

Disinfection and Sterilization

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Disinfection and Sterilization

- HICPAC Guideline
- Provide overview of disinfection and sterilization principles
- Emerging pathogens and prions
- Current Research
 - *Clostridium difficile*
 - Ophthalmic equipment (applanation tonometers)
 - Infrared coagulation
 - Microfiber mops
 - Computer keyboards
 - QUAT absorption
 - Failure to follow disinfection/sterilization principles and patient exposures

disinfectionandsterilization.org

Disinfection and Sterilization in Healthcare Facilities

WA Rutala, DJ Weber, and HICPAC, "In press"

- Overview
 - Last CDC guideline in 1985
 - 274 pages (>130 pages preamble, 21 pages recommendations, glossary of terms, tables/figures, >1000 references)
 - Evidence-based guideline
 - Cleared by HICPAC February 2003
 - Reviewed by OMB
 - Publication in December 2006

Efficacy of Disinfection/Sterilization

Influencing Factors

Cleaning of the object

Organic and inorganic load present

Type and level of microbial contamination

Concentration of and exposure time to disinfectant/sterilant

Nature of the object

Temperature and relative humidity



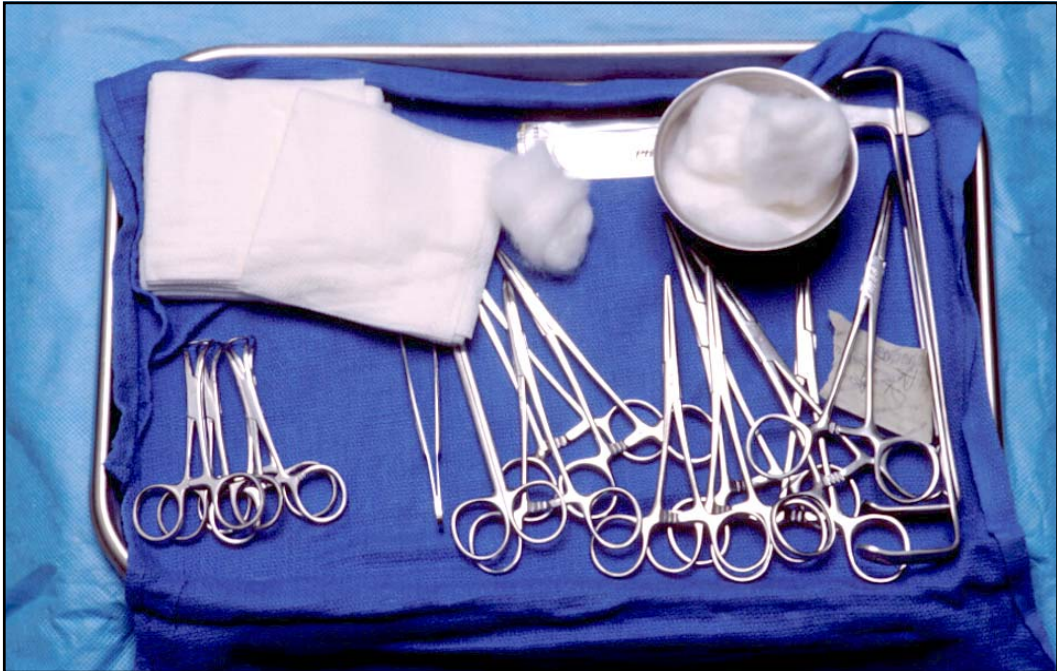
Disinfection and Sterilization

EH Spaulding believed that how an object will be disinfected depended on the object's intended use.

CRITICAL - objects which enter normally sterile tissue or the vascular system or through which blood flows should be **sterile**.

SEMICRITICAL - objects that touch mucous membranes or skin that is not intact require a disinfection process (**high-level disinfection [HLD]**) that kills all microorganisms but high numbers of bacterial spores.

NONCRITICAL -objects that touch only intact skin require **low-level disinfection**.



Processing “Critical” Patient Care Objects

Classification:	Critical objects enter normally sterile tissue or vascular system, or through which blood flows.
Object:	Sterility.
Level germicidal action:	Kill all microorganisms, including bacterial spores.
Examples:	Surgical instruments and devices; cardiac catheters; implants; etc.
Method:	Steam, ETO, hydrogen peroxide plasma, ozone or chemical sterilization.

Critical Objects

- Surgical instruments
- Cardiac catheters
- Implants

Chemical Sterilization of “Critical Objects”

Glutaraldehyde ($\geq 2.0\%$)
Hydrogen peroxide-HP (7.5%)
Peracetic acid-PA (0.2%)
HP (1.0%) and PA (0.08%)
HP (7.5%) and PA (0.23%)
Glut (1.12%) and Phenol/phenate (1.93%)

Exposure time per manufacturers' recommendations



Processing “Semicritical” Patient Care Objects

Classification:	Semicritical objects come in contact with mucous membranes or skin that is not intact.
Object:	Free of all microorganisms except high numbers of bacterial spores.
Level germicidal action:	Kills all microorganisms except high numbers of bacterial spores.
Examples:	Respiratory therapy and anesthesia equipment, GI endoscopes, thermometer, etc.
Method:	High-level disinfection

Semicritical Items

- Endoscopes
- Respiratory therapy equipment
- Anesthesia equipment
- Endocavitary probes
- Tonometers
- Diaphragm fitting rings

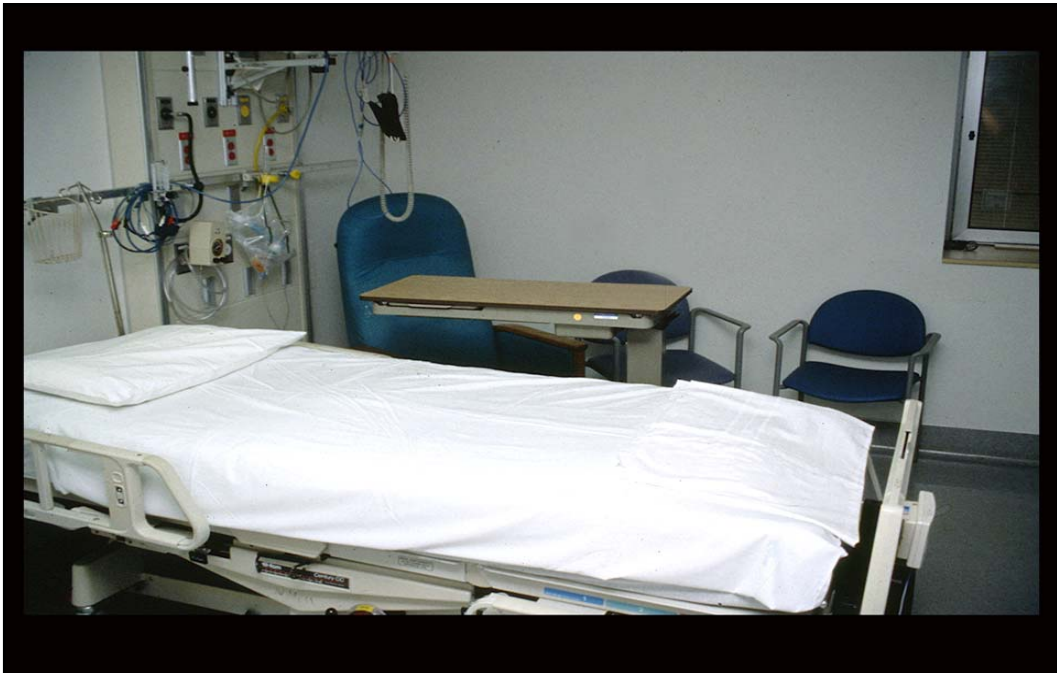
High Level Disinfection of “Semicritical Objects”

Exposure Time $\geq$ 12 m-30m, 20°C

Germicide	Concentration
Glutaraldehyde	$\geq$ 2.0%
Ortho-phthalaldehyde (12 m)	0.55%
Hydrogen peroxide*	7.5%
Hydrogen peroxide and peracetic acid*	1.0%/0.08%
Hydrogen peroxide and peracetic acid*	7.5%/0.23%
Hypochlorite (free chlorine)*	650-675 ppm
Glut and phenol/phenate**	1.21%/1.93%

*May cause cosmetic and functional damage; **efficacy not verified





Processing “Noncritical” Patient Care Objects

Classification:	Noncritical objects will not come in contact with mucous membranes or skin that is not intact.
Object:	Can be expected to be contaminated with some microorganisms.
Level germicidal action:	Kill vegetative bacteria, fungi and lipid viruses.
Examples:	Bedpans; crutches; bed rails; EKG leads; bedside tables; walls, floors and furniture.
Method:	Low-level disinfection

Low-Level Disinfection for “Noncritical” Objects

Exposure time ≥ 1 min

Germicide	Use Concentration
Ethyl or isopropyl alcohol	70-90%
Chlorine	100ppm (1:500 dilution)
Phenolic	UD
Iodophor	UD
Quaternary ammonium	UD

UD=Manufacturer’s recommended use dilution

Surface Disinfection

Noncritical Patient Care-CDC, 2006

- Disinfecting Noncritical Patient-Care Items
 - Process noncritical patient-care equipment with a EPA-registered disinfectant at the proper use dilution and a contact time of at least 1 min. Category IB
 - Ensure that the frequency for disinfecting noncritical patient-care surfaces be done minimally when visibly soiled and on a regular basis. Category IB

Surface Disinfection

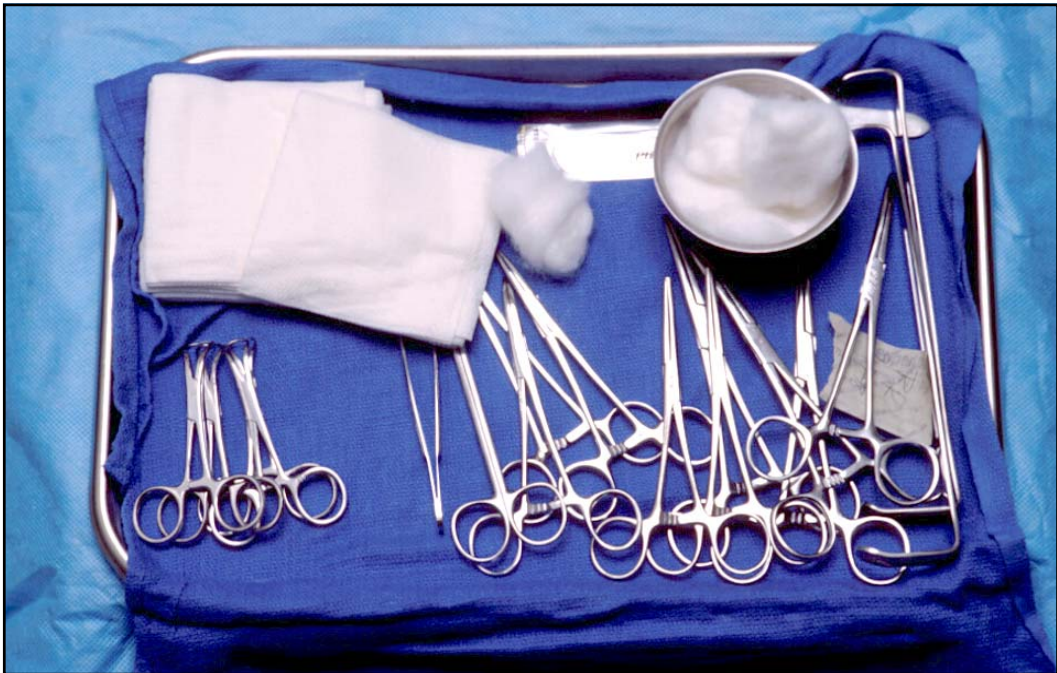
Environmental Surfaces-CDC, 2006

- Disinfecting Environmental Surfaces in HCF
 - Disinfect (or clean) housekeeping surfaces (e.g., floors, tabletops) on a regular basis (e.g., daily, three times per week), when spills occur, and when these surfaces are visibly soiled. Category IB
 - Use disinfectant for housekeeping purposes when uncertain if cleaning personnel not able to: distinguish soiled areas containing blood from dirt; or determine when MDROs are likely in the environment. Category IB

Methods in Sterilization

Sterilization

The complete elimination or destruction of all forms of microbial life and is accomplished in healthcare facilities by either physical or chemical processes



Steam Sterilization

- Advantages
 - Non-toxic
 - Cycle easy to control and monitor
 - Inexpensive
 - Rapidly microbicidal
 - Least affected by organic/inorganic soils
 - Rapid cycle time
 - Penetrates medical packing, device lumens
- Disadvantages
 - Deleterious for heat labile instruments
 - Potential for burns



New Trends in Sterilization of Patient Equipment

- Alternatives to ETO-CFC
ETO-CO₂, ETO-HCFC, 100% ETO
- New Low Temperature Sterilization Technology
Hydrogen Peroxide Gas Plasma
Peracetic Acid
Ozone

Conclusions Sterilization

- All sterilization processes effective in killing spores
- Cleaning removes salts and proteins and must precede sterilization
- Failure to clean or ensure exposure of microorganisms to sterilant (e.g. connectors) could affect effectiveness of sterilization process

Recommendations Methods of Sterilization

- Steam is preferred for critical items not damaged by heat
- Follow the operating parameters recommended by the manufacturer
- Use low temperature sterilization technologies for reprocessing critical items damaged by heat
- Use immediately critical items that have been sterilized by peracetic acid immersion process (no long term storage)

Disinfection and Sterilization New Products and Processes*

- New high-level disinfectants (HLD)
 - Superoxidized water
- New chemical sterilants/HLD
 - 3.4% glutaraldehyde with 26% isopropanol
 - 8.3% hydrogen peroxide with 7.0% peracetic acid
- New sterilization process
 - Ozone

*Limited data in the scientific literature that assesses the antimicrobial activity or material compatibility

Disinfection and Sterilization of Emerging Pathogens

Disinfection and Sterilization of Emerging Pathogens

- Hepatitis C virus
- *Clostridium difficile*
- *Cryptosporidium*
- *Helicobacter pylori*
- *E.coli* 0157:H7
- Antibiotic-resistant microbes (MDR-TB, VRE, MRSA)
- SARS Coronavirus, avian influenza, norovirus
- Bioterrorism agents (anthrax, plague, smallpox)

Disinfection and Sterilization of Emerging Pathogens

Standard disinfection and sterilization procedures for patient care equipment are adequate to sterilize or disinfect instruments or devices contaminated with blood and other body fluids from persons infected with emerging pathogens

Creutzfeldt Jakob Disease (CJD): Disinfection and Sterilization

Decreasing Order of Resistance of Microorganisms to Disinfectants/Sterilants

Prions
Spores
Mycobacteria
Non-Enveloped Viruses
Fungi
Bacteria
Enveloped Viruses



CJD : potential for secondary spread through contaminated surgical instruments

CJD: Disinfection and Sterilization

Conclusions

- Critical/Semicritical-devices contaminated with high-risk tissue from high risk patients requires special prion reprocessing
 - NaOH and steam sterilization (e.g., 1N NaOH 1h, 121°C 30 m)
 - 134°C for 18m (prevacuum)
 - 132°C for 60m (gravity)
- No low temperature sterilization technology effective*
- Noncritical-four disinfectants (e.g., chlorine, Environ LpH) effective (4 log decrease in LD₅₀ within 1h)

*VHP reduced infectivity by 4.5 logs (Lancet 2004;364:521)

Inactivation of Prions

Recent Studies

- Yan et al. Infect Control Hosp Epidemiol 2004;25:280.
 - Enzymatic cleaner (EC)-no effect
- Fichet et al. Lancet 2004;364:521.
 - Phenolic (Environ LpH), alkaline cleaner (AC), EC+VHP-effective
- Baier et al. J Hosp Infect 2004;57:80. AC-effective
- Lemmer et al. J Gen Virol 2004;85:3805.
 - SDS/NaOH, AC, 0.2% PA, 5% SDS-effective (in vitro)
- Jackson et al. J Gen Virol 2005;86:869. E (Pronase, PK)-effective
- Race R and Raymond G. J Virol 2004;78:2164.
 - Environ LpH-effective

Endoscopes/AERS

Murphy Was an ICP!

Murphy's Law

"Whatever can go wrong will go wrong"

Corollary

"...in the worst possible way at the worst possible time"

GI ENDOSCOPES AND BRONCHOSCOPES

- Widely used diagnostic and therapeutic procedure
- Endoscope contamination during use (GI 10^9 in/ 10^5 out)
- Semicritical items require high-level disinfection minimally
- Inappropriate cleaning and disinfection has lead to cross-transmission
- In the inanimate environment, although the incidence remains very low, endoscopes represent a risk of disease transmission

TRANSMISSION OF INFECTION

- Gastrointestinal endoscopy
 - >300 infections transmitted
 - 70% agents *Salmonella* sp. and *P. aeruginosa*
 - Clinical spectrum ranged from colonization to death (~4%)
- Bronchoscopy
 - 90 infections transmitted
 - *M. tuberculosis*, atypical *Mycobacteria*, *P. aeruginosa*

Spach DH et al Ann Intern Med 1993; 118:117-128 and Weber DJ, Rutala WA Gastroint Dis 2002;87

ENDOSCOPE DISINFECTION

- CLEAN-mechanically cleaned with water and enzymatic cleaner
- HLD/STERILIZE-immerse scope and perfuse HLD/sterilant through all channels for at least 12 min
- RINSE-scope and channels rinsed with sterile water, filtered water, or tap water followed by alcohol
- DRY-use forced air to dry insertion tube and channels
- STORE-prevent recontamination

Endoscope Safety

- Ensure protocols equivalent to guidelines from professional organizations (APIC, SGNA, ASGE)
Policies = Practices
- Are the staff who reprocess the endoscope specifically trained in that job?
- Are the staff competency tested at least annually?
- Conduct IC rounds to ensure compliance with policy

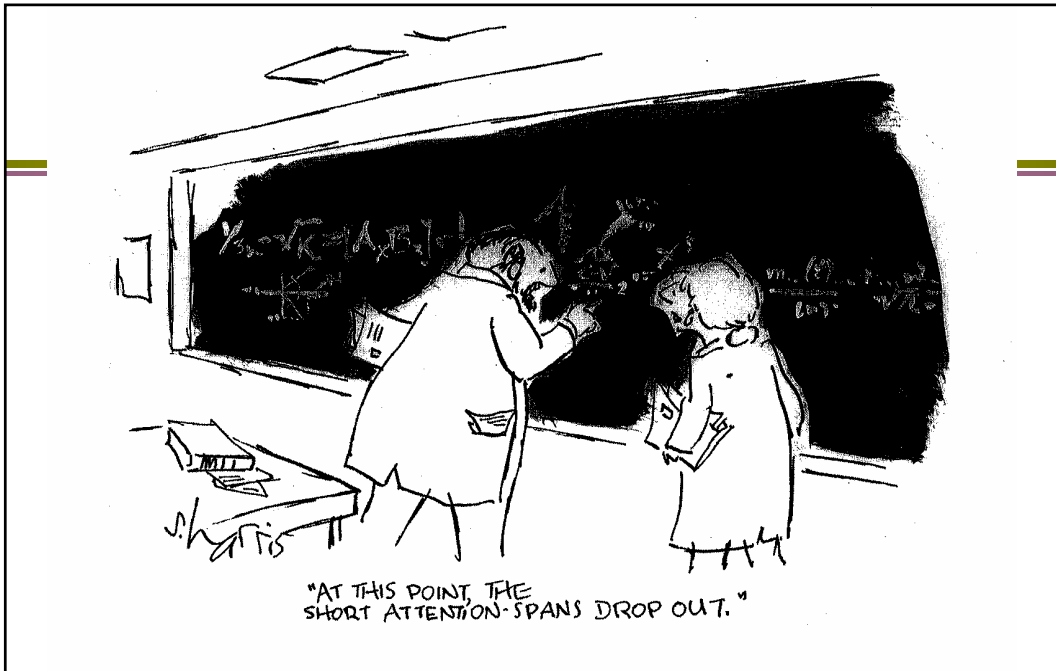


Endocavitary Probes

- Probes-Transesophageal echocardiography probes, vaginal/rectal probes used in sonographic scanning
- Probes with contact with mucous membranes are semicritical
- Guideline recommends that a new condom/probe cover should be used to cover the probe for each patient and since covers may fail (1-80%), HLD (semicritical probes) should be performed

Endocavitary Probe Covers

- Sterile transvaginal probe covers had a very high rate of perforations before use (0%, 25%, 65% perforations from three suppliers)
- A very high rate of perforations in used endovaginal probe covers was found after oocyte retrieval use (75% and 81% from two suppliers) but other investigators found a lower rate of perforations after use of condoms (0.9-2.0%)
- Condoms superior to probe covers for ultrasound probe (1.7% condom, 8.3% leakage for probe covers)





Disinfection and Sterilization

New Research

- Inactivation of *Clostridium difficile*
- Disinfectants recommended for disinfecting eye examination equipment (e.g., applanation tonometer tips)
- Effectiveness and functional impact of disinfectants on computer keyboards
- Microfiber cloths/mops
- Absorption of QUATS
- Failure to follow disinfection/sterilization principles-patient exposures

Clostridium difficile

Role of the Environment In Transmission

Hota B, Clin Inf Dis 2004;39:1182

Pathogen	Survival	Environmental Data
<i>C. difficile</i>	Months (spores)	3+
VRE	Days to weeks	3+
MRSA	Days to weeks	2-3+
<i>Acinetobacter</i>	33 days	2-3+
<i>P. aeruginosa</i>	7 h	1+

Environmental Contamination

C. difficile

- 25% (117/466) of cultures positive (<10 CFU) for *C. difficile*. >90% of sites positive with incontinent patients. Samore et al. Am J Med 1996;100:32.
- 31.4% of environmental cultures positive for *C. difficile*. Kaatz et al. Am J Epid 1988;127:1289.
- 9.3% (85/910) of environmental cultures positive (floors, toilets, toilet seats) for *C. difficile*. Kim et al. J Inf Dis 1981;143:42.
- 29% (62/216) environmental samples were positive for *C. difficile*. 8% (7/88) culture-negative patient, 29% (11/38) positive cultures in rooms occupied by asymptomatic patients and 49% (44/90) in rooms with patients who had CDAD. NEJM 1989;320:204
- 10% (110/1086) environmental samples were positive for *C. difficile* in case-associated areas and 2.5% (14/489) in areas with no known cases. Fekety et al. Am J Med 1981;70:907.

Role of the Environment

C. difficile

- The presence of *C. difficile* on the hands correlated with the density of environmental contamination. Samore et al. Am J Med 1996;100:32.
 - 0-25% environmental sites positive-0% hand cultures positive
 - 26-50% environmental sites positive-8% hand cultures positive
 - >50% environmental sites positive-36% hand cultures positive
- 59% of 35 HCWs were *C. difficile* positive after direct contact with culture-positive patients.
- *C. difficile* incidence data correlated significantly with the prevalence of environmental *C. difficile*. Fawley et al. Epid Infect 2001;126:343.
- Environmental contamination does not play a major role in nosocomial CDAD in some endemic situations. Cohen et al. Clin Infect Dis 1997;24:889.

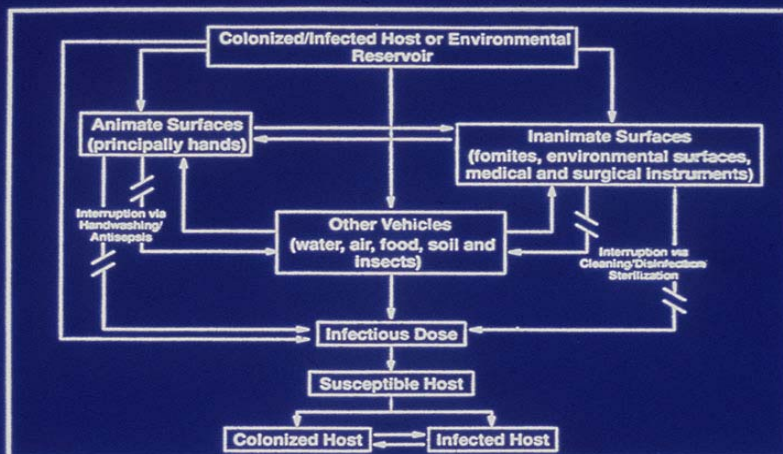


FIGURE. Transmission of infectious agents via animate and inanimate surfaces (modified from reference 25).

Control Measures

C. difficile

- Handwashing (soap and water) , contact precautions, and meticulous environmental cleaning (disinfect all surfaces) with an EPA-registered disinfectant should be effective in preventing the spread of the organism. McFarland et al. NEJM 1989;320:204.
- In units with high endemic *C. difficile* infection rates or in an outbreak setting, use dilute solutions of 5.25-6.15% sodium hypochlorite (e.g., 1:10 dilution of bleach) for routine disinfection. (Category II)
- For semicritical equipment, glutaraldehyde (20m), OPA (12m) and peracetic acid (12m) reliably kills *C. difficile* spores using normal exposure times

Disinfectants and Antiseptics

C. difficile spores at 10 and 20 min, Rutala et al, 2006

- ~4 log₁₀ reduction (3 *C. difficile* strains including BI-9)
 - Clorox, 1:10, ~6,000 ppm chlorine (but not 1:50, ~1,200 ppm)
 - Clorox Clean-up, ~1,910 ppm chlorine
 - Tilex, ~25,000 ppm chlorine
 - Steris 20 sterilant, 0.35% peracetic acid
 - Cidex, 2.4% glutaraldehyde
 - Cidex-OPA, 0.55% OPA
 - Wavicide, 2.65% glutaraldehyde
 - Aldahol, 3.4% glutaraldehyde and 26% alcohol

High-Level Disinfection

C. difficile spores

- 2% glutaraldehyde is effective against *C. difficile* at 20 minutes
- 0.55% ortho-phthalaldehyde is effective against *C. difficile* at 10 minutes
- Steris 20 is effective against *C. difficile* at 10 and 20 minutes

Adenovirus 8

A Common Cause of Epidemic Keratoconjunctivitis



Adenovirus 8

- Adenovirus is extremely hardy when deposited on environmental surfaces and may be recovered from plastic and metal surfaces for more than 30 days
- Elimination of adenovirus from inanimate surfaces and ophthalmic instruments is essential in preventing outbreaks of epidemic keratoconjunctivitis
- Unfortunately, no reports that validate CDC recommendations for disinfecting tonometer tips. CDC. MMWR 1985; 34:533.

CDC, 1985

- Applanation tonometers-Soap and water cleaning and then disinfected by soaking them for 5 to 10 minutes in a solution containing either:
 - 5,000 chlorine (~1:10 household bleach)
 - 3% hydrogen peroxide
 - 70% ethyl alcohol
 - 70% isopropyl alcohol

Disinfectants and Antiseptics

Adeno 8 at 1 and 5 min, Rutala et al. AAC, April 2006

- Ineffective $<2 \log_{10}$ reduction
 - Bactoshield (4% CHG)
 - Vesphene (phenolic)
 - 70% isopropyl alcohol
 - 3% hydrogen peroxide
 - TBQ (0.06% QUAT)
 - Novaplus (10% povidone iodine)
 - Soft 'N Sure (0.5% triclosan)
 - Acute-Kare (1% chloroxylenol)
 - Sterilox (218 and 695 ppm chlorine)
 - Dettol (4.8% chloroxylenol)
 - Accel TB (0.5% accelerated hydrogen peroxide)
 - Microcyn (~80 ppm chlorine)

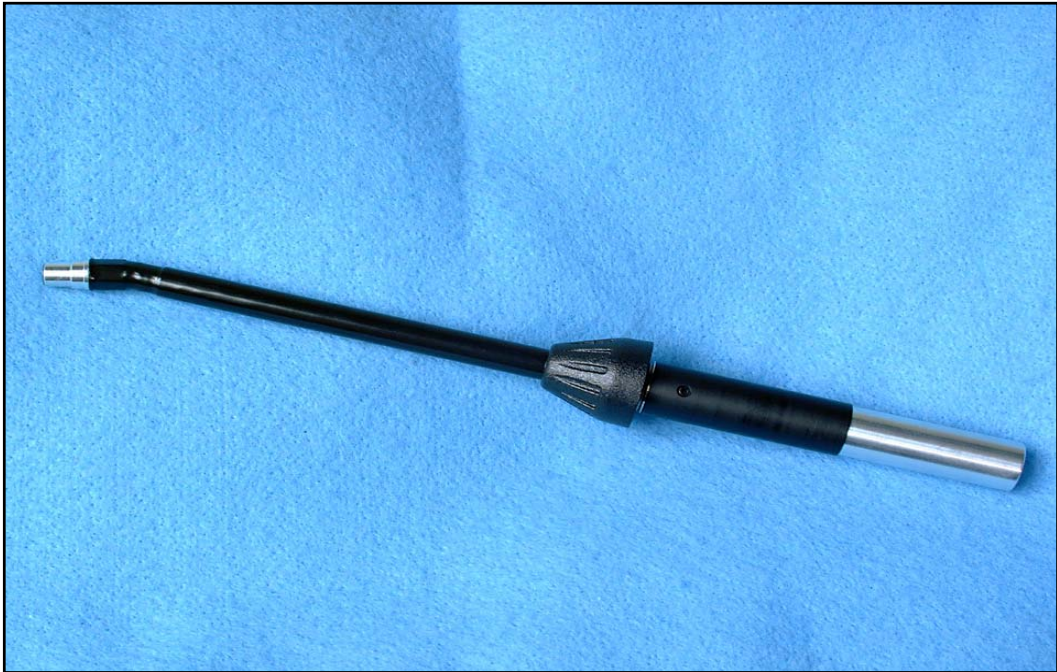
Disinfectants and Antiseptics

Adeno 8 at 1 and 5 min, Rutala et al. AAC, April 2006

- ~4 log₁₀ reduction
 - Clorox, 1:10, ~6,000 ppm chlorine (but not 1:50)
 - Clorox Clean-up, ~1,910 ppm chlorine
 - Clorox disinfecting spray (65% ethanol, 0.6% Quat)
 - Steris 20 sterilant, 0.35% peracetic acid
 - Ethanol, 70%
 - Lysol disinfecting spray (79.6% ethanol, 0.1% Quat)
 - Cidex, 2.4% glutaraldehyde
 - Cidex-OPA, 0.55% OPA
 - Wavicide, 2.65% glutaraldehyde

CDC Guidelines

- CDC, 1985. Applanation tonometers-soap and water cleaning and then disinfected by soaking them for 5 to 10 minutes in a solution containing either:
 - 5,000 chlorine
 - 3% hydrogen peroxide
 - 70% ethyl alcohol
 - 70% isopropyl alcohol
- CDC, 2006 (In press). Wipe clean tonometer tips and then disinfect them by immersing for 5-10 minutes in either 5000 ppm chlorine or 70% ethyl alcohol. Category II.
- These results emphasize the proper selection of disinfectants for use in disinfecting semicritical items (e.g., applanation tonometers)



Infrared Coagulation (IRC)

- IRC is a widely used method for treating hemorrhoids. The procedure involves applying infrared light to compress and seal hemorrhoid veins.
- The manufacture sells a sterile disposable sheath and states removing and soaking lightguides between procedures is no longer required.
- The manufacture also states that the lightguide is damaged by immersion in a disinfectant (as the lightguide is not sealed at the end and disinfectant gets between the quartz glass and the covering)

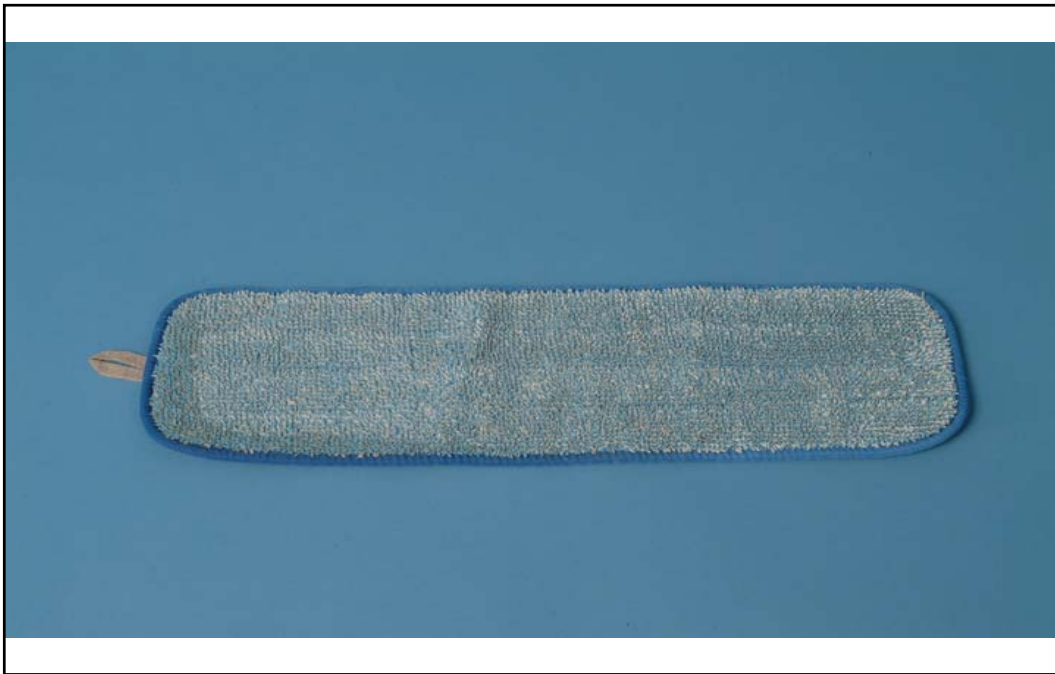
Infrared Coagulation (IRC)

- CDC guideline (In press) recommends immersion for reprocessing endocavitary probes with covers because integrity of the cover is compromised
- Since the lightguide cannot be immersed we investigated an alternative procedure
 - Wipe the probe for 2 minutes with 1:10 bleach
 - Wrap in chlorine-soaked laparotomy cloth for 3 minutes
 - Wipe probe with sterile water and let air dry

Infrared Coagulation Testing

(Rutala, Gergen, Weber, 2006)

Test Organism	Inoculum	% Reduction
<i>Mycobacterium terrae</i>	$\sim 1.6 \times 10^7$	100
<i>Enterococcus</i>	$\sim 9.3 \times 10^5$	100
<i>P. aeruginosa</i>	$\sim 8.3 \times 10^6$	100



Microfiber Cleaning

- Pad contains fibers (polyester and polyamide) that provide a cleaning surface 40 times greater than conventional string mops
- Proposed advantages: reduce chemical use and disposal (disinfectant solution not changed after every third room, clean microfiber per room [washing lifetime 500-1000]); light (~5 lb less than string mop) and ergonomic; reduce cleaning times.
- Does the microfiber provide the same or better removal of microorganisms on surfaces?





Effectiveness of Microfiber Mop

- Test conditions with a EPA-registered disinfectant: compared routine mop and bucket; microfiber mop and bucket; microfiber mop and system bucket. Twenty-four replicates per condition.
- Conducted RODAC sampling before and after floor disinfection (5 samples per room)
- New disinfectant solution for each test condition
- Dry time varied from 2 (routine mop and bucket)-8 (microfiber mop and bucket) minutes

Effectiveness of Microfiber Mop

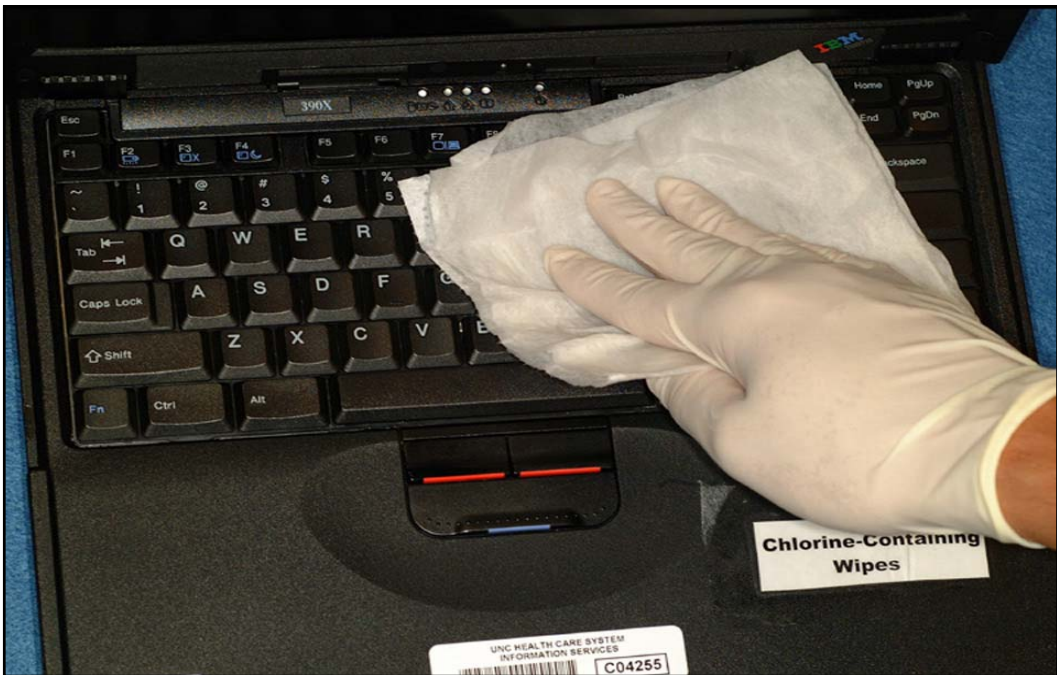
(Rutala et al, 2006)

Disinfectant-regular mop	95%
Disinfectant-Microfiber system	95%
Disinfectant-Microfiber mop and regular mop bucket	88%
Detergent-regular mop	68%

Disinfection of Computer Keyboards

Computer Keyboards, ICHE April 2006

- Increased use of computers in patient areas has led to contamination of keyboards as reservoirs of pathogens
- Study performed to
 - Examine the efficacy of different disinfectants on the computer keyboard
 - Determine if there were cosmetic (key lettering removed) or functional changes after 300 wipes



Disinfection of Computer Keyboards

- All tested products were effective (>95%) in removing and/or inactivating the test pathogens (MRSA, *P. aeruginosa*). No functional/cosmetic damage after 300 wipes.
- Disinfectants included: 3 quaternary ammonium compounds, 70% isopropyl alcohol, phenolic, chlorine (80ppm)
- At present, recommend that keyboards be disinfected daily (for 5 sec) and when visibly soiled

SANIWIPES



0 WIPES



300 WIPES

TABLE 3. Sustained Efficacy of Disinfectants Applied to Keyboard Against Vancomycin-Resistant *Enterococcus* Species

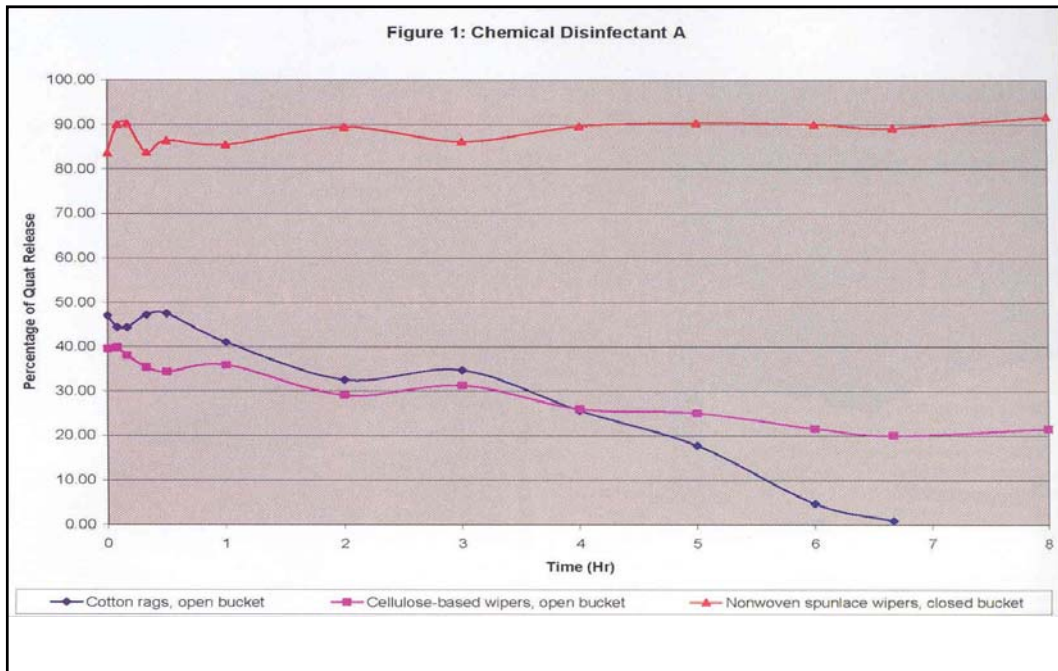
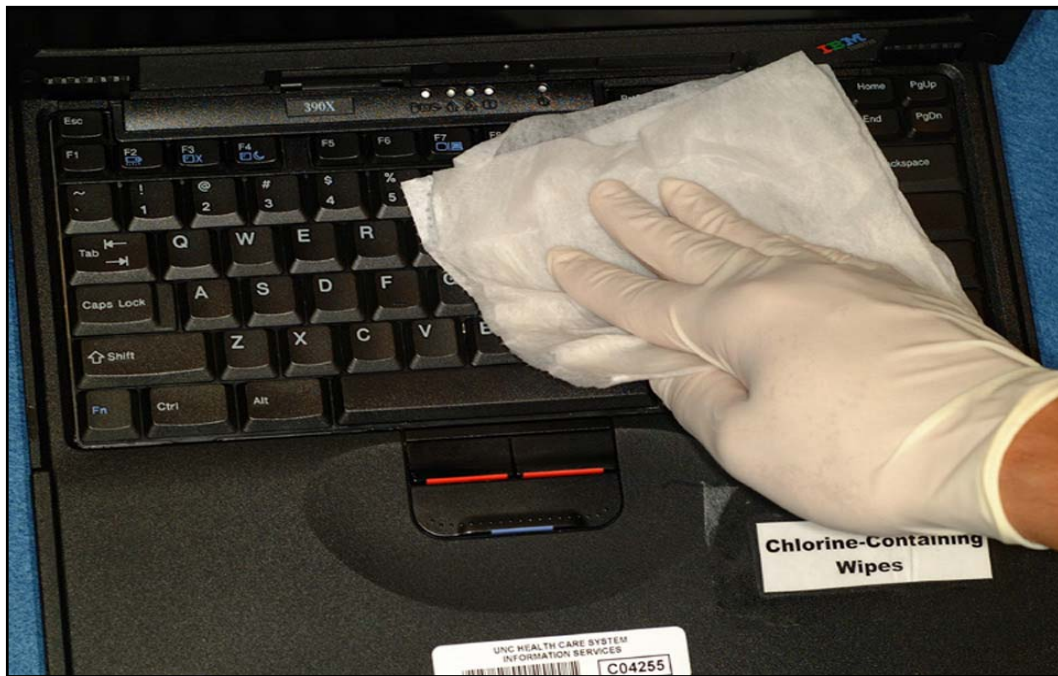
Disinfectant	Efficacy of Disinfectant, by Time of Microbial Challenge and Duration of Disinfectant Exposure, %					
	Challenge at 6 Hours		Challenge at 24 Hours		Challenge at 48 Hours	
	10-min Exposure	60-min Exposure	10-min Exposure	60-min Exposure	10-min Exposure	60-min Exposure
Alcohol	3.05	5.67	12.58	3.31	10.89	5.59
CaviWipes	100.00	100.00	100.00	100.00	100.00	100.00
Clorox Disinfecting Wipes	100.00	100.00	100.00	100.00	100.00	100.00
Sani-Cloth Plus	100.00	100.00	100.00	100.00	100.00	100.00
Sterile water	0.00	0.28	9.69	0.00	0.00	9.09

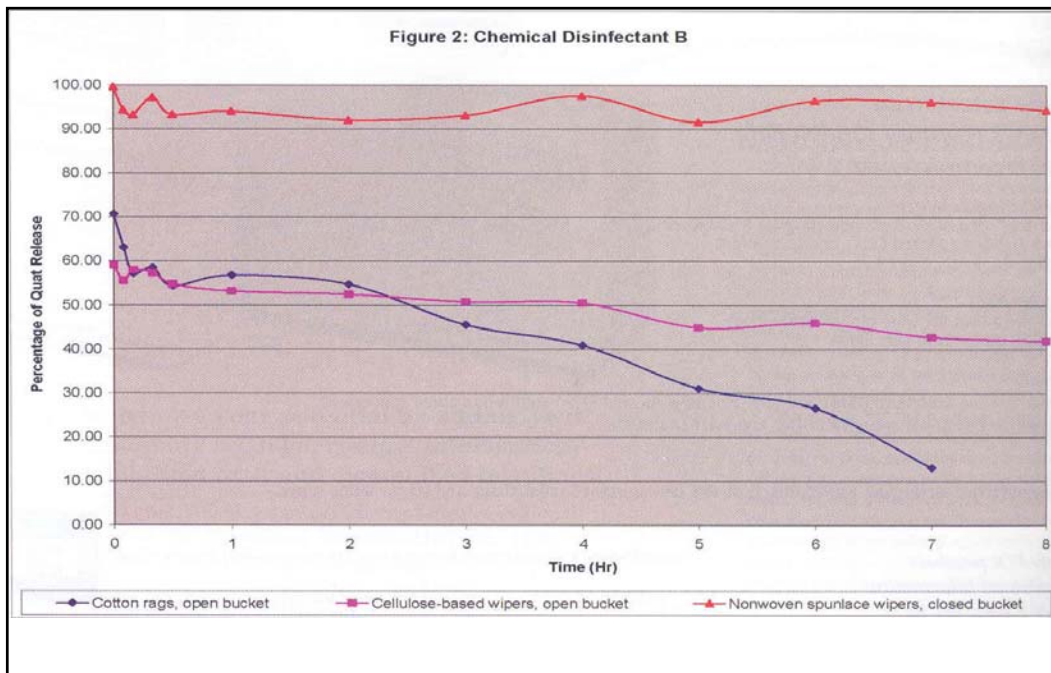
NOTE. Efficacy was calculated as the percentage difference in the number of colony-forming units on the treated keys, compared with the number of colony-forming units on the control keys. Challenge times are hours since disinfectant exposure.

Reduction in the Release of QUATS

Mac Dougall and Morris. Infection Control Today. June 2006.

- Issue: Do wipers (cotton, cellulose, nonwoven spunlace) consume/bind QUAT and release less QUAT when disinfecting patient rooms
- Method: Fluid samples were collected from the wipers and tested at predetermined points to detect QUAT available from the wiper for surface disinfection





Reduction in the Release of QUATS

Mac Dougall and Morris. Infection Control Today. June 2006.

● Results

- Nonwoven spunlace wipers released an average 90% of the original chemical concentration at 8h
- Cellulose-based wiper was 21% of the original concentration at 8h
- Cotton wiper was 5% of the original concentration at 6h

● Conclusions

- Select wiping material that is compatible with disinfectants
- Select wiping material and disinfectant that release an effective concentration of the disinfectant to the surface
- Nothing until verified (unique to these QUATS; what affect does reduced concentration have on removal/inactivation of microbes from a surface)

Failure to Follow Disinfection and Sterilization Principles

What Do You Do?

Scenario:

Hospital A discovered that for the past 3 days all surgical instruments were exposed to steam sterilization at 132°C for 0 minutes rather than the intended 4 minutes. A central processing technician turned the timer to 0 minutes in error.

Failure to Follow Disinfection and Sterilization Principles

● What do you do?

- Follow the 14 steps at website disinfectionandsterilization.org (confirm failure, embargo improperly D/S items, investigate the cause, etc)
- The steps provide a general outline, but each event is unique and you must be flexible and adaptable
- Communication among key stakeholders is very important
- Ethical to notify patients if there is a risk-should be upfront and factual
- Train staff and access processes/practices to minimize recurrence
- These are stressful events (patients and staff) but the goal is to assess failure and protect patients rather than assessing blame

Disinfection and Sterilization

- HICPAC Guideline
- Provide overview of disinfection and sterilization principles
- Emerging pathogens and prions
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Thank you



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