

## Infection Prevention and Control

# Reducing the Risk of Infection Whilst in Hospital

### How you can help us to help you

**Reducing Health Care Associated Infections is a priority for University Hospitals Coventry and Warwickshire NHS Trust (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 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



## Patient Information

before meals.

- Gentlemen should bring in their own shaving equipment.
- 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, and 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 or have symptoms such as diarrhoea and or vomiting, nausea or a bad cold
- Keep visiting to the ward's individual 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 and then wash your hands

## **The Infection Prevention and Control Team**

This 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.

All clinical staff within UHCW NHS Trust will complete a mandatory online e-learning course annually. Best practice is underpinned by evidence based guidelines and compliance is assessed by audit programs.

If you have any concerns regarding infection risks or you require any advice relating to a specific infection and would like to speak to one of the infection prevention and control nurses do not hesitate to ask the ward staff to contact the Infection Prevention and Control Team and they will visit you.

**The Infection Prevention and Control Team** can be contacted on 024 7696 4791.

## Patient Information

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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