

Exposure Injury Reduction Strategies:

Results that Protect Lives

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“...rate comparisons alone will not bring about the vital goal of eliminating potentially life-threatening body fluid exposures to healthcare workers. To reach this goal, proven “Best Practice” safety strategies must be put into practice and must become the new normal.” - Authors

What was the study?

Supporting the 2011 EXPO-S.T.O.P. study (Exposure Survey of Trends in Occupational Practice), this interview-based approach further examined how healthcare organizations have reduced potentially life-threatening body fluid exposures to its workers.

What were the results?

After interviewing clinicians from “Exposure Aware” hospitals, researchers established four common themes found in successfully limiting exposures:

- **Education and Training**
Orientations, annual refreshers, modules, coaching
- **Communication**
Campaigns, talking to Administration, daily huddles
- **Investigation**
Counseling on how/why incidents happen, description of use in detail, staff meeting discussions, prevention strategies
- **Engagement**
Monthly reports, commitment to rules, manager participation, leadership accountability

There were some **challenges** experienced in the area of BBP exposure, such as resistance to change, cost as a barrier, and employees with repeat exposures.

What does this mean for you?

To prevent the risk of BBP exposure to healthcare workers, “Best Practice” safety strategies, as communicated in this research, must be put into practice and become standard.

These strategies require consistency, teamwork, leadership support, and determination in order to succeed. Hospitals that have proven to be aware of exposure hazards are encouraged to help others overcome their obstacles by speaking out on what has worked for them.



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International committee of Medical Journal editors



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