



Oxford Health
NHS Foundation Trust



Infection Prevention and Control

Being Nursed in a Side Room

Information for patients and visitors

Contents

Why do I need to be isolated?	3
What is isolation?	3
How is the infection spread?.....	4
Remember it's OK to ask!	4
Will I be able to have visitors?	5
Will I be able to leave the room?.....	5
Will my discharge be delayed?.....	6
What happens when I get home?	6
Accessibility	8
Get in touch.....	8
Feedback	8

Why do I need to be isolated?

Bacteria and viruses can cause a variety of human infections. These can sometimes cause problems in hospitals; therefore, special care is needed to reduce the risk of spreading infection to other patients and staff.

Some patients are also more at risk of infection because of their illness and need to be in isolation to help protect them from catching infections.

What is isolation?

Sometimes it is necessary to move patients to a single room, (which may have its own toilet or washing facilities) or to a dedicated bay in a ward (sometimes called a cohort bay).

This is often referred to as 'isolation'.

Being in isolation allows health care workers to reduce the risk of spreading any infection to you or other patients.

Staff may wear gloves, aprons and masks depending on the reason you are being isolated. The staff will explain this to you.

We understand this may be difficult for you, but the staff will do their best to make your stay in hospital as comfortable as possible.

They have all been trained how to clean their hands correctly, and what measures are necessary.

Please feel free to ask staff if you would like more information about any aspects of your care.

How is the infection spread?

The risk of spreading infection can be higher whilst you are in hospital. This is because of the frequent contact you will have with health care workers and hospital equipment.

Other patients may also act as a source of infection. Contaminated hands are the most common way that infection is spread.

To prevent this, you will see health care workers cleaning hand (washing hands with water and soap or using alcohol hand rub).

Remember it's OK to ask!

If you are concerned about hygiene, don't be afraid to ask the doctor or nurse treating you if they have cleaned their hands. Remember it's OK to ask!

Will I be able to have visitors?

Visitors must speak to the nurse looking after you before visiting. The nurse will advise on any extra care your visitors may need to take before entering your room.

Visitors should wash their hands with soap and water or use the alcohol hand rub:

- ✔ when arriving at the clinic area they are visiting. There are dispensers with alcohol hand rub at the entrance to all clinical areas.
- ✔ before helping a patient with their meal.
- ✔ after using the toilet or helping a patient use the toilet/commode.
- ✔ when leaving the clinical area that they are visiting.

Will I be able to leave the room?

This will depend on why you are in isolation. The infection prevention and control team will have advised the ward staff of any extra care that is required should you need to visit any other departments.

Being in isolation will not affect the care you receive.

Will my discharge be delayed?

Usually there will be no delay if you are returning to your own home. If you are well, it should not usually stop you going into a nursing or residential home.

If you need to be transferred to another hospital, you may experience a slight delay as the hospital may want to place you in a single room and this could take time to organise.

What happens when I get home?

When you go home you should live your life as normally as possible.

However, if any further care is necessary the staff will discuss this with you before you are discharged. After you have gone home you can contact your GP for further advice if needed.

Infection prevention and control is everyone's responsibility. Patients and visitors all have an important role to play in preventing the spread of healthcare associated infections.

Thank you for taking the time to read this leaflet. We hope that you have found it useful. If you would like more information, please ask the nurse caring for you or the clinical lead.

If you require further advice or information, please contact the hospital's Infection Prevention and Control Team or a member of the clinical area (ward/outpatient area).

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

Become a member of our foundation trust: www.ohftnhs.uk/membership

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: www.oxfordhealth.charity