

San Diego County Probation Department

DPO Core

8.1 Medical issues and Universal Precautions

8.1 Objectives

- 8.1.1 Match symptoms with common medical conditions (MCT)
- 8.1.2 Match infectious and contagious diseases with their symptomology (MCT)
- 8.1.3 Identify the symptoms of common contagious diseases that may be shared between offenders and officers (MCT)
- 8.1.4 Identify situations under which universal safety precautions need to be utilized (MCT)
- 8.1.5 Identify universal safety precautions and their application (MCT)
- 8.1.6 Match contagious diseases with their primary modes of transmission (MCT)



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Common medical conditions and symptoms

1. **Cephalalgia (Headache)**
2. **Rhinovirus (Common cold)**
3. **Pharyngitis (Sore throat)**
4. **Tussis (Cough)**

1. While this sounds serious, it's actually just referring to a headache. This is a common condition that causes pain and discomfort in the head or neck, and most people have at least one a year. If you are experiencing recurring headaches, [speak to your doctor](#).
2. You've almost certainly had a rhinovirus infection at some point in your life, but you've probably called it something else... and that's a cold! Rhinovirus is the most common cause of the common cold, and it will usually give you a stuffy or runny nose, a sore throat and headache. Most cases are mild, so you should be able to treat yours with plenty of rest, proper hydration and over-the-counter nasal decongestants.
3. Does it hurt you to swallow? Pain in the throat is known as pharyngitis, and it's commonly caused by an inflammation of the pharynx (the membrane-lined cavity behind the nose and mouth). The flu virus or the Streptococci bacteria is usually to blame. Gargling salt water or sucking on a lozenge may help to alleviate symptoms, but speak to your doctor if the pain persists.
4. OK, you'll rarely hear it called this, but tussis is the medical term for a cough. It can be caused by an infection – like the flu, which is caused by that pesky rhinovirus – or by something else, like acid reflux, asthma or smoking. If a cough persists for more than 3 weeks, it's worth taking a visit to your doctor to rule out anything serious.

Common medical conditions and symptoms

1. **Pyrexia (Fever)**
2. **Gastroenteritis (Stomach flu)**
3. **Cystitis (Urinary tract infection)**
4. **Hyperlipidaemia (High cholesterol)**

1. Got a temperature? Feeling feverish? The proper medical term for this is pyrexia. A fever is usually a symptom of something else, like a lung or ear infection, and will usually go away after a few days of rest. More rarely, a fever can be related to something more serious, like an autoimmune condition or [hormone disorder](#).
2. You'll probably know gastroenteritis as the stomach flu. The classic symptoms to look out for are diarrhoea, vomiting, stomach pain and pyrexia (you know what that means now!). The stomach flu can be nasty, but it usually only lasts a couple of days. The most important thing is to stay hydrated, as it's easy to dehydrate when you're not keeping food or drink down. Seek medical attention when there are signs of dehydration, such as dry skin and dry mouth.
3. Cystitis is a [urinary tract infection](#) that can affect both men and women, although it is more common in the latter. This is why men would require more testing if diagnosed with cystitis. Symptoms include pain when you urinate, a burning or stinging sensation, a frequent urge to urinate and pain in the tummy. Luckily, cystitis will usually clear up by itself over the course of a few days, but if your symptoms don't go away, your doctor may be able to prescribe antibiotics to help.
4. You probably know 'hypertension' as a fancy word for high blood pressure, but did you know that 'hyperlipidaemia' is the proper medical term for high cholesterol? It is also known as hypercholesterolaemia. Cholesterol is a type of fat that your body makes, which can also be found in highly processed foods. Age, lack of exercise, a poor diet and your genes can all affect your cholesterol level. Most people with high cholesterol don't even know they have it, but it can cause hypertension as it builds up in the blood vessels. If left untreated, it can lead to blood clot formation, potentially leading to serious complications such as a heart attack or stroke. To reduce your risks, you should go for regular cholesterol screening every couple of years.

Common medical conditions and symptoms

1. **Allergic rhinitis (Hay fever)**
2. **Gastro-oesophageal reflux (GERD)**
3. **Chronic bronchitis**
4. **Onychocryptosis (Ingrown toenail)**

1. Do you always seem to have a runny nose, itchy eyes and the sneezes? You could have allergic rhinitis, otherwise known as hay fever! Hay fever is basically your body 'overreacting' to allergens in the air, like pollen, dust, mould or pet hair. Treatment for the condition usually involves a combo of antihistamine medication, eye drops and nasal sprays.
2. [GERD](#) is a condition that affects the muscle between the food pipe or gullet and the stomach and occurs when acidic stomach contents flow backwards into the food pipe. This causes a burning sensation in the chest, which you probably know as heartburn. In most cases, subtle changes to your diet and lifestyle will help to minimize the symptoms of GERD, which may also include difficulty swallowing and the feeling of something stuck in your throat.
3. This is a common condition that affects the lungs, usually caused by an infection by a virus or bacteria. The lungs will produce lots of excess mucus, which means you'll be coughing a lot. You may also have a sore throat, runny nose, headaches and chest pain. This condition can be hard to shift, especially if you smoke. Getting lots of rest, drinking plenty of fluids, quitting cigarettes and taking over-the-counter medication can all help, but it's best to speak to your doctor for more tailored advice.
4. What a mouthful this one is! This fairly frequent problem is found on your foot, and occurs when a small part of your nail grows at an awkward angle. That's right – it's an ingrown toenail! This is a common condition, especially amongst athletes, but luckily, it will usually sort itself out with proper hygiene and care. If your toe does become infected, you may need a surgical procedure to remove part of the nail.



Common Cold

Influenza

Ringworm

Pink Eye

Covid-19



Infectious **DISEASES**

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- The common cold is highly contagious by inhalation of expelled mucous cold germs in the air and by transferring the viral germs from any surface to the eyes or nose.
- Symptoms for respiratory influenza include fever, fatigue, cough, runny nose and aching muscles. Stomach symptoms may include nausea, vomiting and diarrhea. The flu spreads by contact and through coughing and sneezing.
- Scalp ringworm presents as an itchy, pink rash or an area of hair loss with no rash. Body ringworm--tinea corporis--appears on the face, arms, legs and body as round, pink patches with clear centers. Close body contact provides a medium for spreading from person to person.
- Pink or red color in the white of the eye(s), watery eyes, itchy or scratchy eyes, discharge from the eye(s), crusting of eyelids or lashes
- Cough, Shortness of breath or difficulty breathing, Fever, Chills, Muscle pain, Sore throat, New loss of taste or smell.



Symptoms of common contagious diseases that may be shared between offenders and officers

- Scabies
- Hep C
- Staph Infection
- Conjunctivitis (Pink Eye)
- Covid-19

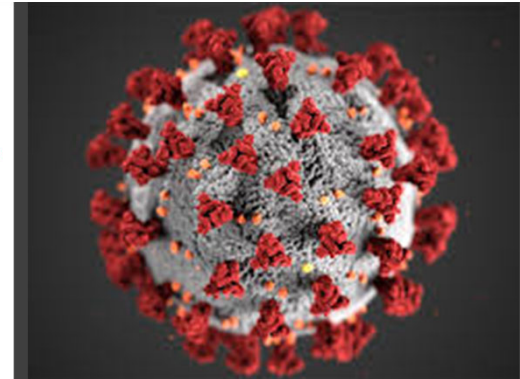
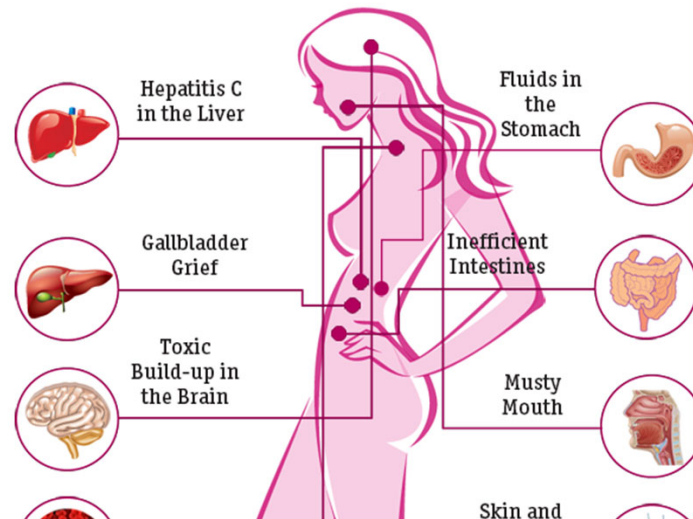
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Symptoms of infectious disease

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LEARN THE EFFECTS OF HEPATITIS C ON THE BODY

Hepatitis C is a viral disease that primarily causes inflammation of the liver, but the effects can be felt throughout the body.



Symptoms of Diseases

- Scabies
- Hep C
- Staph Infection
- Conjunctivitis (Pink Eye)
- Covid-19

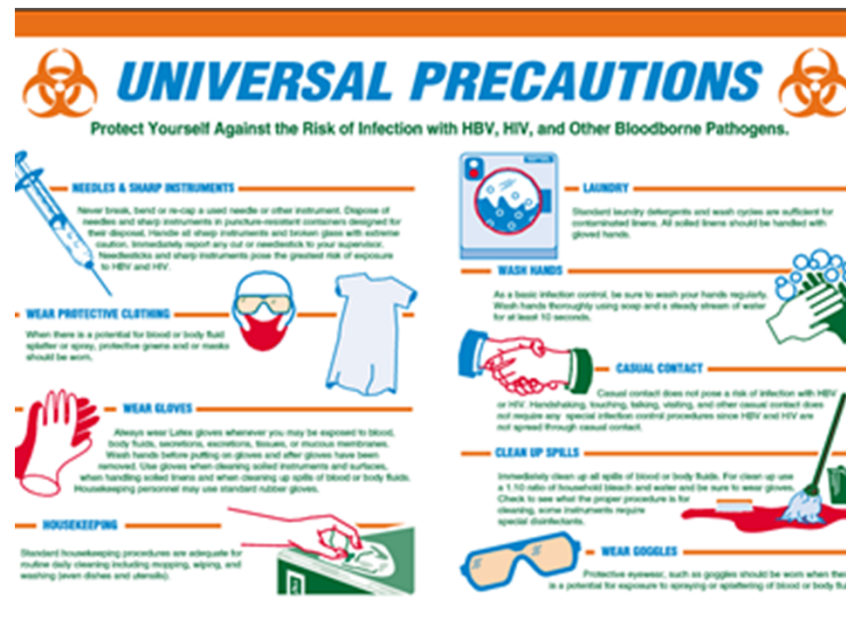
- Intense itching and a pimple-like skin rash. The scabies mite usually is spread by direct, prolonged, skin-to-skin contact with a person who has scabies.
- Common symptoms includes belly pain, jaundice, clay-colored stool, fatigue, fever, joint pain, poor appetite and nausea.
- *Staphylococcus* is a type of bacteria that can cause many types of infections in your body. Commonly referred to as Staph (pronounced "staff"), it is common bacteria found on most people's skin, and often it does not cause disease. More than 30 types of Staphylococci bacteria cause infections, but the most common type of Staph infection is caused by *Staphylococcus aureus*. If the bacteria gains access to the body, either through a wound on the skin or via the respiratory tract, it can cause serious infections.
- Pink or red color in the white of the eye(s), watery eyes, itchy or scratchy eyes, discharge from the eye(s), crusting of eyelids or lashes
- Cough, Shortness of breath or difficulty breathing, Fever, Chills, Muscle pain, Sore throat, New loss of taste or smell.

Universal precautions refers to the practice, in medicine, of avoiding contact with patients' bodily fluids, by means of the wearing of nonporous articles such as medical gloves, goggles, and face shields



When should Universal Safety Precautions be utilized?

- Searching
- Handling contraband or evidence, transporting prisoners
- Responding to a medical emergency
- Being in the presence of bodily fluids.
- <https://www.youtube.com/watch?v=vVlte0uRBnw>





Types of Universal Safety Precautions

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Types of Universal Safety Precautions

Personal Protective Equipment (PPE)

- Gloves
- Masks
- Eye Protections
- Gowns
- Shoe Coverings



Application of Universal Safety Precautions



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Modes of Transmission

- Cold
 - Influenza
 - Ring worm
 - Pink Eye
 - Covid-19
- The common cold is highly contagious by inhalation of expelled mucous cold germs in the air and by transferring the viral germs from any surface to the eyes or nose.
 - The flu spreads by contact and through coughing and sneezing.
 - Close body contact provides a medium for spreading from person to person.
 - Contagious causes such as bacterial and viral infections **spread** easily from person to person by touching an individual infected with **pinkeye** and then touching your own **eyes** or eyelids.
 - Same as the cold and influenza transmission.



QUESTIONS/ EVALUATIONS

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