

**BACKGROUND INFORMATION**  
**UBC Undergraduate Medical Education Students**  
**Blood or Body Fluid (BBF) Exposure**

All students in the Undergraduate Medical Education Program at UBC, in all four sites, must know how to manage a Blood or Body Fluid (BBF) exposure, such as a needle-stick, suture-stick, scratch or splash.

A useful source of information about contact with blood or body fluids is [HealthLinkBC File #97](#).

Such exposures can occur at any time during training in the Undergraduate Medical Education program, but are most likely to occur during Family Practice, Year 3 or Year 4. All BC hospitals, in all Health Authorities, have detailed protocols for managing these exposures and it is important that students follow these protocols. In addition, all students receive a laminated lanyard card, to be worn with their hospital ID, which summarizes the basic information.

In general, the protocols require the student to perform first aid to the exposed site (see below), inform their preceptor of the exposure, and provide the name/PHN of the patient involved. The student is then expected to attend the closest Emergency Room immediately (within 2 hours) for assessment, triage, and possible treatment by the ER physician. Attending at the Emergency Room is not optional. It is the preceptor's responsibility to attempt to make the source patient's serology information available to the student. The student and the preceptor are required to debrief the incident to uncover the root cause and any corrective actions before filling out forms that document the event. Follow-up procedures are in place – see the general reporting procedures and site-specific reporting procedures below.

All students participating in medical experiences that are part of their program (electives, clinical rotations) in British Columbia are covered by WorkSafeBC. Therefore, students who have a BBF incident that is part of their program, in British Columbia, are required to fill out WorkSafeBC forms, and start a WorkSafeBC Claim (see below) as well as follow the usual UBC and Health Authority procedures. UBC students participating in volunteer medical activities, shadowing in or outside of BC, or other medical experiences outside of BC are not covered by WorkSafeBC, and should follow the protocols of the local Health Authority in which they are working. MSP or their personal health insurance will cover the cost of lab tests, etc.

**Procedures for Managing a Blood or Body Fluid (BBF) Exposure**

**Blood or body fluid (BBF) exposure:** An event where blood or other potentially infectious body fluid comes into contact with skin with an open wound, healing sore, or scratch, mucous membranes, or subcutaneous tissue (via percutaneous injury [i.e. needle stick]).



### Protocols for Managing a BBF exposure:

- Mucous membrane or eye: Rinse well with water and/or normal saline.
- Skin: Hold the affected limb down low to get it to bleed. Wash well with soap and water.
- Do not promote bleeding of percutaneous injuries by squeezing. This may damage the tissues and increase uptake of any pathogen(s).

### General Reporting Procedures for Blood or Body Fluid Exposure

#### ALL SITES

1. Report the incident.
  - If working in a hospital, report to the nurse-in-charge. Remind them that you are covered by WorkSafeBC. Also, notify your preceptor of the exposure as soon as possible.
  - If working in an office or clinic, notify the preceptor or supervisor of the exposure.
2. **GO TO THE EMERGENCY ROOM AT THE NEAREST HOSPITAL** within two hours of exposure – **THIS IS NOT OPTIONAL**.
  - Advise the triage nurse of the BBF exposure and that you are a UBC student covered by WorkSafeBC, unless you are volunteering or shadowing. In the ER, Form 2339 will be filled out. This form collects information from all health care workers and also from the “source”, and goes to the lab with the blood work. This form is filled out for all BBF exposures. Since you are covered by WorkSafeBC, it will be considered an occupational exposure and UBC is designated as your employer.
3. **WITHIN 24 HOURS OF THE INCIDENT**, go to <https://www.cairs.ubc.ca/> and follow the instructions to report the incident.
  - Debrief the incident with your supervisor/preceptor. Your supervisor/preceptor then goes to <https://www.cairs.ubc.ca/> and follows the instructions to complete the supervisor/preceptor report.
4. Start WorkSafe BC Claim by calling the WorkSafeBC Teleclaim Contact Centre at 1-888-WORKERS (1-888-967-5377). This is to ensure any treatment received is covered.



### Additional Site-Specific Reporting Procedures

**VFMP:**

1. Give the triage nurse the name of your Family Physician or UBC Health Services (604-822-7011), if you do not have a Family Physician, to ensure results of blood tests are appropriately forwarded and followed up.
2. For more information and/or questions, please contact the Faculty of Medicine Health & Safety team at [fom.safety@ubc.ca](mailto:fom.safety@ubc.ca) or 604-827-2864.

**IMP:**

1. Give the triage nurse the name of your Family Physician or UVic Health Services (250-721-8498), if you do not have a Family Physician, to ensure results of blood tests are appropriately forwarded and followed up.
2. Call Dr. Pamela Kibsey, Medical Director, Infection Prevention and Control, VIHA at 250-519-1626. Give your name, DOB and phone number as well as the NAME OF THE PATIENT and DOB, if possible.
3. For more information and/or questions, please contact the Faculty of Medicine Health & Safety team at [fom.safety@ubc.ca](mailto:fom.safety@ubc.ca) or 604-827-2864.

**NMP:**

1. Give the triage nurse the name of your Family Physician or UNBC Medical Clinic (250-960-6370), if you do not have a Family Physician, to ensure results of blood tests are appropriately forwarded and followed up.
2. For more information and/or questions, please contact the Faculty of Medicine Health & Safety team at [fom.safety@ubc.ca](mailto:fom.safety@ubc.ca) or 604-827-2864

**SMP:**

1. Give the triage nurse the name of your Family Physician or UBCO Health and Wellness Centre (250-807-9270), if you do not have a Family Physician, to ensure results of blood tests are appropriately forwarded and followed up.
2. For more information and/or questions, please contact the Faculty of Medicine Health & Safety team at [fom.safety@ubc.ca](mailto:fom.safety@ubc.ca) or 604-827-2864.