

Effective Hand Washing



1. Palm to palm



2. Right palm over left dorsum and left palm over right dorsum



3. Palm to palm fingers interlaced



4. Backs of fingers to opposing palms with fingers interlocked

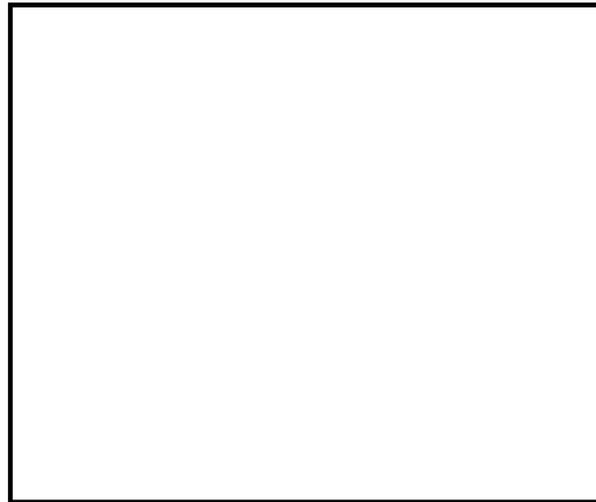


5. Rotational rubbing of right thumb clasped in left palm and vice versa



6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

If you have any questions you want to ask, you can use the box provided below to remind you.



This information leaflet is adapted from the information leaflet produced by the Health Protection Surveillance Centre HSE August 2008

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St. John's Hospital
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Infection Prevention and Control



Information Leaflet

For
**Patients,
Relatives
and Visitors**

Infection Prevention and Control

Hospital acquired infections cause a great deal of concern for patients. The risk of infection always increases where there is a large group of ill people together, such as in hospitals. Be assured that there is an Infection Prevention and Control Team in the Hospital who works closely with members of the Hospital Infection Prevention and Control Committee. Together, they strive to ensure that high standards and best practices are maintained in relation to the prevention and control of healthcare associated infections.

A member of our Patient Partnership Forum is also a member of our Infection Prevention and Control Committee.

Keeping your hands and body clean are important when you are in Hospital. Make sure you have your own toiletries. The liquid soap in the Hospital is highly suitable for hand and body washing.

Please wash your hands whilst in hospital as you would normally do:-

- Whenever you can see your hands are dirty.
- Before eating.
- After going to the toilet.
- If you are confined to bed or unable to access a sink, wet wipes are a good idea to have with you.

When coughing or sneezing turn your head away from others and use a tissue to cover your nose and mouth. Dispose of the tissue afterwards in a waste bin and remember to then clean your hands.

Hospital staff can protect you by washing their hands or by cleaning them with special alcohol hand gel. St. John's Hospital staff are trained in hand washing techniques and will not be offended if you ask them whether they have clean hands.

Do not interfere with or handle any device attached to you as part of your treatment, such as drips, tubes, catheters, drains, wound dressings as bacteria on your hands may cause infection.

Keep the top of your locker and bed table free from clutter. Too many things make it difficult for staff to clean the area.

If you visit the bathroom/toilet and are concerned that it does not look clean, report it to the nurse in charge.

Always wear suitable footwear when walking.

Make sure you have asked a relative or friend to do your laundry so that it does not accumulate at your bedside.

Children should not visit unless necessary. If it is a necessary visit, they must be supervised by an adult and must not interfere with Hospital equipment.

Visitors should observe the following:

- Do not come into hospital if you have been ill, for instance, diarrhoea and vomiting, coughs and colds. This puts all the patients at risk including the patient you are visiting
- Use the alcohol gel in the wall mounted dispensers on entering the hospital, before entering and on exiting hospital wards and on exiting the hospital.
- **Do not enter** a patient's room who is being nursed in isolation without checking with the nursing staff.
- When visiting a number of patients, including a patient in isolation, the patient in isolation should be the last patient visited rather than the first due to possible spread of infection.
- Make sure that you use the alcohol gel between patients.
- Additional restrictions will apply from time to time, e.g. during outbreaks of infectious diseases.

If you require further information regarding specific infections, do not hesitate to speak with a Nurse or Doctor looking after you. The Infection Prevention and Control Nurse is also available.

We would also welcome your views on how we can continue to improve our infection prevention and control service.