



# DE~BUGGED

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

Infection Prevention & Control Newsletter provided by Worcestershire Health & Care NHS Trust



**VISIT [www.worcestershirehealth.nhs.uk](http://www.worcestershirehealth.nhs.uk)...**

Click on Infection Prevention and Control and you will see where we are updating our website and you can access a variety of new resources on line. Content includes posters, bin labels and awareness raising materials that you can print off; links to other websites which contain infection prevention and control information; access to training resources and workbooks on infection prevention and control in addition to information on forthcoming study days. Mini audit tools for a variety of areas can be downloaded and guidance including cleaning schedules and policies and procedures can be viewed. We are slowly increasing the amount of information and resources available on this website so try and view on a regular basis to ensure you have access to all the latest information, if there is other information you would like to see on the site please contact Louise Hough on 01386 502597.



## TIPS FOR SMART HAND HYGIENE

Within clinical areas you work, consider whether practices are in accordance with guidance and how you can promote compliance at hand wash sinks. Key points detailed below provide information on how hand wash sinks should be managed and appropriate practices to minimise potential for cross contamination. Clinical hand wash sinks:

- ✎ must only be used for hand washing.
- ✎ should dispense water at an appropriate temperature for hand washing.
- ✎ should not have plugs, sinks in patient en suites do require plugs as are patient wash facilities.
- ✎ must not be used to dispose of body fluids (including urine samples) or water from patient wash bowls at the hand wash basin.
- ✎ must not be used to wash any patient or medical equipment in.
- ✎ must not be used to store used equipment awaiting decontamination.
- ✎ should have their taps run at regular intervals, if you notice any limescale build up report it to your housekeeping team.
- ✎ must be cleaned with appropriate products and left visibly clean at all times.

Finally, gel is not required at the sink as soap and water should be used for hand washing at a sink, wherever possible do not locate alcohol gel dispensers at sinks, take time to locate gel so that it provides another location for hand hygiene and promotes compliance. This may be adjacent to a desk in a consulting room or the other side of the bay from the hand wash sink. Always use pre-filled, single-use bottles for alcohol based hand rubs, soaps or cleaning solutions. Do not top-up soap, alcohol or other products. Further advice is available from the Infection Prevention and Control Nurses on 01386 502552, alternatively look at our hand hygiene guidelines or try out hand hygiene workbook on [www.worcestershirehealth.nhs.uk](http://www.worcestershirehealth.nhs.uk).



The Annual Infection Prevention and Control Conference and Product Exhibition for Qualified Staff is planned for the 17th May 2017 at the Charles Hastings Education Centre and there are still a few places left. The morning we will be spent discussing different infections including Group A strep, Carbapenemase Producing Enterobacteriaceae, Blood Stream Infections, Sepsis and Antimicrobial Stewardship and the afternoon will focus on the activities we can undertake to provide SMART, CONSISTENT clean, safe care. Representative from a number of companies will also be present. Attendance at this event can also equate to a mandatory update session. Interested? Please call 01386 502552 to book a place.

Worcestershire Health and Care

NHS Trust

Volume 2 Issue 24  
April 2017



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

## DICTIONARY COLUMN

What is an **infectious** disease?

**Infectious** diseases are caused by micro-organisms such as viruses, bacteria, fungi, parasites or prion proteins. Micro-organisms that cause disease are collectively called pathogens and can sometimes be present without causing any problems. Noticing clinical signs and symptoms of infection is key and ensuring any recommended screening is carried out in a timely manner.

**Please be alert in your workplace; 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.**



**Remain vigilant for patients/residents who are presenting with possible signs and symptoms of infection.**

**Prompt diagnosis is key in preventing the spread of infection.**

JO



## FACTS TO STOP BARBECUE BUGS...

If you want to serve up a sensational barbecue that also helps keep your family and friends safe, take the following simple steps to avoid food poisoning. Cases of food poisoning almost double during the summer, and research shows that the undercooking of raw meat and the contamination of bacteria onto the food we eat are among the main reasons. Think about whether you could pre-cook food and then give it a final finish on the barbecue if there is a chance it may not cook thoroughly, remember charred on the outside doesn't mean it is cooked so always cut open and check it is cooked right through. Avoid cross-contamination and store raw meat separately before cooking, use different utensils, plates and chopping boards for raw and cooked food. Always wash your hands thoroughly with soap and hot water and dry them before handling your food for the barbecue and after handling raw foods including meat, fish, eggs and vegetables. Keep plates and cutlery away from raw meat and fish and never serve cooked food on a plate or surface that's had raw meat or fish on it, and don't use cutlery or marinades that have been in contact with raw meat. There's no point in serving up food with a flourish if you're adding bacteria back into the mix.



Antibiotic resistance is one of the world's most pressing public health problems. Overuse and misuse of antibiotics threatens the usefulness of these important drugs. Decreasing inappropriate antibiotic use is a key strategy to control antibiotic resistance. Think when you prescribe... Document the **NEED**; **INDICATION**; **CHOICE** of agent: **HOW LONG** the prescription is for and **EVALUATE** and review. These are your five moments of prescribing, also refer to sensitivity data from samples and Worcestershire Prescribing Guidelines both IV and Oral for information on treatment options.



### APRIL – *Pseudomonas aeruginosa*

**Where to find me?** I am a bacteria that is often found in soil and water. I may also be found on the skin of some individuals and not necessarily cause infection.



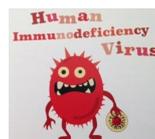
**How to catch me?** Through direct contact. I rarely cause infection in people who are healthy but am likely to infect patients who are very sick or vulnerable.

**How to stop me?** Regular hand washing and cleaning of equipment and the environment.

**How to kill me?** Good management of water supplies to healthcare environments, environmental cleaning, cleaning of equipment and effective hand washing followed by use of alcohol gel.

### MAY – Human Immunodeficiency Virus (HIV)

**Where to find me?** Blood, semen, vaginal and anal fluids and breast milk.



**How to catch me?** Unprotected sex, sharing of syringes/ drug taking equipment, sharps injuries, mother to baby during pregnancy, child birth and breast feeding.

**How to stop me?** Practice safe protected sex and don't share drug paraphernalia.

**How to kill me?** I require transmission from person to person either directly or via infected body fluids, however once infected I can be managed with antiretroviral therapy but not killed.

### JUNE – Legionella

**How to find me?** I can be found in lakes and streams, but I can also get into man made water systems such as hot tubs, fountains, cooling towers and large plumbing systems.



**How to catch me?** By breathing in small droplets of water in the air containing me.

**How to stop me?** Maintenance of water systems to prevent my growth, and remedial action and monitoring if I am found.

**How to kill me?** Disinfection of the water system.

## USE OF WIPES FOR CLEANING



The cleaning of equipment is essential to prevent contamination and cross infection. All staff must be aware of their responsibilities to ensure equipment is cleaned appropriately, at the right time and with the right product. Most of the time this will be wipes, visible soiling must always be removed with a multi-surface detergent wipe prior to any further decontamination. Remember if a wipe is dry it will not be effective. This could be because it has not been stored appropriately or you are decontaminating a large surface and the wipe is moist at the start but not at the end. Wipes must be used for a single item and staff must be aware of the potential risk of transferring micro-organisms/spores from one surface to another if wipes are used on multiple surfaces. The entire surface should be wiped thoroughly with a wipe that is moist and free of visible soiling for it to have achieved its purpose. Posters are available from the Infection Prevention and Control Team detailing appropriate wipe usage, please think about the cleaning schedules in your area and do regular checks to ensure equipment is clean.

## QUESTION TIME

Hand Gel makes my hands sore...



Actually, hand gel, when used properly, is less likely to cause chapped skin than soap and water. Some people do react badly to the alcohol gels and they should try an alternative product. There is also some evidence that using alcohol gel on wet hands makes the problem of sore skin worse. It is best to use gel only (unless soap and water is needed because of an outbreak of diarrhoea) and, if hands are washed they should be thoroughly dried before any gel is applied.

Should visitors be made to wear apron and gloves when visiting someone who is being isolated because of infection? For infections such as Clostridium difficile, norovirus, MRSA, VRE or CPE to name a few, unless the visitor is providing direct personal care there is no need for them to wear an apron or gloves. Best practice would say that they should visit

Remember posters are available from the Infection Prevention and Control Nurses or by visiting [www.worcestershirehealth.nhs.uk](http://www.worcestershirehealth.nhs.uk).