



DE~BUGGED

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

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

BOOK THE DATE... LOOK OUT FOR THE FLYER



This year the Infection Prevention and Control Conference and Product Exhibition for Qualified Clinical Staff is planned for 16th May 2018 at the Charles Hastings Education Centre. Flyers will be circulated during February, alternatively please contact us directly for more information or to book a place. In the morning, the day will provide an opportunity to 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 with topics covering our standard practices and how these can be enhanced. The afternoon sessions will be tailored to suit the delegates place of work with the opportunity to consider infections that present with in your patient/resident group. 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 hope you can join us for what we anticipate will be an interesting and informative day.

NOROVIRUS NOTE:



Clusters of cases of viral gastroenteritis 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.

SEASONAL INFLUENZA BE PREPARED



Influenza occurs most often in winter and usually peaks between December and March in the UK. Already this year we have seen a considerable number of cases within hospital, care home and community settings in Worcestershire. There are two main types of infection: influenza A and influenza B. Influenza A usually causes a more severe illness than influenza B. This year to date, both strains have been evident in Worcestershire. 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 for someone who has known or suspected flu. Emergency infection prevention and control preparedness kits are located in the Trust, if you may need to access these please spend some time to know how and where you can access. Swabs and PPE (FFP2 masks) are included in this resource. **Community nursing teams** visiting residential homes or people in their own homes and providing care to confirmed flu cases in the five days following diagnosis or who are requested to complete influenza swabbing should access these supplies. **Hospital staff** must also be aware of the nearest supply in case of admissions or transfers in where influenza like illness is present.

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If you require further information about any item in this newsletter please contact the Infection Prevention & Control Nurses on 01386 502552/32552

What is the difference between a cold and the flu?



The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications. **What are the symptoms of the flu versus the symptoms of a cold?** The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

80% of all infectious diseases are **transmitted by touch**. Remember the importance of hand hygiene in stopping the spread of infection.



Undertake hand hygiene and promote it to colleagues and your patients.

'Catch it. Bin it. Kill it.' Remember the importance of this is to reduce the spread of respiratory infections.

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.

FLU FACTS

'In a typical flu season about a quarter of healthcare staff will contract flu and half of these will not have major symptoms but they can still spread infections' (Imperial College London, 2017).

The impact of flu can be devastating, during 2015-16 there were 28,189 deaths attributed to flu (ONS, 2016) and outbreaks can cause major disruption to vital NHS services.

The Infection Prevention Society (IPS) has highlighted that 'whilst flu vaccination uptake amongst frontline health workers in England has increased since 2016' - there is still much to do to continue to promote annual immunisation.

Dr Neil Wigglesworth, President of IPS state: 'Annual immunisation remains the best way to protect people and we are urging all healthcare staff to get a flu jab to ensure the safety of their patients and colleagues.....' Please do your bit and minimise the impact of influenza this year.

SHINGLES VACCINE UPDATE

Public Health England have reported that cases of shingles have reduced by 35% in England since a vaccine was offered to 70-year-olds. It is urging more people in their 70s to get their free injection against the painful condition. They are most at risk of shingles and more likely to develop complications, such as severe nerve pain.

Shingles is caused by the reactivation of the chicken pox virus and results in a nasty skin rash and fever. The vaccine programme started in England in 2013 and 5.5m people were eligible for the free single injection over the first three years. A report in the *Lancet Journal of Public Health* on how much difference the jab has made between 2013 and 2016 found that roughly 17,000 GP visits for shingles had been avoided in addition to another 3,300 consultations for one of the main complications of shingles - post-herpetic neuralgia (PHN) or long-term pain.



BE ON THE LOOK OUT... There is currently a shortage of Bactroban (mupirocin) Nasal Ointment which is used to reduce MRSA carriage as part of topical decolonisation. This shortage is likely to continue for the next few months, alternative options are currently being considered and prescribing guidelines will be updated to include these when agreed.

Spotlight on DOXYCYCLINE



EMERGING MICRO-ORGANISM: CANDIDA AURIS



Did you know?

Doxycycline is an antibiotic in the tetracycline class. It has activity against a range of bacteria and even some parasites. It can be used for skin and soft tissue infections and also chest infections.

This drug has a very low risk of *Clostridium difficile* infection but is known to cause a skin reaction with prolonged exposure to the sun, so proper protection is required.

Fact: By 2050 it is estimated that deaths due to antibiotic resistance will be greater than deaths due to cancer and road traffic accidents combined!

Using antibiotics only when needed, at the right dose and duration can help reduce this major public health threat.



Candida is a yeast that can live on the skin and inside the human body. *Candida auris* is a less common yeast species which was first identified from the ear canal of a patient in Japan in 2009 (known to cause ear, wound and blood stream infections). There is particular concern because it is resistant to first-line antifungal treatment, Fluconazole, and has the potential to develop further resistance. Initially identified in the UK in 2013 it has since been the cause of an outbreak in a critical care unit in 2015 where a number of patients were either found to be colonised or developed an infection including candidaemia. Interestingly this organism can be misidentified by commercial testing therefore laboratories have been given guidance on when further investigation is required.

Furthering knowledge on this resistant pathogen continues, however it is known to be difficult to eradicate as it has a tendency to be persistent. Therefore be mindful of these resistant organisms and the need to adopt stringent infection prevention and control practices. Information on this micro-organism is available on <https://www.gov.uk/government/publications/candida-auris-emergence-in-england/candida-auris-within-the-united-kingdom-updated-guidance-published>

Hand hygiene, a very simple action, remains the primary means to reduce Healthcare-associated infections (HAIs) and the spread of antimicrobial resistant organisms. Global research indicates that improvements in hand hygiene activities could potentially **reduce HAI rates** by up to **50%**.



DON'T MISS OUT RE-MEMBER YOUR PATIENTS URINARY CATHETER PASSPORT!

Developed by the Continence and Infection Prevention and Control Nurses and the CCG. This patient held document was launched last year to support the provision of evidence based care. All the facts relating to dates of and reasons for, catheterisations can be in one document together with general information for patients regarding the care of an indwelling catheter. Worcestershire residents with a long term catheter should now have been issued with this resource.

IPC BE SMART



Be Smart linked to infection prevention and control, in January as part of new years resolutions the IPC Team sent out information on how to be infection prevention smart and the simple actions that could be taken by teams within inpatient areas and departments to enhance consistent provision of clean, safe care. A further list is also being devised for community teams. If you are interested in receiving a copy please contact the IPCNs on 01386 502552 and ensure that your new years resolutions have an infection prevention and control element and can be shared with your colleagues for a happy, healthy, infection free 2018.



Don't forget to visit www.worcestershirehealth.nhs.uk for all resources linked to infection prevention and control!