



# How to Micro-Learn: A train-the-trainer series

Cough and congestion



CDC's National Training Collaborative  
for Healthcare Infection Control



Utah Department of  
**Health & Human  
Services**

## Objectives

1. Who is this webinar for?
2. What is a Micro-Learn?
3. Steps to use a Micro-Learn
4. Helpful tips to implement Micro-Learns



## Who is this webinar for?

Anyone who would like to learn how to use a Micro-Learn!

Train-the-trainer style

Step-by-step instructions



## What is a Micro-Learn?

### Brief

5-minute lessons using graphics and open discussion

### Practical

Covers one learning objective, can be used for 'just in time training'

### Actionable

Includes what to do when encountering situations

### Adaptable

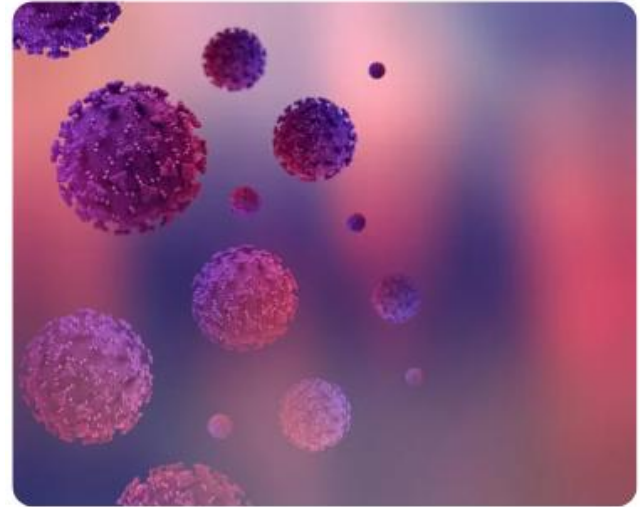
Can be altered to fit the needs of the audience



## Step 1: Introduce the topic

Start with the basics:

- Coughing can be caused by a lot of things
- A cough in combination with congestion is commonly caused by a virus



## Step 1: Introduce the topic

Start with the basics:

- Viruses spread easily when an infected person
  - talks
  - breathes
  - coughs
- Viruses can cause harm to vulnerable patients.



## Step 2: Expand on the topic

**Wear a facemask  
or fit-tested N95**

**Move patient to a  
private room**

**Make sure  
ventilation is  
appropriate**



## Step 3: Discuss with your team

Ask thought provoking questions, for example:

- What do you usually do when you see a patient who is coughing and has congestion?
- Do you worry that you might catch something?
- When might you call for help or assistance?



## Step 3: Discuss with your team

Ask questions about any improvements needed:

- Do you have all the tools and information you need to do your job safely?
- How can we work together as a team to help each other take the right infection control actions when we see a patient who is coughing and has congestion to keep germs from spreading?



## Step 4: Wrap up and reinforce

Reinforce key takeaways:

Use PPE around  
patients with cough  
and congestion

Review facility  
protocols, share  
any recent  
experiences

Share reminders  
and opportunities  
for more learning



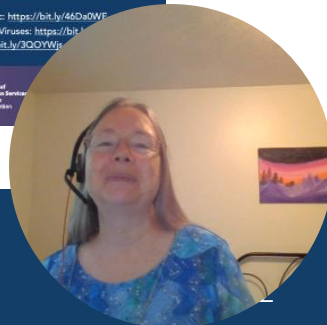
## Helpful tips

- Check facility policies and protocols
- Include recent events or local context
- Remind staff how to respond in an emergency situation
- Micro-Learns are geared toward patients and patient environments



# Resources

- [Project Firstline cough and congestion Micro-Learn](#)
- [Utah Project Firstline webpage](#)
- [CDC Project Firstline website](#)



# Post assessment

Please scan the QR code to complete a brief 3 question post assessment. You will be sent a certificate of completion when you complete the post assessment.



# Post assessment

How helpful did you find this training? (Sliding scale, Not helpful - Very helpful)

How likely are you to present a staff training about cough and congestion?

(Sliding scale Not likely - definitely plan to)



# Thank you!

Email [HAI@utah.gov](mailto:HAI@utah.gov) for any questions.



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