

Further Information

If you have any further questions, please ask your nurse or contact the Matron or Infection Control Team via the ward staff.

INFORMATION FOR PATIENTS

Reducing the Risk of Infection in Hospital

What YOU can do to help

University Hospitals of South Manchester

Information compiled by the
Infection Control Team
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The publicity about hospital acquired infection has caused a great deal of concern across the country; however, the risk of acquiring an infection whilst in hospital is low. This hospital is committed to preventing infection and as a patient, you can further help us to reduce the risk by following the advice we give in this leaflet, which you will find is also relevant to your visitors.

- Personal hygiene is very important when you are in hospital. It is necessary to bring in with you all your personal toiletries including soap, facecloth and towel. Gentlemen should bring their own razor for shaving.



- If you are confined to your bed, having a container of moist hand-wipes with you will ensure you always have the means of cleaning your hands especially before eating or drinking.

- **Always wash your hands thoroughly after using the toilet.** If you use a commode, ask for a bowl of water to wash your hands or use a moist hand wipe afterwards.



- Try to keep your bed area free from clutter. This will allow the cleaning staff to clean your locker and bed-table properly.
- If you visit the bathroom or toilet and it does not look clean report this immediately

to the nurse in charge of the ward and use an alternative in the meantime.

- Your bed area should be cleaned regularly. If you or your visitors notice something that has been missed during cleaning, report it immediately and request it be cleaned.
- Avoid touching your wounds, drips, catheters or other tubes. Clean your hands before and after if for any reason you need to touch them.
- If you have an intravenous cannula (line or drip) placed in your vein which will be checked every day by a nurse. If you experience pain, swelling or redness around the site or the area feels hot to touch, or you feel hot/cold/shivery, or if the dressing is wet, soiled or falls off inform the nurse immediately.

- Hospital staff can protect you by washing their hands or cleaning them with an alcohol hand rub.



- If a member of staff needs to examine you or perform a procedure do not be afraid to remind them to clean their hands if you are worried they may have forgotten. **It's OK to ask!**
- It is very important that your visitors wash their hands or use the alcohol hand rub before entering or leaving the ward. They should also be advised to cover up any

open wounds such as a cut finger with a suitable dressing.

- If your visitors have symptoms such as diarrhoea, vomiting, colds, flu or infections such as chickenpox they must not visit. Please discuss this with the nurse in charge of the ward.
- Swabs or samples may be taken routinely to look for bacteria, such as MRSA. This is not uncommon and will help to protect both yourself and others from the spread of infection. The nurse on the ward can tell you the results and the Infection Control Team are also on hand for advice, if required.
- If you have concerns about any elements of hygiene whilst in hospital, please speak to the nurse in charge.

The University Hospital of South Manchester NHS Foundation Trust is a partner in the National 'Cleanyourhands' campaign. This campaign is about getting better at hand hygiene.