



MCKENDREE UNIVERSITY

PROTOCOLS FOR SKIN LESIONS

Skin infections may be transmitted by both direct (person to person) and indirect (person to inanimate surface to person) contact. Infection control measures, or measures that seek to prevent the spread of disease, should be utilized to reduce the risks of disease transmission. Efforts should be made to improve hygiene practices, to utilize recommended procedures for cleaning and disinfection of surfaces, and to handle blood and other bodily fluids appropriately. Suggested measures include: promotion of hand hygiene practices; educating athletes not to pick, squeeze, or scratch skin lesions; encouraging athletes to shower after activity; educating athletes not to share protective gear, towels, razors or water bottles; ensuring recommended procedures for cleaning and disinfection of wrestling mats, all athletic equipment, locker rooms, and whirlpool tubs are closely followed; and verifying clean up of blood and other potentially infectious materials is done, according to the Occupational Health and Safety Administration (OSHA) Blood-borne Pathogens Standard #29 CFR 1910.1030.

CLEANING SURFACES:

All surfaces at McKendree University will be cleaned with A-456 II Disinfectant Cleaner. It has been deemed appropriate to use for cleansing of but not limited to the following: countertops, treatment tables, whirlpools, wrestling mats, floors, showers, lockers, locker rooms, etc. For ingredients and product information please refer to label. It is also necessary to point out that whirlpools are also treated with Chlorazine once full with water.

PREVENTION OF SKIN LESIONS:

McKendree University uses the following guidelines taken from the Official Statement from the National Athletic Trainers' Association on Community-Acquired MRSA Infections:

Proper prevention and management recommendations may include, but are not limited to:

1. Keep hands clean by washing thoroughly with soap and warm water or using an alcohol-based hand sanitizer routinely.
2. Encourage immediate showering following activity.
3. Avoid whirlpools or common tubs with open wounds, scrapes or scratches.
4. Avoid sharing towels, razors, and daily athletic gear.
5. Properly wash athletic gear and towels after each use.
6. Maintain clean facilities and equipment.
7. Inform or refer to appropriate health care personnel for all skin lesions and lesions that do not respond to initial therapy.
8. Administer or seek proper first aid.
9. Encourage health care personnel to seek bacterial cultures to establish diagnosis.
10. Care and cover skin lesions appropriately before participation. (Follow NCAA rules, See appendix D Skin Infections)

WRESTLING AND SKIN LESIONS:

The above recommendations are followed for the sport of wrestling but needs to be clarified in detail. Data from the NCAA Injury Surveillance System indicate that skin infections are associated with at least 10 percent of time-loss injuries in wrestling.

McKendree University does the following to help prevent and manage skin conditions:

1. Wrestling mats are cleaned daily prior to use. The mats are cleaned with A-456 II.
2. Athletes are encouraged to shower daily post practice (immediately) with Hibiclens and a loofa.
3. Athletes practice gear should be washed daily. At no time should practice gear be worn for more than 1 practice without washing.
4. Athletes are not to share soap, towels, razors, or daily athletic gear.
5. Athletes are encouraged to report any skin lesions immediately.
6. Skin checks are done at least once a week and always done prior to a competition.
7. Athlete's lesions should be looked at by a Certified Athletic Trainer and/or Physician with appropriate skin lesion knowledge.
8. In the event that the lesion has been determined to be Staph or the lesion is not known, a cultural should be taken to establish a correct diagnosis and treatment plan.
9. To determine participation and disqualification status of skin lesions it is mandatory to refer to Appendix D Skin Infections.

It is not necessary to use these guidelines with every athletic team as they do not have as much direct contact with each other. These guidelines can be used if necessary however. **ALL ATHLETES ARE ENCOURAGED TO REPORT ANY SKIN LESION TO A CERTIFIED ATHLETIC TRAINER OR TEAM PHYSICIAN!**