

Infection Prevention and Control

Reducing the risk of infection whilst in hospital

How you can ‘Help us to help you’.

Reducing Healthcare Associated Infection is a priority for University Hospitals Coventry and Warwickshire (UHCW). Our aim is to have no avoidable infections.

This leaflet is to advise patients and their visitors on good practices that will help us to help you.

All the recent publicity about infections that are caught in hospitals and during healthcare activity has understandably caused a great deal of concern across the country.

The risk of acquiring an infection while you are receiving any form of healthcare or treatment remains very low. However, people who are being treated in UHCW NHS Trust can help to reduce that risk even further.

The following advice is provided to guide our in-patients and their visitors:

- Always wash your hands after using the toilet. Do not be afraid to ask the staff to help you to clean your hands if you can't do it yourself
- It is important to keep yourself as clean as possible. Take personal toiletries and a clean flannel and towel into hospital with you. It is best to use a pump-dispensed soap, as soggy soap can easily breed bacteria. Whatever you use, always remember to bring it back from the wash/bathroom, so that no one else uses it.
- If you are bed bound for a while, it is useful to have some moist hand wipes close by, so that you can clean your hands whenever you need to. This is especially important after using the commode or before meals.
- Gentlemen should bring in their own shaving equipment.



Patient Information

- Staff can help keep you free from infection by washing their hands or by using the alcohol hand rub. If a member of staff needs to undertake a procedure or close care with you, do not be afraid to ask them if they have cleaned their hands.
- Encourage your visitors to wash their hands before and after visiting. Alternatively they can also use the alcohol hand rubs. These are sited at the entrance to the wards and in bays and corridors across the hospital. If you or your visitors notice one is empty please alert a member of staff so we can refill it.
- Try to keep the top of your locker and bed-table reasonably free from clutter. Too much clutter makes cleaning of these areas difficult.
- The area around your bed will be cleaned regularly. If you or your visitors see something that has been missed during routine cleaning, please make the nursing or domestic staff aware, and it will be dealt with as soon as possible.
- If you visit the toilet or bathroom, and find that it is not clean, do not use it, but report it to a member of staff immediately and use an alternative.
- Always wear something on your feet around the ward or hospital. Outdoor shoes are best as it will be safer when walking.
- Ask your visitors to stay away if they are feeling unwell.
- Keep visiting to the visiting times whenever possible. This gives the nursing and domestic staff time to clean properly and ensures privacy and dignity for other patients.
- Ask your visitors to refrain from sitting on beds.
- It is better that very young children do not visit, but if they do, please do not let them crawl on the floor or the beds. Always ask the nurse in charge before bringing children onto the ward.
- Use tissues to blow your nose or to cough into. Use them only once, and then dispose of them into the waste bag or bin.



Patient Information

Our Infection Prevention and Control Team

Our team of health care professionals consist of microbiologists, virologists and specialist nurses. Their role is to assist our staff in the prevention and management of all infections across the Trust. Each of the specialist nurses in the team has a specific clinical area to support and visits regularly.

The Infection Prevention and Control Nurses are available, Monday to Friday between 9.00am to 5.00pm to speak to patients or their family and can be contacted on 024 7696 4791.

Other leaflets produced by the Infection Prevention and Control Team include:

- Isolation and barrier nursing
- What are we doing to reduce infection
- ESBL
- Clostridium Difficile

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 4791 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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