



DE~BUGGED

Focusing on the provision of Clean, Safe Care...

Infection Prevention & Control Newsletter for NHS Worcestershire & Worcestershire Health & Care NHS Trust

INFECTION PREVENTION AND CONTROL AT YOUR FINGERTIPS – CONFERENCE & PRODUCT EXHIBITION



This year the Infection Prevention and Control Conference and Product Exhibition for Qualified Clinical Staff is planned for 18 May at the Charles Hastings Education Centre. The day is entitled “Infection Prevention and Control at Your Fingertips” and will look at how we can further enhance and influence clinical practices of our own and others to enhance infection prevention and control and stop the spread of infection. Topics discussed on the day will promote hand hygiene, decontamination, antibiotic resistance and initiatives such as the role of an Infection Preventionist in addition to celebrating our successes over the last year. Sessions will also be presented on a variety of different and new infections and the practices we can put in place to minimise risks. The afternoon sessions are planned to offer delegates the opportunity to choose the topics that interests them the most and participate in group sessions to learn more in relation to their chosen topic, place of work and role. A number of product exhibitors will also be in attendance on the day and are providing sponsorship for the event. If you require more information or would like to book a place, please contact Louise Hough on 01386 502552. For Trust staff attendance at this event will equate to a mandatory update in infection prevention and control and certificates will be provided to demonstrate attendance that can be used for nursing revalidation purposes if required. There is no cost for places but a commitment to attend following booking is necessary. We really hope you can join us for what we anticipate will be an interesting and informative day.

START THE YEAR WITH A PLEDGE TO PROTECT ANTIBIOTICS

This year, make your pledge about how you will make better use of antibiotics and help save this vital medicine by visiting antibioticguardian.com. Antibiotics are a precious resource and should be preserved, they should be used to treat bacterial infections and prescribed appropriately according to clinical need. The importance of ensuring patients are aware that antibiotics must never be shared and that a full course of treatment needs to be completed are also key. Ensure if you prescribe antibiotics it is in compliance with the Primary care Prescribing Guidance for Worcestershire (update October 2015) and that antibiotics you prescribe meet the requirements of the five moments of best practice, consider:

- Need** (for antibiotic)
- Investigations** (cultures for prescribing if available)
- Choice** (spectrum of antibiotic)
- How Long** (is your prescription for)
- Evaluate** (your patient and prescription)

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If you require further information about any item in this newsletter please contact the Infection Prevention & Control Nurses on 01386 502552

NOTE: Clusters of cases of viral gastro-enteritis are apparent in community and healthcare settings. Please keep your area safe and discourage visitors who are or have been either unwell with diarrhoea and/or vomiting in the last 48 hours or have been caring for someone in the last 48 hours who has been symptomatic. It is imperative that staff are aware of the need to remain vigilant when accepting admissions/transfers to ensure that they have asked questions relating to prevalence of symptoms within a ward/area and in the individual being transferred.

Please be alert in your workplace and check that all aspects of infection prevention and control are in place ensuring consistent provision of clean, safe care and minimising infection 100% of the time.



INFECTION PREVENTION CALENDAR JAN - APRIL 2016

Beating Infection with a Smile

(Adapted from the Infection Prevention Society Calendar).

JANUARY: Kick antibiotics into touch this year
Start right... remember NICHE when you prescribe.



FEBRUARY: Have you got that loving feeling?



MARCH: Casting out the catheters – in when you need it, out when you don't.

APRIL: Don't be an April fool, clean your equipment properly.



TRUE OR FALSE

Alcohol hand gel kills all dangerous microbes **Not true.** This is false because although alcohol hand gels are extremely effective at killing most infections they are not effective against some of the micro-organisms which can cause diarrhoea including *Clostridium difficile*, norovirus. They are also not effective if hands are visibly soiled following a task or tacky from repeated applications of gel. This is why we always advise in these instances either washing hands or using a skin cleansing wipe prior to the application of gel.

Many infections are identified following travel, always remember to consider where someone has been in the previous 21 days and whether this may be linked to their diagnosis

ZIKA VIRUS



Zika virus disease is mainly spread by mosquitoes.

For most people it is a very mild infection and isn't harmful. However, it may be more serious for pregnant women, as it's been linked to birth defects – specifically, abnormally small heads (microcephaly). Zika does not naturally occur in the UK. People travelling to affected areas should seek travel health advice before their trip and women who are pregnant or trying to get pregnant and have visited an affected area recently

should inform their GP. If you travel to an affected area, you can reduce your risk of catching the virus by using insect repellent and wearing loose clothing that covers your arms and legs.

Most cases of Zika virus disease are spread by infected mosquitoes biting humans. Unlike the mosquitoes that spread malaria, affected mosquitoes (the Aedes mosquito) are most active during the day, especially during mid-morning, then late-afternoon to dusk. There have been reports that the Zika virus may spread via other routes however the risk is thought to be very low, although it is noted that a small number of cases have occurred by transmission from an expectant mother to her unborn child via the placenta.

Information can be accessed from NHS Choices or www.gov.uk and search for Zika Virus. Remember always consider an individual's recent travel history when considering a diagnosis.

VISIT www.worcestershirehealth.nhs.uk
click on Infection Prevention and Control for latest information

Why did the bacteria cross the laboratory?

I say, I say, I say

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INFLUENZA—BE PREPARED...



Influenza occurs most often in winter and usually peaks between December and March in the UK. The influenza virus was first identified in 1933. There are two main types that cause infection: influenza A and influenza B. Influenza A usually causes a more severe illness than influenza B. One reason why the flu vaccine is given annually is because the influenza virus is unstable and new strains and variants are constantly emerging. For most people influenza infection is just a nasty experience, but for some it can lead to more serious illnesses, there is no way of knowing who will be affected or suffer from complications; the most common being bronchitis and secondary bacterial pneumonia. **Remember that you can carry and pass this infection on to others without having any symptoms yourself so get vaccinated. Protect yourself, your family and your patients and know the actions you need to take when caring with someone who has known or suspected flu.**

SPOTLIGHT ON CLEANING COLOURS

Using colour clears up confusion, simplifies training, provides oversight and reduces cross contamination. Different colours represent a specific use for an exclusive area including bathrooms, kitchen areas, general areas and isolation rooms.. Make sure a poster is displayed in your setting detailing colours for cleaning products and check that the right colour is used in the right area. An example of the NHS standard is shown below.

Red	Blue
Bathrooms, washrooms, showers, toilets, basins and bathroom floors	General areas including wards, departments, offices and basins in public areas
Green	Yellow
Catering departments, ward kitchen areas and patient food service at ward level	Isolation areas

A BITE SIZED LOOK AT LISTERIA



Total respect ought to be given to the organism *Listeria monocytogenes*; the organism responsible for Listeriosis which can give rise to invasive infection in the vulnerable and complications in pregnancy or after birth. It's adaptability and resilience due to it's ability to form biofilm together with its lengthy incubation period (up to 90 days) should make us sit up and think.... "am I doing everything I can do to minimise the risk of infection linked to this hardy organism?"

It is firstly important to know where it lives... it can be found naturally in soil and water thereby residing on vegetation. Animals such as sheep, goats and cattle are often carriers, acquiring the organism through ingestion of contaminated silage. It can therefore enter our food chain either directly or indirectly via cross contamination and outbreaks have been reported.

When considering food sources, products associated with transmission are predominantly ready-to-eat chilled foods or those with an extended shelf life (e.g. cooked sliced meats; pate; soft unpasteurised cheeses; smoked salmon and pre-packed sandwiches.

Cantaloupe melons, coleslaw, ice cream, butter and interestingly pre-packed sandwiches have been implicated in outbreaks as well, equipment such as slicing machines and Deli counters. When we consider healthcare there is vulnerability. It is therefore imperative that food safety practices are maintained. Examples of good practice include:

- ✎ Undertaking effective hand hygiene prior to and during food related tasks
- ✎ Decontaminating of food preparation surfaces and utensils
- ✎ Separation of raw food from ready-to-eat foods
- ✎ Monitoring and recording fridge and freezer temperatures and ensuring the fridge and freezer is clean with items stored to minimise cross contamination
- ✎ Foods are labelled to identify expiry and use by date storing chilled ready-to-eat foods in the fridge until required and eating immediately
- ✎ Ensuring inappropriate foods (sandwiches, refrigerated foods etc) are not kept at the bedside
- ✎ Peeling raw vegetables and washing salads or fruit thoroughly before eating
- ✎ Cooking foods thoroughly and eating immediately after serving in addition to discouraging vulnerable people from consuming high risk foods.

THINK Are these practices maintained in your work area?