

Needlestick Injury, Blood/Body Fluid Exposure Action Pack

Hepatitis B, Hepatitis C and HIV may be contracted through exposure to any body fluid, particularly blood.

IMMEDIATE ACTION IS EXTREMELY IMPORTANT

Exposures must be reported as soon as first aid has been completed

STEP 1: FIRST AID

1. For sharps injuries - immediately rinse the affected area under running warm water for at least 3 minutes.
2. If there is a puncture wound, squeeze it gently to flush out any contamination.
3. Paint puncture wound with povidone-iodine (Betadine) wipe or Isopropyl Alcohol.
4. Cover with a dry, waterproof dressing.
5. For eye, nose or mouth exposures – Rinse thoroughly with running water or saline.

STEP 2: NOTIFY THE GENERAL PRACTITIONER

Once first aid is complete:

1. Notify a general practitioner to arrange specimen collection. The GP may also choose to contact a hospital Clinical Microbiologist or Infectious Diseases Physician. To ensure your results will be managed appropriately, refer to your workplace infection control protocols for blood/body fluid exposures.
2. In some cases, GP in consultation with a Clinical Microbiologist / Infectious Diseases Physician On-call may decide that post exposure prophylaxis is needed. If required, this should be administered within hours of exposure. Prophylaxis is used to reduce the risk of developing disease, therefore prompt reporting of needlestick / blood or body fluid exposure is important to ensure appropriate management measures are taken.

STEP 3: COLLECT SOURCE PERSON & EXPOSED PERSON BLOOD SPECIMENS

1. Inform patient (source) of exposure and give Patient Information sheet.
(NB See guidelines for obtaining consent for testing source blood)
2. Take SOURCE PERSON and EXPOSED PERSON bloods using SST (yellow top) tubes. (NB Testing can also be performed on EDTA, heparin, sodium citrate, ACD or CPD tubes)
3. Label the bloods CORRECTLY, with first name, last name and date of birth a minimum.
4. Fill out the SOURCE PERSON and EXPOSED PERSON test request forms provided in this pack.
5. All fields on the blood test forms must be filled in. It is very important that the lab can contact the correct person with the results, and that both the source and exposed persons contact details are available. Please provide as much detail as possible.
6. Place blood tubes in specimen bags with forms. The source person can now leave.

STEP 4: SEND THE COMPLETED FORMS & BLOODS TO THE LAB URGENTLY

Wellington: Send bloods & forms to the lab URGENTLY. Contact the laboratory reception on (04) 381 5900 to arrange a courier collection between 8:00am—5:00pm. Inform them that SOURCE PERSON and EXPOSED PERSON specimens are to be sent URGENTLY to the laboratory. Remember to provide BOTH specimens' identity details. If in the event it is out of the above normal laboratory hours phone (04) 381 5900 and ask to speak to a testing laboratory staff member. Inform them of the BBFE. A taxi may need to be arranged if after hours.

Taranaki: Send bloods & forms to the lab URGENTLY. Contact the laboratory on (06) 755 2760 for courier arrangements. Inform them that SOURCE PERSON and EXPOSED PERSON specimens are to be sent URGENTLY to the laboratory. Remember to provide BOTH specimens' identity details.

STEP 5: RESULTS AND FOLLOW-UP TESTING

1. The laboratory will contact the person managing the results. This person is responsible to ensure results are communicated and may have to arrange prophylaxis for the exposed person.
2. Follow-up blood test forms are provided in the GUIDE TO FOLLOW UP TESTING FOR BLOOD OR BODY FLUID EXPOSURES AND NEEDLESTICK INJURIES information pack. Follow-up testing is only required if the source blood is positive, or if the source is unknown.