

Procedure of conduct after professional exposure to HIV, HBV, HCV infection

§ 1

LEGAL BASIS:

1. Act of 5 December 2008 on the Prevention of Infections and Communicable Diseases in Humans (consolidated text: Journal of Laws of 2018, item 151).
2. Regulation of the Minister of Health and Social Welfare of 30 May 1996 on medical examinations of employees, the scope of preventive health care for employees and medical opinions issued for the purposes provided for in the Labour Code (consolidated text: Journal of Laws of 2018, item 2067).
3. Regulation of the Minister of Health of 22 April 2005 on biological agents harmful to health in work environment and protection of the health of employees occupationally exposed to those agents (consolidated text: Journal of Laws of 2008, No. 48, item 288, as amended).

I. PROCEEDINGS AFTER EXPOSURE TO BLOOD AND OTHER POTENTIALLY INFECTIOUS MATERIALS (OPIM) WHICH CAN TRANSMIT INFECTIONS WITH BLOODBORNE VIRUSES - HIV, HBV, HCV

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1. **EXPOSURE:** exposure to agents with potential or proven harmful effects on human organism
2. **OCCUPATIONAL EXPOSURE:** exposure (of employees, students, participants of doctoral studies, postgraduates) to agents causing infections related to occupational activities, practical classes, practical training.
3. **EXPOSED PERSON:** a person who has been exposed to the risk of HIV, HBV, HCV infection as a result of contact with potentially infectious biological material that occurred during the performance of occupational duties in the case of employees, and during didactic classes - in the case of students and participants of doctoral studies.
4. **SOURCE PERSON:** a person who constitutes a potential source of HIV, HBV, HCV for employees at the time of performing occupational duties, and for students and participants of doctoral studies as well as postgraduates while performing didactic tasks.
5. Any biological material that may contain an amount of virus sufficient to cause infection, for example blood, cerebrospinal fluid, pleural fluid, pericardial fluid, peritoneal fluid, amniotic

fluid, semen, vaginal secretion, synovial fluid, milk of an HIV-infected female as well as secretions and excretions containing blood, can be potential sources of HIV, HBV, HCV infections.

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Contact with the aforementioned biological materials can take place via:

- 1) interruption of skin continuity through: puncture, scratch or cut with an instrument contaminated with infectious material,
- 2) previously damaged skin - an open, unprotected wound, cut, crack, scratch, abrasion of the epidermis,
- 3) splash on mucous membranes - oral cavity, eye conjunctiva, nasal mucous membrane and other mucous membranes,
- 4) prolonged contact of intact skin with large amounts of biological material.

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Types of exposure that do not require special proceedings encompass:

1. Exposure of intact skin

2. Doubtful exposure:

- 1) superficial cut with a needle considered to be uncontaminated with blood or OPIM,
- 2) superficial wound without visible bleeding caused by an instrument considered as uncontaminated with blood or OPIM,
- 3) previously acquired injury or a wound contaminated with body fluids other than blood or OPIM, but without traces of blood

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Types of exposure that require post-exposure prophylaxis and post-exposure observation encompass:

1. Probable exposure:

- 1) intradermal injury with a needle or other sharp instrument contaminated with blood or OPIM
- 2) superficial wound without visible bleeding caused by instruments contaminated with blood or OPIM,
- 3) previously acquired cut, contaminated with blood or OPIM during the exposure,
- 4) contact of mucous membrane or conjunctiva with blood or OPIM.

2. Clear exposure:

- 1) damage passing through the skin, caused by a needle or other sharp instrument contaminated with blood or OPIM,
- 2) blood injection,
- 3) a cut or a similar wound followed by bleeding, caused by an instrument visibly contaminated with blood or OPIM,
- 4) every direct introduction of biological material (laboratory).

3. Massive exposure:

- 1) blood transfusion,
- 2) injection of a large amount of blood or OPIM (more than 1 ml),
- 3) parenteral exposure to laboratory samples that contain high concentrations of viruses.

Higher risk of HIV infection: puncture with a needle with lumen, a needle used for intramuscular and intravenous injection, deep puncture, a blood-contaminated instrument

2. PROCEEDINGS AFTER EXPOSURE TO MATERIAL POTENTIALLY CONTAMINATED WITH BLOODBORNE VIRUSES - NON-SPECIFIC PROCEEDINGS

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1. The following steps must be taken immediately after the exposure:

- 1) if the skin was punctured or cut, the sharp object should be immediately removed from the wound,
- 2) the wound should be thoroughly rinsed with warm, running water and washed with water with soap without stopping the bleeding; the blood should not be pressed out (applying pressure on wound facilitates the absorption of the material into the wound).
- 3) the injured site should be disinfected with alcohol-free disinfectant;
- 4) and the wound should be dressed with a watertight bandage.
- 5) if blood is present on the skin it should be thoroughly washed with water and soap, irrespective of whether there are lesions, abrasions etc. on it.
- 6) if the conjunctiva has been contaminated, the eye area should be gently, but thoroughly rinsed with injectable water or 0.9% NaCl, with the eyelids open, after removing contact lenses (if the exposed person is wearing them).
- 7) If the blood enters the mouth, the oral cavity should be rinsed a dozen times or so (alcohol-based disinfectants should not be used for this purpose).

2. Further prophylaxis:

Post-exposure prophylaxis should be implemented as soon as possible, but no later than 48 hours after the exposure; in justified cases - up to 72 hours from the exposure time.

The exposed person should immediately report the incident to the direct supervisor, for example the head of the faculty, the physician on duty, the academic teacher (depending on the place where the exposure happened),

- 1) **if the material was not collected from the source person** the person receiving the report on exposure is obliged to:
 - a) carry out an interview and fill the required documentation (e.g. referral, order, statement),
 - b) referral of the exposed person to the obligatory tests at the J. Gromkowskiego Provincial Specialist Hospital, ul. Koszarowa 5, tel. 71 326 13 25.
- 2) the exposed person should immediately, preferably within 1-2 hours, and no more than 24 hours after the exposure, present themselves at the J. Gromkowski Provincial Specialist Hospital (the specialist outpatient care unit or the emergency room for infectious diseases), ul. Koszarowa 5, tel. 071 326 13 25, with the doctor's referral that constitutes Annex 2 to this Procedure. Should the necessity to obtain the referral cause a delay in presenting oneself at the J. Gromkowski Provincial Specialist Hospital, the exposed person presents himself or herself at the hospital without it, and delivers the referral within 7 days.
- 3) if the material had been collected from the source person, the person who received the report on exposure is obliged to:
 - a) carry out an interview and fill the required documentation (e.g. referral, order, statement),
 - b) obtain the consent for material collection from the source person (Annex 3 to this Procedure); if the source person is below 16, the consent is provided by the legal guardians, if the person is 16 - 18 years old, the consent is provided by the legal guardians and the source person.
 - c) the consent referred to in point b is not required if the material had been collected from a deceased person.
 - d) collect blood for serological materials from the source person, to prepare the Order (Annex no. 4 to this Procedure), and to refer the source person for serological tests at the J. Gromkowski Provincial Specialist Hospital
 - e) refer the exposed person for mandatory tests at the J. Gromkowski Provincial Specialist Hospital Koszarowa 5, tel. 71 326 13 25,
 - f) call sanitary transportation under the phone number: 600 939 735 in order to transport the material collected from the source person along with the exposed person to the J. Gromkowski Provincial Specialist Hospital, ul. Koszarowa 5. The company providing the

transport is obliged to arrive at the latest within 1 hour from receiving the call in order to collect the transported material and the exposed person.

g) forward the documentation on the material collected from the source person in a sealed envelope with a note: "Source person material" (the envelope should contain the consent of the source person and the order to carry out tests of the collected material).

5) An infectious diseases specialist is obliged to provide medical advice, orders serological tests in the exposed person and the source person, assesses the risk of infection and, if necessary, implements the prophylactic procedure with regard to HIV, and determines the prophylaxis concerning HBV. In addition, he or she prescribes antiretroviral medication. The duration of the prophylactic use of antiretroviral drugs is 28 days.

a) the exposed person can fill the prescription for the above-mentioned drugs free of charge at Dr. Max pharmacy at street Psie Budy 3/4 , 50-080 Wrocław, tel. 71 344 33 23, which has concluded an agreement with the University in this regard. The medications will be dispensed only to the exposed person, on whose name a prescription has been issued, in the following hours:

- from Monday to Friday from 7.30 AM - 8.00 PM

- on Saturdays between 9:00 AM to 5 PM

- on Sundays, after having requested the medication via telephone by calling +48 509 870 980,

b) the antiretroviral drugs recommended by the consulting professional should be taken as soon as they are obtained; the therapy should be further continued in accordance with the instructions of the specialist,

c) the consulting specialist will schedule follow-up visits at the J. Gromkowski Provincial Specialist Hospital in order to assess the influence of the antiretroviral medication on the organism and rule out or confirm the infection/infections associated with the exposure.

3. For the persons who are doing an internship or attending practical classes at the Institute/Facility located outside Wrocław:

1) the exposed person doing an internship outside the University premises is subject to the procedure applicable at the Institute/Facility in which they are doing the internship or attending practical classes,

2) should the necessity to carry out specialist tests or fill a prescription for antiretroviral drugs occur, the University will cover all the costs on the basis of the VAT invoice issued to the Wrocław Medical University in Wrocław, Wybrzeże L. Pasteura 1, 50-367 Wrocław, NIP (Tax Identification Number) 896-000-57-79 that must be delivered to Student Affairs Department. Description of the incident confirmed by the unit in which it occurred should be attached to the invoice.

3. RESPONSIBILITIES AND ACCOUNTABILITY

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1. It is the duty of each person employed at the Wrocław Medical University, each student of the University and each participant of the doctoral studies is to follow the procedure and report each incident to the OHS and Fire Safety Inspectorate Wybrzeże L. Pasteura 1, 50-367 Wrocław, tel. 71 784 11 40, and, in the case of the students also to the Student Affairs Department, ul. Wojciecha z Brudzewa 12, tel. 71 348 42 32, internal number 12.
2. Confirmation that employees, students and participants of doctoral studies have read and understood the procedure of occupational exposure to HIV, HBV, HCV infection is enclosed to this Procedure as Annex 1.
3. The documentation that constitutes the basis for payment of the services resulting from the procedure should be confirmed by the OHS and Fire Safety Inspectorate.

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Matters related to the reimbursement of costs of the occupational exposure prophylaxis in the exposed person, namely a student, a participant of the doctoral studies or a postgraduate, are handled by the Student Affairs Department, to which the invoices for the tests and antiretroviral medication should be delivered.