms

Both often cause skin disease.

- Spread through direct contact
- Skin integrity helps prevent infection

Many of these pathogens cause skin diseases when the pathogen commonly is spread through direct contact.

Because massage professionals spend much time working directly with skin, they would be wise to learn to recognize these various skin conditions.

Disease Prevention and Control

Ways of disease transmission:

- Environmental contact—pathogens in food, soil, water, and on surfaces
- Opportunistic invasion—pathogenic organisms already on site respond to change in condition to cause disease
- Person-to-person contact—pathogens carried through air or present in bodily fluids

The key to preventing many diseases caused by pathogenic organisms is to prevent the organisms from entering the body.

Aseptic Technique

Table 7-1 Common Aseptic Techniques for Preventing the Spread of Pathogens

Method	Action	Example
Sterilization	Destroys all organisms by means of heat	Pressurized steam bath, extreme temperature, irradiation
Disinfection	Destroys most or all pathogens (but not necessarily all microbes) on inanimate objects	Chemicals (e.g., iodine, chlorine, alcohol, soap)
Isolation	Separates potentially infectious people or materials from uninfected individuals	Quarantining infected patients; wearing protective apparel while giving treatments; and sanitary transport, storage, and disposal of body fluids, tissues, and other materials

Aseptic technique involves killing or disabling pathogens on surfaces before they can spread to people.

Most sanitation conditions for massage require disinfection. Protective apparel is occasionally necessary. In rare instances, using gloves, masks, and gowns may be appropriate to protect the massage professional or client.

Hand Washing

Hand washing is the most effective way to prevent spread of disease.

Hands must be washed:

before and after each massage

after blowing the nose or coughing into the hands

after using the toilet

Why do you think people still forego this essential measure?

Ignorance of hand washing' s effectiveness; laziness or forgetfulness; unwillingness to use harsh, drying soaps; and lack of facilities.

Hands and forearms must be washed in hot, running water for at least 15 seconds to remove any infectious organisms.

Soap or another antiseptic hand-washing product must be used.

A clean towel is used to dry the hands and forearms.

Faucets and door handles are contaminated and should not be touched after washing the hands.

The towel should be used to turn off the water and open the door.

Hand-Washing Technique

Create a lather with the soap. Interlace your fingers to wash between them, keeping your hands pointed down.

Rinse the hands well, keeping your fingers pointed down.

Use the blunt edge of an orangewood stick to clean under your fingernails.

After drying your hands, use a dry paper towel to turn off the water

Sanitation Requirements

Observe state and local laws.

Sanitation considerations include all aspects of the massage environment, from personal hygiene to safety of premises.

Standard Precautions

Apply to:

- Blood
- All body fluids, secretions, and excretions except sweat, regardless of whether they contain visible blood
- Nonintact skin
- Mucous membranes

Standard Precautions are designed to reduce the risk of transmission of blood-borne pathogens and transmission of pathogens from moist body substances.

Under these guidelines, all blood and body substances must be treated as if they were infectious, regardless of whether actual infection is known or suspected.

Standard Precautions: Hand Washing

When to wash hands:

- After contact with blood, body fluids, secretions, excretions, and contaminated items
- After removing gloves
- Between clients
- Whenever necessary to avoid spreading microorganisms

Use a plain (nonantimicrobial) soap for routine hand washing.

Use an antimicrobial agent or a waterless antiseptic agent if hand washing is not possible.

Standard Precautions: Gloves

Wear gloves:

- When touching blood, body fluids, secretions, excretions, and contaminated items
- When touching mucous membranes and nonintact skin
- To protect a client who is immune-suppressed

Change gloves:

- Between tasks and procedures on the same client after contact with material that may contain a high concentration of microorganisms

Remove gloves promptly after use, before touching uncontaminated items and environmental surfaces, and before going to another client; wash hands immediately to avoid transferring microorganisms to other clients or environments.

Standard Precautions: Other Protective Apparel

During activities that likely splash or spray blood, body fluids, secretions, or excretions,

- Wear a mask and eye protection, or a face shield, to protect mucous membranes.
- Wear a gown to protect skin and clothing.

Required Use of Standard Precautions

Contagious and immunosuppresed clients

- Therapist's normal germs can be very dangerous
- May need to wear gloves
- Work under the supervision of a medical professional
- Follow the posted standard precautionary procedures
- Attend special training

Standard Precautions must be used to protect the client from viruses and bacteria.

Clients considered contagious may feel isolated and "unclean." We do not want to make such clients feel ashamed and guilty for having a contagious disease.

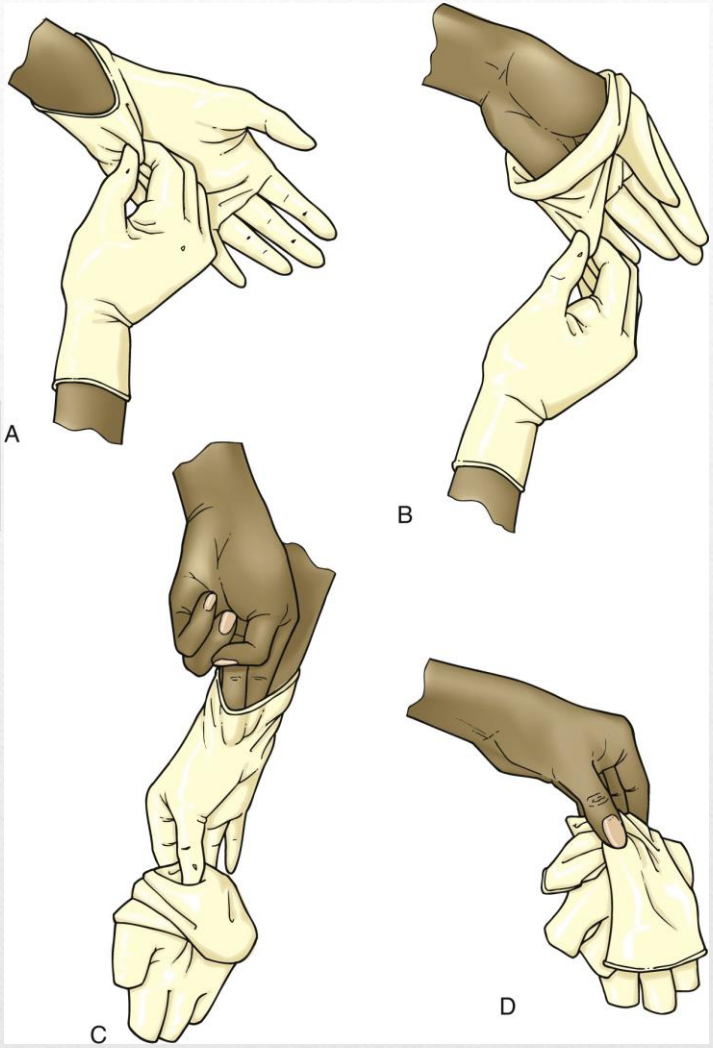
Possible Exposure to Contaminants and Body Fluids

Use Standard Precautions to clean up blood and body substances.

Possible types of body substance spills:

- Menstrual blood
- Urine or feces
- Sneezing
- Ejaculate
- Vomit
- Coughing

Procedure for Removing Gloves



Any person whose job may cause him or her to come in contact with blood or other body substances, such as vomit, urine, or feces, should wear single-use, disposable gloves.

Approved Cleaning Solutions

High-level sanitation—labeled "sterilant/disinfectant glutaraldehyde—air dry"; not usually needed in massage settings

Medium-level sanitation—bleach solution (made up daily) or hospital disinfectant labeled "tuberculocidal"

Low-level sanitation—hot, soapy water or hospital disinfectant

The CDC has recognized the above three levels of solutions and products that destroy HIV, HBV, and other viral organisms.

Cleanup Procedures Using Standard Precautions

Spills:

- Wear gloves
- Use 10% bleach solution to surround the spill
- Mop slowly inward to avoid splashing
- Soak mop head or cloth in bleach solution afterward
- Roll all linens and place in double plastic bag
- Mark outside bag as “contaminated”
- Wash table and allow to air dry

Skin:

Wash the skin immediately with soap, water, and an antiviral agent (e.g., 10% bleach solution).

Flush open wounds with hydrogen peroxide or bleach solution; do not use peroxide on mucous membranes or in any orifice.

Why is hydrogen peroxide dangerous if used on mucous membranes or in an orifice? What about gargling with hydrogen peroxide?

Hydrogen peroxide can cause severe irritation or burns when it comes into contact with the eyes or the mucous membranes. Dilute hydrogen peroxide [3% or less, as sold in drugstores] is safe to use as a disinfectant mouthwash, but swallowing it is very dangerous.

Massage equipment, tools, and surfaces:

Any massage equipment and tools that have come in contact with blood or other body substances should be soaked in 10% bleach solution before they are washed in hot, soapy water.

All surfaces, including those in bathrooms, should always be cleaned as if they were contaminated.

Preventing Disease Transmission, and Premise Safety Practices

Preventing Transmission: HIV

Syndrome—group of clinical symptoms that constitute a disease or abnormal condition

- Might have many different causes
- Symptoms might vary among individuals

Human immunodeficiency virus (HIV)

- Retrovirus—can survive long time in host without causing any sign of illness
- Believed to cause AIDS

A syndrome is a collection of pathologies that point to underlying disorders or diseases.

Can you explain the relationship between HIV and AIDS in this way? (HIV is the underlying viral infection that is believed to make its victims susceptible to the array of other diseases and conditions collectively known as AIDS (although there is some scientific controversy on this point). The illnesses associated with AIDS vary by individual.)

As many as 5 million new HIV infections are reported worldwide each year.

Preventing Transmission: HIV

Replication:

- Lives in lymphocytes (a type of white blood cell), also known as T cells
- Targets T4, a cell vital to the immune system
- T4 cell infection causes defect in immune system, which can eventually result in AIDS
- Long-term HIV infection that doesn't lead to AIDS is becoming more common

What is replication? (Replication is reproduction or direct copying.)

Mechanics of HIV Transmission

Must travel from inside one person to inside another person

Cannot enter through intact skin; must enter through open wound, mucous membrane, or body opening

HIV found in any substance that contains lymphocytes, but in different concentrations

Not all substances that contain HIV are capable of transmitting it

HIV has been found in blood, semen, vaginal fluid, breast milk, saliva, and tears.

HIV is sometimes present in very low concentrations in saliva and tears in AIDS patients. However, these substances that contain tiny amounts of HIV might not be able to transmit the virus to another person.

HIV Survival Outside the Host

Substance carrying HIV remains infectious until dry

Temperature affects amount of time virus can survive: 2 weeks at room temperature, and indefinitely if refrigerated

No known cases of HIV infection by casual (skin only) contact

HIV has not been found in the sweat of people infected with HIV.

There are no known cases in which HIV has been transmitted via saliva, tears, or sweat.

Preventing Transmission: Hepatitis

Inflammatory viral infection of liver

Hepatitis A (HAV)

- Less serious
- Usually transmitted by food or water contaminated with feces
- Vaccine available

Hepatitis B (HBV)

- Potentially fatal
- Transmission routes similar to those of HIV
- Vaccine available

The six viral strains that cause liver inflammation are collectively known as hepatitis.

Hepatitis A (HAV) usually has a short course, and once a person has had it, he or she is immune to it. Vaccination against HAV is recommended for many travelers going beyond the United States, Canada, Australia, and Western Europe.

Hepatitis B can become a chronic, fatal infection, especially for infants infected at birth. It is a blood-borne pathogen that is also transmitted sexually. The HBV vaccine has been available since 1982, and it is now a routine childhood vaccination.

Preventing Transmission: Hepatitis

Hepatitis C

- 86% of new hepatitis cases each year
- No effective vaccine

Hepatitis D

- Infects only those who have HBV
- Symptoms are more severe than other forms of hepatitis
- No effective vaccine

Hepatitis C (HCV) is not a sexually transmitted disease. Acute HCV is a blood-borne pathogen that leads to long-term infection in most patients. Many infected people have no symptoms except fatigue.

Hepatitis D infection can occur simultaneously with HBV infection (co-infection), or it can occur later (superinfection).

Hepatitis E

- Usually transmitted by food or water contaminated with feces

Hepatitis G

- Blood-borne, sexually transmitted

There has been only one documented case of hepatitis E (HEV) in the United States. HEV is transmitted like HAV, and it causes only acute liver inflammation.

Although some researchers isolated a virus believed to be a new strain of hepatitis in 1994, their findings were not duplicated. Therefore, the "F" designation has been reserved for the time being.

Hepatitis G was identified in 1996. It is a blood-borne pathogen, but it also can be transmitted sexually. Acute HGV infection can lead to long-term infection. Most patients with HGV are also infected with HBV or HCV. Note that hepatitis G is sometimes called GB virus.

Preventing Transmission: Tuberculosis

Tuberculosis (TB) bacteria affects lungs; can invade other body parts

Transmission—via airborne droplets, or contaminated food

Infection—widespread, often no symptoms

Symptoms, which might develop slowly:

- Fatigue
- Anorexia
- Night sweats
- Weight loss
- Lethargy
- Low-grade fever
- Cough
- General anxiety

There are more than an estimated 1.86 billion people infected worldwide.)

The antibiotic regimens for TB are long and complicated, usually involving two to four different medications prescribed in varying doses over months or years.

As with many other antibiotic treatments, many people do not comply with the regimen because they begin to feel better, but they remain contagious and could become ill again.

Diagnosis

Diagnosis is made from a positive TB skin test, followed by a chest x-ray and/or sputum culture.

A positive skin test alone does not indicate active infection.

Dormant and active TB are both treated with antibiotics.

Massage professionals should be tested yearly.

At the turn of the last century, it is believed that 1 in 10 people died from TB.

After years of decline, tuberculosis infection rates began to rise dramatically in the United States in the late 1980s and early 1990s. Control was reestablished by better sanitation in health care and correctional facilities and by stronger screening and monitoring of new immigrants and refugees.

Regular screenings of people who work closely with the public, such as those in health care and education, are part of the ongoing campaign to keep TB at bay.

Preventing Transmission: SARS

Symptoms:

- Begins with fever over 100.4° F (38° C)
- Headache
- Overall feeling of discomfort
- Body aches
- May have mild respiratory symptoms
- Dry cough and trouble breathing after 2-7 days

Severe acute respiratory syndrome (SARS) is a respiratory illness that has been reported in Asia, North America, and Europe.

Transmission:

- Spread primarily through close person-to-person contact
- Touching the skin of other people
- Touching objects that are contaminated with infectious droplets and then touching the eyes, nose, or mouth

Droplet contamination occurs when someone who is sick with SARS coughs or sneezes droplets onto themselves, other people, or nearby surfaces. SARS may be spread more broadly through the air or in other currently unknown ways.

Although SARS is not commonly contracted by health care workers, it is essential that massage professionals strictly follow Standard Precautions to reduce the spread of such diseases.

Preventing Transmission: MRSA

Two types (based on location acquired):

- Hospital-acquired MRSA (HA-MRSA)
- Community-associated MRSA (CA-MRSA)

Transmission:

- Direct contact with an infected person or by sharing personal items, such as towels or razors that have touched infected skin

MRSA is a potentially dangerous type of staphylococcal bacterium that is resistant to certain antibiotics and that may cause skin and other infections.

Symptoms:

- Redness
- Swelling
- Pain
- Warmth to the touch
- Pus or other drainage
- An accompanying fever

Most staphylococcal (or "staph") skin infections, including MRSA, appear as a bump or an infected area on the skin.

Treatment for MRSA skin infections may involve drainage of the lesion by a health care professional and, in some cases, antibiotic therapy.

Premise and Fire Safety

Guidelines for hazard-free massage environment:

- No unsupervised children
- Do not leave clients who are elderly or in their third trimester of pregnancy unattended in massage room
- Offer assistance to clients with impaired mobility or vision; follow their instructions carefully
- Work to prevent falls

Most accidents can be prevented. Knowing the common safety hazards, recognizing which clients need extra assistance, and using common sense are all necessary to promote safety.

Preventing falls:

- Barrier-free access
- Good lighting
- No rugs, slippery tile floors, and keep floors and walkways uncluttered
- Keep electrical and phone cords out of traffic areas
- Regularly check all massage equipment
- Keep outside entrances free of clutter and hazards caused by ice, snow, or rain

Write down accident information, including:

- Where and when it occurred
- Detailed information about what happened
- Names and addresses of anyone involved
- Names of witnesses
- Information about any equipment involved

Always record the details of any incident, because personal injury or equipment damage might not become apparent until long after the event. For example, if a client trips on the draping while alone in the massage room changing, but insists that he or she is OK, a massage professional should still write the occurrence up, for the protection of all involved.

Guidelines for fire prevention:

- Provide a nonsmoking environment.
- In smoking areas, provide ashtrays; empty them into a metal container of sand or water.
- Regularly check cords and equipment.
- Do not plug more than two cords into an outlet.
- Never use candles, incense, or an open flame.
- Equip massage area with a smoke detector and fire extinguisher; check them regularly.

Do not "daisy chain" extension cords.

If an electric cord must run across a walkway, either tape it down or use a protective cord sheath.

Equipment that has a grounded (three-prong) plug should only be used in a grounded outlet, not fitted into an adapter in an ungrounded (two-prong) outlet.

Keep electric outlets and cords clear; do not pile linens or shove furniture over them.

Use light bulbs of the recommended wattage for their light fixtures.

To Test

Access Code: NC6DCD

Please write down code. You will be asked for it

Once you have successfully passed the test (70% correct), please email Kim Jackson at kim_hotschool@yahoo.com. We will email you your CE certificate within 7 business days.