

Enhanced Barrier Precautions (EBP) is an approach to the use of personal protective equipment (PPE) to reduce transmission of Multidrug-Resistant Organisms (MDROs) between residents in skilled nursing facilities (SNFs). EBP expands the use of gowns and gloves beyond standard precautions for anticipated blood and body fluid exposures. This strategy calls for healthcare personnel (HCP) to wear specific PPE during high contact resident care activities for residents known to be infected or colonized with an MDRO as well as those at increased risk of MDRO acquisition.

### Background

- Residents in SNFs experience higher rates of MDRO infections.
  - MDROs are defined as microorganisms, predominantly bacteria, that are resistant to one or more classes of antimicrobial agents.
- Point prevalence studies estimate more than 50% of residents are colonized with *S. aureus* and other MDROs.
- Transmission occurs, in part, via HCP who carry and spread MDROs on their hands or clothing during resident care activities.

### Enhanced Barrier Precautions

- Focus on use of gown and gloves during high-contact resident care activities that result in transfer of MDROs to hands and clothing of HCP, even if blood and body fluid exposure is not anticipated.
- Require the use of gown and gloves only for high-contact resident care activities (unless otherwise indicated as part of standard precautions).
- Residents do not require a private room and are not restricted to their rooms.
- Allow residents to participate in group activities.
- Intended to be in place for the duration of a resident's stay in the facility or until resolution of the wound or discontinuation of the indwelling medical device that placed them at higher risk.
- Intended for MDROs and do not replace existing guidance regarding use of contact precautions.
- Not recommended for residents with *Clostridioides difficile*.
- Not recommended for other healthcare settings at this time.

### Considerations for use of EBP

- EBP can be applied to residents with any of the following when contact precautions do not otherwise apply:
  - Wounds or indwelling medical devices, regardless of MDRO colonization status.
  - Infection or colonization with a MDRO.

- Indwelling medical devices include, but are not limited to:
  - Central lines.
  - Urinary catheters.
  - Feeding tubes.
  - Tracheostomy/ventilators.

***Devices that are fully embedded in the body, without components that communicate with the outside, would not be considered an indication for EPB. Ostomies would not be considered medical devices.***

- High contact resident care activities include, but are not limited to:
  - Dressing.
  - Bathing/showering.
  - Transferring.
  - Changing linens.
  - Changing briefs or assisting with toileting.
  - Device care or use.
  - Wound care (chronic wounds rather than skin tears and abrasions).
  - Physical and occupational therapy.

**Remember, gown and gloves used for each resident during high-contact resident care activities should be removed after each resident encounter. Hand hygiene should be performed, and new gown and gloves should be donned before caring for a different resident.**

For additional information:

[Implementation of Personal Protective Equipment \(PPE\) in Nursing Homes to Prevent Spread of Novel or Targeted Multidrug-resistant Organisms \(MDROs\) | HAI | CDC](#)