





CONCEPT: INFECTION RISK FACTORS

◆ Two types of risk factors are associated with the likelihood of infection:

- Controllable
- Hard-to-Control/Uncontrollable

Controllable Risk Factors

◆ Some important controllable risk factors for infection are:

Controllable Risk Factors for Infection			
1. Exposure		2. Physical Inactivity	
	<ul style="list-style-type: none">▸ Poor personal hygiene.▸ Drug abuse, unsafe sexual behavior.		<ul style="list-style-type: none">▸ ____ immunity and ____ risk of severe illness.
3. Poor Nutrition		4. Poor Sleep and Stress	
	<ul style="list-style-type: none">▸ Affects gut microbiome and ____ risk of infections.▸ Affects development of immune system.		<ul style="list-style-type: none">▸ ____ immune system.

EXAMPLE







Which of the following risk factors cannot be controlled?

- a) Poor nutrition due to limited access to fresh produce (food deserts).
- b) Physical inactivity due to lower back pain.
- c) Physical touch with a person with scabies.
- d) Improper handwashing before eating.

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Hard-to-Control/Uncontrollable Risk Factors

- ◆ Some social, environmental, and biological factors can increase susceptibility to infections.

Hard-to-Control & Uncontrollable Risk Factors				
1. Occupational & Social		<ul style="list-style-type: none">▸ Hospital workers have ____ risk of infections.▸ Areas with _____ ventilation.	2. Parents with Young Children	
				<ul style="list-style-type: none">▸ ~ 40% children get the flu in an outbreak.▸ Parents ____ more likely to get cold/flu.
3. Age & Heredity		<ul style="list-style-type: none">▸ Immunity _____ with age.▸ Immunodeficiency can be hereditary.	4. Chronic Diseases	
				<ul style="list-style-type: none">▸ Diabetes and cancer can ____ immunity.
5. Climate/ Environment		<ul style="list-style-type: none">▸ ____ in temperature cause ↑ insect populations (e.g., mosquitos).▸ Animal migration can introduce new diseases.	6. Virulence & Antimicrobial Resistance	
				<ul style="list-style-type: none">▸ Some infections spread faster than others.▸ Bacteria become drug _____.

EXAMPLE

Which of the following is not an example of an uncontrollable risk factor for infection?

- a) Having a higher risk of shingles due to a previous chickenpox infection.
- b) Being bitten by a mosquito when camping in the woods.
- c) Being infected with a drug-resistant strain of bacteria.
- d) A nurse getting sick during the COVID-19 pandemic.

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PRACTICE

Which of the following is incorrect about controllable risk factors of infection?

- a) The risk of infection from any pathogens depends on the immune strength of an individual.
- b) Physical activity decreases the risk of severe illness from infections.
- c) Balanced nutrition helps maintain gut microbiome and reduces the risk of infection.
- d) Poor personal hygiene only increases the risk of infections for people with weak immune system.

PRACTICE

Which of the following is correct about hard-to-control risk factors of infection?

- a) Climate change can increase the risk of direct cross-species transmission by forcing animal migration.
- b) The risk of infections for individuals with chronic diseases is the same as healthy individuals.
- c) Healthcare workers have a higher risk of infection than people in other professions.
- d) Lack of sleep and chronic stress increase the likelihood of infection by weakening the immune system.