

- If you are unwell, e.g. diarrhoea, heavy cold or flu, then please do not visit. If you are unsure, please contact the ward / health centre before visiting.

### Visitors

- Always inform beforehand the nurse / reception of who you are visiting in case there are standard precautions you need to consider.
- Make sure you use the alcohol hand gel or wash your hands **before and after** visiting a patient in hospital.
- Aprons and gloves are not required to be worn by you unless you are requested to do so for some direct care you are assisting with.
- No more than two visitors at any time around the bed. Any children visiting must be supervised at all times.
- Please do not sit on the bed.

**Whittington Health can only beat these infections by us all working together, thank you.**

### Any further questions

If you have any questions or require further information please contact a member of the Infection Prevention and Control Team on 0207 288 3261 or you can ask the ward manager to contact us.

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

[whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Infection Prevention & Control

## Reducing the risk of infection

### A patient's guide



## Helping local people live longer, healthier lives.

We want to make the Whittington Health as clean and safe as possible for everyone.

We want to make sure that we identify patients who come into hospital or a health centre with infections, give them the appropriate treatment, as well as prevent any other patient getting an infection while in our care.

### What are we doing?

- **To minimise the spread of infection,** we ask all of our staff to decontaminate their hands with alcohol hand gel or soap and water before and after touching a patient. Clinical hand wash basins are in every clinical area and there is alcohol hand gel by every patient's bed.
- We ensure all our health care settings are clean and tidy by using dedicated cleaners during the day from 7am to 9pm and asking our matrons to regularly inspect the wards & departments.
- We are screening patients for MRSA before they come in for routine operations and if they are admitted to hospital through the Emergency Department.

- We monitor and use appropriate antibiotics to prevent and treat infections that can occur following surgery or as a consequence of a medical condition.
- As soon as possible after recognising particular organisms such as MRSA or C.diff (separate leaflet available) we are nursing patients in a side room if they have an infection on their skin or from the bowel.
- *All staff* use Standard Precautions which are a simple set of measures used on *every patient, every time*. Done well, this reduces the risk of infection in any setting, in the bay or in isolation, even at home.
- We have a dress code for staff when they are caring for a patient that requires them to be bare below the elbow, no long sleeves and no jewellery except a plain banded ring.

### What can you do?

#### Patients

- You should wash your hair and take a bath or shower as usual at home before coming in for surgery.
- Limit the belongings you bring into hospital. Our cleaning team must be able to access surfaces to clean.

- Cluttered patient lockers, tables and the floor space around your bed will inhibit effective cleaning.
- Talk to the staff member looking after you; it is ok to ask if they have cleaned their hands before they touch you, and ask if the equipment has been cleaned between uses, such as the blood pressure machine.
- Always clean your hands after going to the toilet and before eating. You may be able to use the patient use hand wash basin or use a wipe provided on the food tray. Request one, if it is not there.
- Make sure you take the whole course of any antibiotic treatment. Stopping too early or changing the routine can and does lead to some resistances of antibiotics which if you require at a later date may be detrimental.
- If you have a urinary catheter, an intravenous device, a drain or wound, please let your nurse know if it becomes uncomfortable or painful. Please do not touch your catheter, intravenous device, drain or wound dressings.
- Tell the staff if the bath / showers or toilets have not been cleaned properly.