



# DE~BUGGED

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

## INFECTION PREVENTION & CONTROL TRAINING

Are you aware of the Infection Prevention and Control Workbook? For clinical staff employed within PCT provider services or the Mental Health Partnership these workbook, if completed and signed off by your manager, equates to an update in infection prevention and control and is an alternative way of completing your mandatory training or just updating. The workbooks, being paper based can be filled in when you have a spare couple of minutes and cover standard safe working practices relating to infection prevention and control. Workbooks are organisation specific and can be obtained by contacting Gail Preece on 01905 681531 or emailing [Gail.Preece@worcsmhp.nhs.uk](mailto:Gail.Preece@worcsmhp.nhs.uk).



Worcestershire   
Primary Care and Mental Health Partnership Trust

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

## USE OF ANTIBIOTICS...

Finishing the prescribed course of antibiotics is really important as even if someone is feeling better there may still be bacteria present in their body. By stopping the antibiotics before these are all killed means that they have the potential to rapidly multiply and cause the same symptoms again. When taking an antibiotic there is a race between the effects of the drug and your immune system on the bacteria and the ability of the bacteria to multiply. The longer bacteria survive the more likely they are to become resistant to the drug so if antibiotics are stopped before an individual's immune system has eliminated the bacteria, the remaining bacteria will multiply rapidly. This rapid multiplication can result in mistakes in their DNA which can lead to the development of antibiotic resistance.



## DARLING BUGS OF MAY..

The 2011 Infection Prevention and Control Conference and Product Exhibition is planned for the 19th May 2011 at the Charles Hastings Education Centre. As well as a number of companies exhibiting there will also be sessions on Winter Infections in Worcestershire (A Winters Tale..., Invasive Group A Streptococcal Infections, Assurance, Evidence and Learning from Root Cause Analysis undertaken in the last 12 months and for those who find Hepatitis complicated a session entitled The ABC of Hepatitis. Following lunch, the afternoon will comprise of break-out sessions looking at provision of clean, safe care and ensuring that whatever setting staff work in they can be compliant with the Health and Social Care Act and also be able to evidence this compliance. Interested? ... please contact 01386 502552 to hear more or book a place!

**DID YOU KNOW...** Compliance with Bare Below the Elbows requirements ensures that when you undertake one of the five moments of hand hygiene it will be more effective.



## BED TIME READING...

The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance. This Code of Practice came into force on 1 April 2011 for existing registered providers. primary dental care and independent sector ambulance providers, and will on 1 April 2012 for primary medical care providers. It sets out the criteria against which the Care Quality Commission will assess a registered provider's compliance with the requirements relating to cleanliness and infection control. It also provides guidance on how the provider can interpret and meet the registration requirement and comply with the law.



Do you need to understand more about the environmental cleaning schedules that should be in place within your clinical area, on the NPSA website [www.npsa.nhs.uk](http://www.npsa.nhs.uk) you will find cleaning guidance for healthcare settings... contact the infection control team on 01386 502552 if you require more info....



## WASTE—IT IS IN THE BAG!

The Royal College of Nursing has revealed that the NHS could potentially save up to £5.5 million a year if health organisations improve the way they dispose of waste. Using the RCN's *Frontline First* campaign, nursing staff contacted the RCN to raise concerns that some health care organisations were treating waste as infectious rather than offensive. The RCN submitted a Freedom of Information to investigate and the subsequent report confirmed this was the case. The RCN says that by incorrectly classifying waste as infectious, organisations were having to pay the high costs of incineration rather than lower-cost treatment at landfill where municipal and offensive waste are sent. Within Worcestershire GP practices, Primary Care Provider Services and the Mental Health Partnership Trust the full range of disposal routes is promoted. This promotes safety, cost effectiveness and also protects the environment. For more information on waste streams and what should go in the bag please contact the Infection Prevention and Control Nurses on 01386 502552. It is essential that staff are aware of which waste to dispose of in each stream and also ensure any waste that they consign is done accurately.

## WORLD TB DAY



World TB Day on 24th March commemorated the day in 1882 when Dr Robert Koch discovered the tubercle bacillus, the cause of tuberculosis. Over nine million new cases of TB, and nearly two million deaths from TB, are estimated to occur around the world every year. TB kills more people than any other curable infectious disease. TB usually causes disease in the lungs (pulmonary), but can also affect other parts of the body (extra-pulmonary). Only the pulmonary form of TB disease is infectious. Transmission occurs through coughing of infectious droplets, and usually requires prolonged close contact with an infectious case. TB is curable with a combination of specific antibiotics, but treatment must be continued for at least six months. Around 9,000 cases of TB are currently reported each year in the United Kingdom. The key to reducing levels of TB is early diagnosis and appropriate treatment. Efforts to improve early diagnosis and control the spread of this infection must remain a public health priority and be increased in areas where prevalence is high.



## PART II—YOUR BODY'S DEFENCE MECHANISMS

Your body's FIRST LINE OF DEFENCE against micro-organisms includes skin, mucous membranes in your nose and throat, tears, the tiny hairs in your nose, blinking, urinating and sweating. These protectors either block harmful microbes from entering your body, or wash them away. But if germs get beyond the FIRST LINE OF DEFENCE, your blood has a SECOND LINE OF DEFENCE known as the **immune system**. Did you know that if micro-organisms enter the bloodstream, they will be attacked by cells called **macrophages** (also known as white blood cells). These cells will gobble and dissolve any foreign microbes. Our bodies also produce **antibodies** that go after specific diseases. For example, if you have already had chicken pox, then your body's chicken pox antibodies will make sure that you don't catch that disease again. If your doctor gives you a **vaccine** for a particular disease, it helps your body create antibodies for that disease. Immunology is an extremely complex but fascinating area when considering the prevention of infection. Always promote the uptake of routine vaccinations, including seasonal flu, pneumococcal and childhood vaccines all of which assist in defending the body from infection



## HAND HYGIENE—THINK...

Every year many lives are lost because of infections. It is well known that health care workers can take steps to prevent the spread of infectious diseases and proper hand hygiene is the most effective way to prevent the spread of infections. No one should be worried about reminding friends, family and health care providers to wash their hands before providing direct care but in reality challenging is difficult. As a healthcare worker take time to think about whether someone is aware that you have cleaned your hands prior to treating them and also think about ways you can promote compliance in your setting. Are there opportunities where you could explain that you have just cleansed your hands prior to gloving or undertaking a procedure, consider how a patient or service user may think or feel if they don't realise you have undertaken this essential task prior to providing care. For information on ways you can check on and promote compliance in your area contact the Infection Control Team.



## DATES FOR YOUR DIARY



Throughout the year a number of study days for specific staff groups are provided and details are sent out to key individuals for onward dissemination. Dates to note:  
 5 May 2011 Waste Matters Update  
 19 May 2011 "Darling Bugs of May" Conference and Product Exhibition for Qualified Clinical Staff  
 27 September 2011 Infection Control Conference and Product Exhibition for Healthcare Assistants.  
 Please contact Gail on 01905 681531 for details of the above or to book a place.