

INFECTION PREVENTION AND CONTROL

Infection prevention and control refers to policies and procedures that minimize risk of spreading infections.

Various procedures and measures are carried out to prevent spread of infections in the health facility.

Infection prevention in health facilities has two primary objectives;

1. To prevent transmission of pathogens when providing surgical care.
2. To minimize the risk of transmitting serious infections such as hepatitis B, AIDS, NOT ONLY TO clients / patients but to staff, including cleaning and housekeeping personnel

To provide high quality health care to patients and clients, there are recommended principles of infection prevention and control namely;

1. Hand washing
2. Appropriate protective wear
3. Proper sterilization
4. Proper waste disposal
5. safe waste management

Recommended infection prevention practices based on the above principles are as follows;

1. Consider every person, client/ staff infectious.
- 2 wash hands-this is the most practical procedure for preventing cross contamination [person-person]
3. Wear gloves before touching anything wet- broken skin, mucous membranes, blood or any other body fluids [secretions or excretions] or soiled instruments, other items
4. Use physical barriers [protective goggles, face masks and aprons] if splashed spills of any body fluids [secretions or excretions] are anticipated
- 5 use safe work practices such as not recapping or bending needles, safely sharp instruments and safely disposing off medical waste
- 6 isolate patients only if secretions [air bone] or excretions[urine or feces) are contaminated

Finally process instruments and other items [decontaminate, clean, high level disinfection or sterilize] using recommended infection prevention practices

Definition of hand washing

Hand washing is a systematic process of cleaning the hands and arms using soap and other recommended chemical solution, running water and friction

Aims

1. To remove dirt, organic material and any transient micro organism from hands and arms
2. To prevent transmission of micro-organisms from an individual to another body in view of protecting the patient and health workers.

requirements

1. running a
2. soap in clean soap dish
3. antiseptics such as 5 or% chlorhexidine or 70% ethyl alcohol
4. sterile towel to dry the hands

Procedure

1. remove all jewellery
2. adjust head wear to ensure that head is well covered and mask comfortable pre operative.
- 3'put on goggle and face shield [pre-operative]
4. hold hands above elbow line
5. wet hands and arms to a point 4-5cm above the elbow and add cleansing agent to form leather
6. once the procedure has commenced taps and soap or detergent dispersion is operated by elbow
7. wash hands using the following procedures and each step consisting of five strokes, backwards and forward as shown in the figure.
8. continue washing hands and wrists until one minute has elapsed. Repeat a second time for two minutes for pre- operative use

9.rinse hands and dry them thoroughly

10. rinse the hands from the hands to elbow using a single user towel or disposable paper

11.always keep the hands higher than elbow

12.drop the towel in waste disposable

13. drop the towel in disposable bin

Points to remember

Communal towels should be eliminated from clinical area

2.always keep nails clean and short without vanish.