



# Welcome! We will get started momentarily.

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# Nursing Home Quality Essentials Spotlight: Infection Prevention

## Health Literacy, Viruses and Vaccines

December 26, 2024

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WE'RE BACK!

# NURSING HOME QUALITY ESSENTIALS



## SPOTLIGHT: INFECTION PREVENTION

**Tuesdays & Thursdays | 11 a.m. MT / Noon CT**

As part of a contract extension from CMS, we're thrilled to relaunch Nursing Home Quality Essentials, focusing on infection prevention and control!

Join us twice a week for engaging 30-minute sessions tailored for long-term care providers. Each session will spotlight a new aspect of infection prevention, with actionable insights and strategies to integrate directly into daily practices.

Topics may include vaccines, healthcare-acquired infections, rehospitalizations, NHSN reporting, health literacy and more — each aimed at enhancing your infection prevention efforts.

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# Before We Begin

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# Objectives

- Define health literacy
- Discuss viruses and vaccines
- Collaborate and share



# > Health Literacy

Support with conversations

# Health Literacy

- Definitions were changed from those used in *Healthy People 2010* and *Healthy People 2020* to those used in *Healthy People 2030*
- *Healthy People 2030* sets data-driven national objectives to improve health and well-being over the next decade driven by the Office of Disease Prevention and Health Promotion (ODPHP)
- Health literacy is a central focus of *Healthy People 2030*
  - One of the initiative's overarching goal is to eliminate health disparities
  - Achieve health equity
  - Attain health literacy to improve the health and well-being of all

# What is Health Literacy?

Health literacy: The degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions.

- Emphasizes ability to use health information rather than just understand it
- Focuses on ability to make "well-informed" decisions rather than "appropriate" ones
- Acknowledges that organizations have a responsibility to address health literacy
- Incorporates a public health perspective



# Types of Health Literacy

- **Personal health literacy** is the degree to which individuals have the ability to find, understand and use information and services to inform health-related decisions and actions for themselves and others
- **Organizational health literacy** is the degree to which organizations equitably enable individuals to find, understand and use information and services to inform health-related decisions and actions for themselves and others

## Let's Go Polling

Synonyms are words or expressions of the same language that have the same or nearly the same meaning in some or all senses. Which of the following words are synonyms for, 'equitably'?

- A. Justifiably
- B. Fairly
- C. Rightly
- D. Evenhandedly
- E. None of these are synonyms for equitably
- F. All of these are synonyms for equitably

## A Point to Ponder

- The words you choose to use strongly impact:
  - The degree to which individuals have the ability to find, understand and use information and services
  - The degree to which organizations equitably enable access to information and services for individuals
- The words you choose are vital for helping individuals obtain, process and understand basic health information and services needed to make informed health decisions
- Keep it simple

**Instead of “equitably” what other word could you use?**



# > Viruses and Vaccines

Continued support with conversations

# What is a Virus?

- Submicroscopic infectious agents that are usually regarded as nonliving
- Extremely complex molecules, that typically contain a protein coat surrounding an RNA or DNA core of genetic material but no semipermeable membrane
- Capable of growth and multiplication only in living cells
- Cause diseases in humans, animals and plants
- The causative agent of an infectious disease

# Let's Remember how the SARS-CoV-2 Virus Spreads

- Spreads mainly between people who are in close contact with each other
- Can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe
- Another person can contract the virus:
  - When infectious particles that pass through the air are inhaled at short range
  - If infectious particles come into contact with the eyes, nose or mouth
- People may become infected when touching their eyes, nose or mouth after touching surfaces or objects that have been contaminated by the virus
- SARS-CoV-2 is the virus that cause the COVID-19 infectious disease

**A person can have COVID-19 and spread the infection even though they do not feel ill**

# Let's Not Forget About Virus Mutations

SARS-CoV-2 is a virus

- When a virus replicates or makes copies of itself, it sometimes changes a little bit and these changes are called “mutations”
- Some mutations can lead to changes in a virus’s characteristics, such as altered transmission or severity
- A virus with one or several new mutations is referred to as a “variant” of the original virus

**A reminder from the Food and Drug Administration (FDA): Antibiotics treat only some infections caused by bacteria – and none caused by viruses**

# Reminder of Centers for Disease Control and Prevention's (CDC) Role in Tracking Variants

- Centers for Disease Control and Prevention's (CDC) established multiple pipelines to connect genomic sequence data from the CDC, public health laboratories and commercial diagnostic laboratories within publicly accessible databases maintained by the National Center for Biotechnology Information (NCBI)
- In the United States, the CDC uses genomic surveillance to track emerging SARS-CoV-2 variants that cause COVID-19
- Mutations (nucleotide substitutions) occur in viruses and accumulate with continued viral spread
- Mutations result in variants that may have different attributes

**Prepare in advance: How should/could you share this information with a person who is not a healthcare professional?**



# What is a Vaccine?

Vaccine: Preparation that is administered (as by injection) to stimulate the body's immune response against a specific infectious agent or disease

- Antigenic preparation of a typically inactivated or attenuated pathogenic agent (such as a bacterium or virus) or one of its components or products
- Preparation of genetic material (such as a strand of synthesized messenger RNA) that is used by the cells of the body to produce an antigenic substance

**Based on what we know about health literacy, think about how you should/could share this definition of a vaccine with individuals.**

# COVID-19 Vaccines

- Getting the 2024–2025 COVID-19 vaccine is important because:
  - Protection from the COVID-19 vaccine decreases with time
  - COVID-19 vaccines are updated to give you the best protection from the currently circulating strains resulting from SARS-CoV-2 mutations
- Everyone ages 6 months and older should get the 2024–2025 COVID-19 vaccine
- This includes people who have received a COVID-19 vaccine before and people who have had COVID-19

# Let's Go Polling

Which statement is true?

- A. We know the problem created by viruses is that they are capable of growth and multiplication only in living cells, therefore vaccines are a solution to help prevent viruses from growing in living cells
- B. Vaccines keep a person from being exposed to a virus

## Let's Go Polling


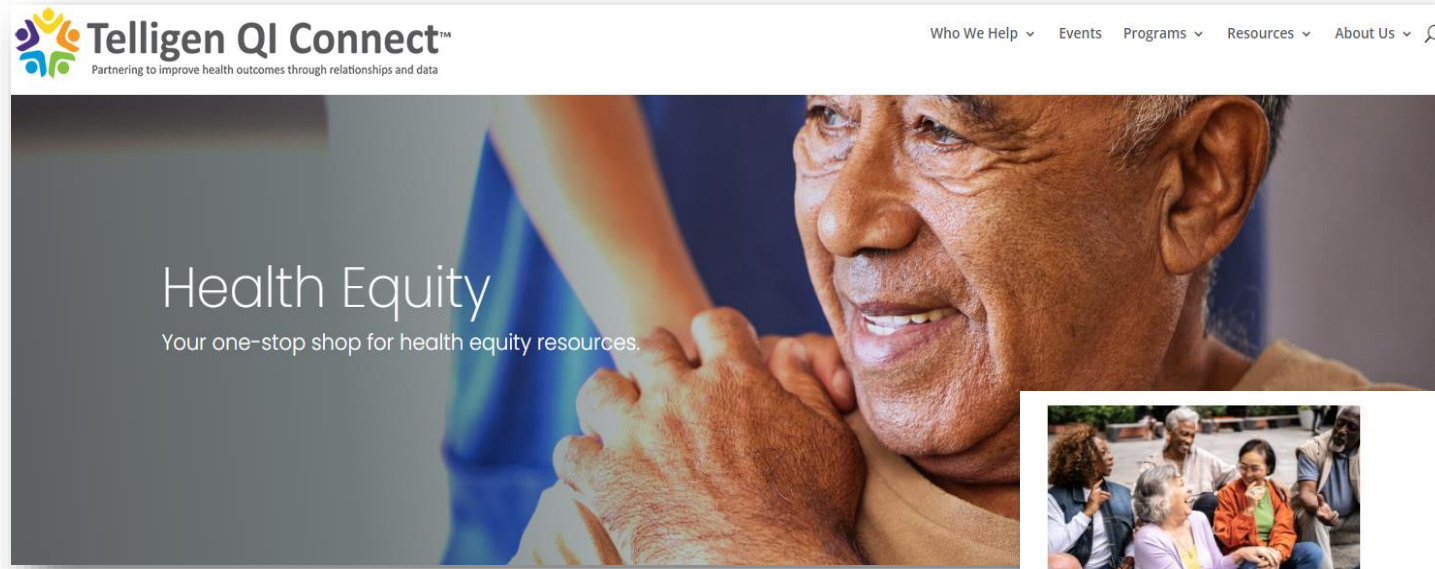
All persons are encouraged to get the 2024–2025 COVID-19 vaccine because the SARS-CoV-2 mutations mean the previous COVID-19 vaccine may not be as effective. Which statement do you think is true?

- A. If a person believes a vaccine will protect them from being exposed to a virus, he or she is well informed
- B. If a person believes a vaccine will help cells fight the growth of a virus if infected, he or she is well informed

# A Brief Summary

What We Now Know About SARS-CoV-2 Virus	What We Now Know About Vaccines	What We Now Know About Health Literacy
Viruses, including SARS-CoV-2, spread between people who are in close contact with each other and viruses mutate	Vaccines stimulate the body's immune response against a specific infectious agent or disease	It is the degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions
Viruses spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe	COVID-19 vaccines are updated to give the best protection from the currently circulating strains resulting from SARS-CoV-2 mutations	<p><b>Personal health literacy</b> relates to an individual's ability to use information and services to inform health-related decisions and actions for themselves and others</p> <p><b>Organizational health literacy</b> relates to a nursing home's processes and systems to enable all individuals to use information and services to inform health-related decisions and actions for themselves and others</p>
People may become infected when touching their eyes, nose or mouth after touching surfaces or objects that have been contaminated by the virus	Everyone ages 6 months and older should get the 2024–2025 COVID-19 vaccine to help prevent the current SARS-CoV-2 variant from growing in living cells if he or she becomes infected	It emphasizes ability to use health information rather than just understand it

# Telligen's Health Equity Webpage



### Health Literacy

According to [Healthy People 2030](#), personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Organizational health literacy is the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Low health literacy is associated with reduced use of preventive services, poorly managed chronic conditions, higher mortality, medication errors, misdiagnoses due to poor communication between providers and patients, low rates of treatment compliance, hospital readmissions, unnecessary emergency room visits, longer hospital stays, fragmented access to care and poor responsiveness to public health emergencies.

Health Literacy Basics	+	Literacy Skills Assessment	+
Tools for Providers	+	Plain Language	+
Tools for Patients and Families	+	Measuring Readability and Usability	+

<https://www.telligenqiconnect.com/health-equity>

> Questions?

# NURSING HOME QUALITY ESSENTIALS



SPOTLIGHT: INFECTION PREVENTION



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**Don't miss out on these upcoming offerings:**

**Tuesday, December 31, 2024**

Celebrating 2024 and Welcoming 2025

**Thursday, January 2, 2025**

Root Cause Analysis (RCA) for Infection Prevention & Control Challenges

**Tuesday, January 7, 2025**

Plan Do Study Act (PDSA) for Infection Prevention & Control Challenges

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