



DE~BUGGED

Infection Control Newsletter for Worcestershire Primary Care and Mental Health Partnership Trusts

FOR INFORMATION ON INFLUENZA PLEASE REFER TO PAGE 2

CARE QUALITY COMMISSION HEALTHCARE ASSOCIATED INFECTION REGISTRATION



NHS organisations that provide healthcare directly to patients must be registered with the Care Quality Commission. To be registered, they must meet the Government regulations to protect patients, workers and others from the identifiable risks of acquiring a healthcare-associated infection (HCAI). This regulation came into force on 1 April 2009, as part of the Health and Social Care Act 2008. Plans are in place to **inspect approximately half of all NHS Trusts that provide healthcare in 2009/10**. NHS Trusts providing healthcare directly to patients must, so far as is reasonably practicable, ensure that patients, workers and others are protected against the identifiable risks of acquiring a healthcare-associated infection. Compliance is monitored against the 9 criteria control of HCAI and you can access these through www.cqc.org.uk. Take some time to think about practices and procedures within your area, would everyone who is working in a healthcare setting know the following points as a minimum:

- ☞ the infections that present in clinical areas/service users and how they are managed
- ☞ when not come to work (possible viral gastro-enteritis in previous 48 hours)
- ☞ how to deal with spillages of blood/body fluids
- ☞ Cleaning schedules in place for the environment and equipment
- ☞ how to contact Infection Control
- ☞ where to access policies, procedures and leaflets
- ☞ how to manage an inoculation injury



Consider if there are any actions that you can take to ensure that all healthcare staff are aware of the above and know where and how to access infection control advice if it is required.



FIVE MOMENTS OF HAND HYGIENE

Launched on the 5 May 2009, the World Health Organisation SAVE LIVES: Clean Your Hands initiative aims to support health-care workers to improve hand hygiene and stop the spread of infection.

It relates to the 5 moments for Hand Hygiene approach which define key moments when health-care workers should perform hand hygiene. This evidence based approach is designed to be easy, logical and applicable in a wide range of settings. It recommends that health-care workers clean their hands 1.before touching a patient, 2.before clean/aseptic procedures, 3.after body fluid exposure/risk, 4.after touching a patient, and 5. after touching patient surroundings. For more info visit www.who.int

Your 5 moments for hand hygiene at the point of care*



INFECTION CONTROL TRAINING



Infection Control Education is provided throughout the year and can be accessed through a variety of study days or update sessions. For further information or a full list of the training planned for 2009/2010 please contact Gail Preece on 01905 681531. The annual infection control conference and product exhibition for healthcare assistants has been arranged for September 2009 at the Charles Hastings Education Centre and will cover management of infections, safe working practices and the latest recommendations on hand hygiene. **Be Green and Clean** and come to the day to hear more about your **5 moments of infection prevention and control**. For further information on days planned for therapy staff, mental health nursing staff and PCT based ward staff please contact Gail as above.

Worcestershire **NHS**

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



THE WORLD OF BIOTICS...

Probiotics Live micro-organisms (usually bacteria) which when administered in adequate amounts confer a health benefit to the host beyond that of it's nutritional value, most commonly identified as bifidobacteria and lactobacilli.
Prebiotics Food ingredients that encourages the growth of healthy bacteria.

Synbiotics A mix of probiotics and prebiotics. These are the most effective way of altering the bacterial make up of the bowel.



Materials for the fourth stage of the campaign are expected this autumn. The campaigns core message remains unchanged and is simply: clean your hands. If you wish to receive information or promotional materials and have not done so contact Gail Preece on 01905 68 1531.



USEFUL WEB LINKS

- www.hpa.org.uk - information on all infections
- www.nric.org.uk - literature and references relating to infection control
- www.infectioncontrol.nhs.uk - online training package
- www.worcestershirehealth.nhs.uk - local info including guidelines,

WHAT IS PANDEMIC FLU?



Pandemic Flu is a strain of influenza that spreads rapidly causing widespread epidemics around the world. Pandemic flu occurs when a new, highly infectious strain of the influenza virus appears. In contrast to the 'ordinary' or 'seasonal', flu outbreaks which we see every winter in the UK, flu pandemics occur infrequently- usually every few decades. There were three last century. The most serious was in 1918 although smaller pandemics happened in both 1957 and 1968. As Flu viruses are constantly changing and adapting it is likely that viruses sufficiently different from 'ordinary' flu strains will emerge from time to time and can cause pandemics.

It is estimated that a pandemic on average occurs once every 30 years and it is now 41 years since the last pandemic so some may say this is overdue. Remember that a pandemic can start when three conditions have been met:

1. a new influenza virus subtype emerges
2. it infects humans, causing serious illness
3. it spreads easily and in a sustained manner among humans.

PANDEMIC INFLUENZA DIAGNOSTIC CRITERIA



Clinicians are now encouraged to diagnose influenza A/H1N1 cases on the basis of symptoms. For an up to date definition always refer to the Health Protection Agency Website. The current clinical diagnostic criteria includes: Fever [pyrexia $\geq 38^{\circ}\text{C}$] or a history of fever AND influenza- like illness (TWO OR MORE of the following symptoms: cough; sore throat; rhinorrhoea; limb or joint pain; headache; vomiting or diarrhoea) OR severe and/or life-threatening illness suggestive of an infectious process. When considering whether symptoms present are indicative of influenza, further consider: In the last 7 days has the individual had an opportunity to acquire this... have they: been in close contact with someone known or suspected to have swine flu; lived in an area of the United Kingdom where there is sustained (continuing) person to person spread of swine flu OR visited a country considered at high risk of swine flu.

The appropriate use of Personal Protective Clothing will protect uniforms or workwear from contamination during the majority of healthcare activities. A risk assessment of the tasks undertaken as to whether actual or potential contact with blood/body fluids is anticipated, whether splashing is possible into the eyes/face and finally what the risk of infection is. Most staff will make this judgement with ease, but consider when protective clothing is donned is it done so in a manner that maximizes its effectiveness and minimizes the potential for cross contamination. Ideally, clothing should be donned in the following order: 1. **APRON** 2. **MASK** 3. **EYE/FACE PROTECTION (in aerosol-generating procedures)** 4. **GLOVES**. If a certain item of clothing is not required then this step should be omitted. Removal is equally important and should occur in the following order: 1. **GLOVES** 2. **APRON** 3. **EYE/FACE PROTECTION** 4. **MASK**.

It is imperative that following the removal of even one item of protective clothing that appropriate hand hygiene occurs.

HOW DOES INFLUENZA SPREAD?

As with other respiratory infections, they are spread when people who are infected cough or sneeze. The virus can therefore be passed from person to person by breathing in air containing the virus produced when an infected person contaminates the environment. Influenza can also be spread through hand/face contact after touching a person or surface contaminated with the virus. Contrary to belief, the virus can spread and be viable for about 15 minutes from a soft surface and up to 8 hours from a hard surface but most likely within a couple of hours—this is why cleaning schedules are so important.



PANDEMIC FLU NEED TO KNOWS?

If someone presents in your area with signs and symptoms of pandemic influenza would you know what actions you should take. If you require further information from an infection prevention and control perspective contact the Infection Control Nurses on 01386 502552. Key points to consider within your team include: need for medical input/review and possible swabbing if an inpatient is involved; hand hygiene opportunities and containment of respiratory secretions; appropriate use of protective clothing and knowing how to access supplies of this at short notice. The use of Personal Protective Equipment should be based on risk. Ensure that all staff within your area are aware of cleaning schedules which should already be in place and check that all environments and equipment are included and methods and frequencies known and adhered to. Finally, consider where you access advice and how it is disseminated amongst your colleagues. If you are interested in finding out more information look out for the pandemic flu infection control updates at Charles Hastings Education Centre.



MANAGING COUGHING & SNEEZING

When you cough or sneeze, that is when infection/germs can spread into the environment or onto surfaces - this is fast! Once they've hit a surface,

they can obviously be picked up by others. Promoting covering of the mouth and nose with a hand won't stop them but a tissue will. Catch the sneeze, then bin the tissue and cleanse hands as soon as possible to minimise the spread of infection. Remember...**Germs are out in a second, around for hours.** Catch it. Bin it. Kill it. How easy is it for people visiting your area to be compliant?... they should cleanse their hands after coughing, sneezing, using tissues, or contact with respiratory secretions and contaminated objects; keep their hands away from eyes, mouth and nose. Certain people may need assistance with containment of respiratory secretions; those who are immobile will need a receptacle (e.g. a plastic bag) readily at hand for immediate disposal of tissues and a supply of hand wipes and tissues.



PERSONAL PROTECTIVE CLOTHING...

