

## Recorded Lectures - Multiple Choice Answers

### Coronavirus Infection Control & Prevention in Optical Practice

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Six of the following questions were presented online following a recorded lecture video to entrants to comply with the General Optical Council's best practice specification for this type of CET.

#### Q1. Infection Prevention & Control is contained within the GOC Standards of Practice. Which of the following statements is correct?

- a) Registrants must make their own decisions regarding infection control.
- b) Registrants must follow their Employer or Company Policy.
- c) Registrants must minimise the risk of infection by following appropriate infection controls including hand hygiene.
- d) Registrants are not responsible for implementing infection prevention and control for themselves but must be for protection of the public.

**c is the correct answer.** GOC Standard 12.1.6 states that: *Minimise the risk of infection by following appropriate infection controls including hand hygiene.*

More information can be found at: <https://standards.optical.org/areas/practice/>

#### Q2. Which statement best describes what the word *infection* means?

- a) An infection is when the body is invaded by pathogenic microorganisms.
- b) An infection is an inflammation of any human tissue.
- c) An infection is a disease that only people with compromised immune systems can contract
- d) An infection is usually self-limiting & gets better if left for 7-10 days.

**a is the correct answer.** An infection is when the body is invaded by a disease causing microorganism such as bacteria, virus, fungus, parasite etc. Further information can be found at: [https://www.who.int/topics/infectious\\_diseases/en/](https://www.who.int/topics/infectious_diseases/en/)

#### Q3. Practitioners & patients alike may become exposed to infections in optical practice. Complete the following sentence – “The single most important action a healthcare professional can take to prevent & control infection is...”

- a) Not allowing patients to touch anything in the practice
- b) Appropriate & effective handwashing
- c) Only seeing patients wearing a face mask
- d) Only seeing patients who have had all immunisations

**b is the correct answer.** It is generally accepted that handwashing is one of the most effective ways to prevent the transmission of infections. More information can be found at: <https://www.nursingtimes.net/infection-prevention-and-control/infection-control-6-hand-hygiene-using-soap-and-water-07-10-2019/>

**Q4. Which statement best describes the term fomite?**

- a) Fomite is an organism which can directly infect someone/something
- b) Fomite is an organism which is in the air we breathe
- c) Fomite is an object that becomes contaminated with infected organisms which subsequently transmits these to someone/something
- d) Fomite is an object which directly infects someone/something

**c is the correct answer.** Fomite is a relatively new word in our vocabulary and has been used in relation to COVID – 19. It means a secondary infection from an inanimate object. Further information can be found at:

<https://www.england.nhs.uk/coronavirus/primary-care/about-covid-19/virus-transmission/>

**Q5. If handwashing facilities are not available, it has been suggested that Alcohol Based Hand Rubs (ABHR) may be a useful alternative. What is the minimum percentage (%) alcohol required to be effective?**

- a) 60%
- b) 50%
- c) 30%
- d) 70%

**d is the correct answer.** It is advised that all patients sanitise their hands on entering any optical practice & increased levels of cleaning are undertaken to minimise risk. Hand sanitisers provide excellent efficacy if conventional handwashing facilities are not available. Further information can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>

**Q6. In optical practice, triage of patients during this time of COVID – 19 may be employed by practitioners & may minimise exposure to the risk of infection.**

**Questions asked during triage should:**

- a) Be related only the patient's eye health
- b) Be related only to the patient's general health
- c) Be related to all aspects of the patient's health & wellbeing
- d) None of the above

**c is the correct answer.** All aspects of a patient's health & wellbeing should be questioned – including their COVID status to enable a decision to be made as to whether they are fit to attend a face-to-face appointment. Further information can be found at: <https://www.abdo.org.uk/wp-content/uploads/2020/06/Pre-Appointment-Check-Form-A4-04JUNE2020.pdf>

**Q7. Thorough & deep cleaning of optical practices will minimise risk to practitioners & patients. Which statement best describes what level of cleaning should be in place in optical practice?**

- a) All surfaces should be wiped with a cloth
- b) All usual practices should be adhered to as per professional body guidance
- c) All areas which the public come into contact with should be sterilised
- d) Only consulting room equipment needs to be cleaned & disinfected every day.

**b is the correct answer.** It is advisable that all usual practices should be adhered to and additional hygiene measures put in place to allow patients attending to wash and/or sanitise their hands. Further information can be found at:

<https://www.abdo.org.uk/coronavirus/> FAQ COVID – 19 and

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

**Q8. Spectacle frames may pose a risk of infection transmission during this COVID – 19 pandemic. Which of the following is an *unsuitable* way to clean spectacle frames?**

- a) Bleach
- b) Dilute 3% hydrogen peroxide solution
- c) Warm soapy water in an ultrasonic cleaner
- d) UV lamp

**a is the correct answer.** It is universally accepted by frame manufacturers that bleach is an unsuitable method of sanitising spectacle frames. Further information can be found at: <https://www.abdo.org.uk/coronavirus/mfr-manufacturer-guidance-on-frame-cleaning/>

**Q9. During this COVID – 19 pandemic, optical practices would be sensible to take all reasonable steps to minimise risk & negate further closure due to being exposed to COVID. Which statement describes the best course of action an optical practice might take.**

- a) Extend opening hours to accommodate more patients
- b) Offer walk-in appointments to patients which allow for more flexibility
- c) Consider allowing family appointments to see all family members at any given time
- d) Operate by strictly adhering to government guidelines

**d is the correct answer.** Many businesses may choose to deviate from guidelines, however, the safest & most prudent course of action during the recovery phase is to adhere to government guidelines. Further information can be found at:

<https://www.abdo.org.uk/wp-content/uploads/2020/06/Covid-19-Exit-Phase-Document-27-May-FINAL.pdf> and

<https://www.abdo.org.uk/coronavirus/return-to-practice-resources/>