

Infection Prevention and Control

Clean Hands are Caring Hands. Have You Washed Your Hands?

Good hand hygiene for patients and visitors

Everyone can play a part in stopping the spread of infection with one simple action, cleaning your hands. Research shows cleaning hands is the most effective way to stop the spread of infections in hospital or in the general environment.

How to help prevent infections

Patients please

- Always clean your hands after using bathroom or toilet facilities. If you are not near a wash basin, please ask staff for assistance.
- Always wash your hands after coughing and sneezing.
- Always clean your hands before handling, preparing and eating food.
- Always wash your hands with soap and water if visibly dirty.
- Every bed space should have a gel dispenser. If the dispenser is missing or empty please inform your nurse so that it can be replaced.
- Ask your visitors to wash or gel their hands.
- Remind doctors or nurses to wash/gel hands prior to touching you.

Visitors please

- Protect your relative or friend by washing your hands or using the alcohol gel dispensers when you come into the ward and prior to touching the person you visit.
- Always wash your hands prior to leaving an isolation room.
- Always wash your hands after using bathroom or toilet facilities.
- Always wash your hands after coughing and sneezing.
- Always wash your hands before handling, preparing, serving or eating food.
- Always wash your hands with soap and water if visibly dirty.



Patient Information

Staff

All employees adhere to University Hospitals Coventry and Warwickshire NHS Trust's Hand Decontamination Policy and undertake mandatory training annually which includes a practical hand washing assessment.

The best way to keep hands clean

There are a number of ways to keep our hands clean and free from bacteria and viruses:

Washing with soap and warm running water

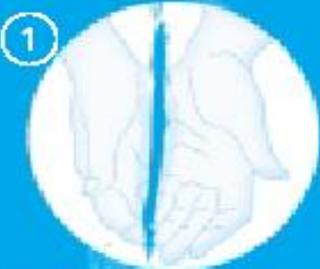
1. Wet hands and apply soap from dispenser.
2. Rub vigorously all parts of the hands and wrists (see step by step pictures on page 2).
3. Rinse and dry well.
4. You must use this method if visiting a patient in an isolation room, or if your hands are visibly dirty.

Using alcohol gel

1. Clean looking hands may still carry a lot of bacteria and viruses.
2. Alcohol gel is an alternative method for decontaminating hands if hands are visibly clean. Alcohol hand gels are not effective against some germs so if you are unsure of which method to clean your hands, please ask for advice from the nursing staff. Gel dispensers are located at the entrance to wards, departments and at every bed space.
3. Remember to ensure the gel covers all hand surfaces and rub in the alcohol gel until dry (see step by step pictures on page 2).

Handwashing Technique

Wash hands using the following 8 steps.
Each step consists of five strokes rubbing backwards and forwards

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1 Wet hands under running water. Take a measure of soap
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2 Work into hands, palm to palm
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3 Left hand over back of right and vice versa
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4 Rub palm to palm, fingers interlaced. Work into hands, palm to palm
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5 Back of left fingers to right palms, fingers interlocked and vice versa
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6 Rotational rubbing of left thumb clasped right hand and vice versa. Work into hands, palm to palm
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7 Rub right palm with clasped fingers of left and vice versa
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8 Left wrist with right hand and vice versa

Rinse hands under running water and dry thoroughly

Patient Information

For further information

If you would like to know more about healthcare associated infections or have concerns, there are information leaflets available from the wards. If you would like more information about infection prevention and control in the hospital or have concerns, please talk to a member of ward staff, the Ward Manager or Modern Matron, who are supported by a central team of specially trained Infection Prevention and Control staff.

If you notice that stocks of soap, paper towels or alcohol hand gel are low, please tell a member of staff immediately. Alternatively, call the ISS Mediclean Helpline on 024 7696 5555. This is the organisation responsible for the Trust's cleaning.

Concerned a member of staff has not cleaned their hands? Please remind them.

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.

The Infection Prevention and Control Nurses are available, Monday to Friday between 9am and 5pm to speak to patients or their family and can be contacted on ext. 24791, or 024 7696 4791.

Infection Prevention and Control team

University Hospitals Coventry and Warwickshire NHS Trust
Clifford Bridge Road, Coventry CV2 2DX
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Other leaflets produced by the Infection Prevention and Control Team include:

- Isolation and barrier nursing
- What are we doing to reduce infection?
- ESBL
- M.R.S.A
- 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

Document History

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