

Infection Prevention and Control

Information for service users and visitors

Infection Prevention and Control is one of the Trust's top priorities.

The risk of acquiring an infection during a hospital stay is low, but as a patient or visitor you can help further reduce the risk by following the advice within this leaflet.

As a service user

General Personal Hygiene

- Personal hygiene is important when in hospital. Please bring in all your personal toiletries such as soap, facecloth and towel.
- You may find having a container of moist hand wipes available helpful so you always have the means to clean your hands, especially if you are confined to bed.
- Always remember to wash and dry your hands after using the toilet. If you use a commode ask for a bowl of water to wash your hands if it is not offered, or use a moist hand wipe.

Cleaning

- If you visit the bathroom or toilet and it does not look clean report immediately to the nursing staff, and use an alternative in the meantime.
- Try to keep your bed area free from clutter. This will allow the cleaning staff to clean your area properly
- Your bed area should be cleaned regularly. If you or your visitors notice some thing which has been missed during cleaning report it immediately and request it is cleaned.

Clinical Care

- Avoid touching any wounds, drips or tubes such as catheters. If you need to touch them, for example to empty your catheter bag, clean your hands before and after.
- If you have an intravenous cannula placed in a vein staff will check it regularly. If you experience pain, swelling or redness around the site between these checks, or if the dressing becomes loose, wet or soiled then inform a nurse immediately.

As a visitor

- Two visitors are welcomed at each bed at any one time.
- Please be aware that patients tire easily and require rest.
- You will be advised regarding the individual ward visiting times.
- Please wash your hands and / or use the alcohol hand gel before entering or leaving the ward.
- Please leave the bedside when patient care is being provided or the area is being cleaned.
- Do not sit on patient's beds or chairs but use the chairs provided for visitors.
- Please do not visit the hospital if you are unwell or have been in contact with an infectious disease e.g. measles or chickenpox.
- If you have had vomiting or diarrhoea then do not visit until you have been symptom free for 48 hours.
- Please ask staff if the person you are visiting is able to eat before bringing in food.
- Non-refrigerated food must be kept covered within the hospital e.g. fruit.
- Food requiring refrigeration cannot be stored so must be eaten straight away.
- Food brought in cannot be reheated.

Patients and Visitors

- Hospital staff can protect patients by washing their hands or cleaning them with alcohol hand gel, wearing aprons, and where appropriate gloves.
- If a member of staff needs to examine you or perform a procedure do not be afraid to ask them to clean their hands if you think they may not have done so.
- Talk to the nurse in charge if you have concerns about the cleanliness of the ward.
- Politely challenge anything staff do if you feel it is not safe. Ask for an explanation, there may be a very good reason why they are doing it.

If you require further help or information please contact the Trust's Infection Control Team on 08454 226166.