



Infection Control

Effective hand hygiene

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The trust is committed to reducing the risk of infection. Hand washing is the most effective way of preventing the spread of bacteria and viruses in the community and hospital environment.

Hands may look clean but they can still carry a lot of bacteria and viruses. If staff, visitors and patients all ensure their hands are clean, the risk of spreading and acquiring infection and time spent in hospital can be reduced.

When should we wash our hands?

Patients: Please clean your hands:

- after each time you use the toilet, commode or go to the bathroom.
- before eating.
- before and after if you touch your dressing, wound or urinary catheter.

Please remind staff to clean their hands if you think they have forgotten. They are trained in the importance of hand hygiene and will not mind being asked. If you feel uncomfortable asking the staff member, please speak to one of the team providing your care.

Visitors: Please clean your hands:

- when arriving on the ward you are visiting. There are dispensers with hand sanitisers at the entrance to all clinical areas.
- before touching food, for example helping a patient with their meal.
- after using the toilet or helping your relative use the toilet/commode.
- when leaving the ward that you are visiting.

Nurses and other healthcare professionals must carry out good effective hand hygiene because they have contact with many different parties.

Nurses and other healthcare professionals should clean their hands:

- before and after undertaking patient care.
- after direct (touching) patient contact.
- when moving from one patient to another.
- after helping patients to use the toilet, commode or bathroom.
- after using toilet facilities themselves.
- before serving food.
- before eating and taking breaks.

How should you clean your hands?

There are various ways to clean your hands and posters around the ward will help you:

Soap and water:

If there is access to a hand wash basin, use the soap and water provided.

Dry your hands thoroughly.

Soap and water must be used if there are symptoms of diarrhoea and vomiting on the ward or your hands are visibly dirty.

Hand sanitiser:

Hand sanitisers are provided for staff and visitors to use.

The sanitiser is applied to the hands, rubbed all over to ensure all areas of the hands are covered and then allowed to evaporate.

This is very effective against most bugs.

No water is needed.

The hand sanitiser can only be used if hands are visibly clean and free from dirt. If dirt is present, soap and water must be used to remove it.

Hand wipes for patients:

Hand wipes are available on the wards for patients to use. Remember to clean in between your fingers, thumbs, finger tips and backs of hands.

Home visiting

Our community nurses are committed to maintain the highest standards in infection control practice in order to protect patients.

Where it is necessary, appropriately identified patients will be provided with gloves and disposable plastic aprons for the visiting nurses to use.

Notes

Notes

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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