

Infection Control

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N.B: We are aware that official practice is to use the terms "service users" or "people using this service" to describe those receiving care. We prefer the term "client" and use it throughout our training package.

Key:



worksheet



important



Infection Control

Learning outcomes.

- Understand legislation relating to infection control.
- Recognise how cross infection can occur.
- Identify policies and procedures covering all areas of infection control.
- Identify factors that increase the likelihood of infection.
- Understand how to prevent the spread of infection.

Fundamental standards.

The fundamental standards are the standards by which CQC will inspect social care. The standards are based on the regulations from the Health and Social Care Act and CQC have changed the focus for the purposes of inspection.

The fundamental standards are those standards that no care setting must fall below.

The standards are based on five areas as follows:

- | | |
|--------------------|---|
| Safe. | People are protected from abuse and avoidable harm. |
| Effective. | People's care, treatment and support show quality of life and promote good outcomes, and providers should show evidence to prove it. |
| Caring. | Care should be person centred involving dignity and respect, and compassion. |
| Responsive. | Following correct working procedures as agreed by your workplace and as set out in the client's care plan. |
| Well led. | Management leadership and governance should ensure all of the above happens. Staff training should be recognised and openness and fairness be apparent. |

Infection Control

The fundamental standards are as follows:

Person centred care. Ensuring that those receiving the care are at the centre of all decisions.

Dignity and respect. Providing the client with dignity and respect in all aspects of their care.

Need for consent. Asking the client's permission before carrying out tasks that affect them.

Safe care and treatment. Following correct working procedures as agreed by your workplace and the client's care plan.

Safeguarding service users from abuse. Following agreed working and safeguarding procedures and being aware of signs and symptoms.

Meeting nutritional needs. Being aware of dietary needs, working with the care plan, ensuring clients have the right equipment and conditions to eat.

Cleanliness, safety and suitability of premises and equipment. Carrying out required checks of premises and equipment, implementing cleaning rotas and carrying out safety checks.

Receiving and acting on complaints. Having a complaints policy and procedure in place that is accessible to all and act in accordance with the policy when dealing with complaints.

Good governance. Ensuring that all aspects of the workplace is overseen and policies and procedures are implemented and monitored regularly.

Staffing. Fit and proper persons employed.
Fit and proper person requirement for Directors is followed.

Duty of candour. Relevant information must be volunteered to all persons who have or may have been harmed by the provision of services, whether or not the information has been requested and whether or not a complaint or a report about that provision has been made.

Our Redcrier manuals will provide your staff with training to support attainment of the fundamental standards.



Unit One

The importance of infection control.

Infection is caused by bodily tissue being invaded by germs (pathogens) such as viruses and bacterium.

The most common infection in the UK is Norovirus also known as the winter vomiting bug.

Infections can cause discomfort, pain and death. They may be restricted to specific areas of the body or they may affect the whole person, some, like urine and chest infections may even affect the person's mental health making them seem confused and forgetful.

Clients in residential homes are already at a disadvantage because they are in contact, and sharing facilities, with several other people. Other factors that increase the likelihood of contracting infections and their potential severity include:

- Generally poor physical health.
- Hospitalisation.
- Lack of mobility.
- Incontinence.
- Pregnancy.
- Extreme youth or old age.
- Poor diet.
- Chemotherapy.

Managers and staff have a legal responsibility to ensure that the risk of infection in the workplace is reduced as far as is possible; whatever your role is you must understand how infections can be spread and take appropriate steps to prevent this.

Imagine you picked up an infection at work. Think about how this will affect the following:

You:

Your workplace:

Your family and friends:

Many infections are spread through contact, so there are things we can do to protect ourselves and others by controlling the risk of infection.

The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

This Act sets out the fundamental standards that all health and social care providers must meet to satisfy Care Quality Commission registration criteria. Infection control and cleanliness are a high priority and a code of practice for meeting the standards has been issued that gives guidance for providers in the care sector.

To meet appropriate standards for infection control your workplace should have the following in place:

- Adequate training for all staff.
- Policies and procedures for preventing infection, managing outbreaks, cleaning etc.
- Appropriate recording systems.



Infection Control

- Relevant risk assessments.
- An infection control lead – a senior member of staff to take responsibility for infection control in the workplace.
- Good communication with other services providing care to your clients.

The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR).

Your manager must be made aware of any contagious illnesses that clients or staff are suffering from so that they can ensure adequate control measures are put into place and that they are reported to Public Health England when necessary through the online system on the Health and Safety Executive website, under RIDDOR.

Reportable illnesses include outbreaks of sickness and diarrhoea and infectious diseases. Outbreak = 2 or more people, clients or staff, with vomiting and diarrhoea or the same infectious illness.

Control of Substances Hazardous to Health 2002 (COSHH).

Potentially infected bodily fluids are hazardous substances; as such employers must put in place policies for dealing with them in a way that protects everyone on the premises.

Health and Safety (Consultation with Employees) Regulations 1996.

Employers have a duty to inform staff of any risks that they may be exposed to through their work, they must provide adequate training and knowledge to reduce dangers, and this would include having up to date infection control procedures in place. Employers do not have to inform employees about a client's medical status unless it presents a particular hazard to the member of staff, this will be assessed on an individual basis according to the employee's level of contact with the client.

Remember that although you may feel that you are at less risk from infection than your clients no one is completely safe, if you do pick up an infection at work you may have to take time off to recover from it, you could pass it on to your family and friends and it may cause you pain and discomfort. Steps taken to prevent infection will benefit you as much as your colleagues and clients. Take responsibility for your own personal hygiene and help to ensure the hygiene of your clients and the cleanliness of the environment you work in.

Consideration should be given to clients' personal care, housekeeping, laundry and the disposal of soiled items such as bandages or incontinence pads. Employees must co-operate with employers and work in a way that reduces risks to themselves and others. Infection control measures will only be effective if all members of staff are aware of safe procedures. Whether you are a manager, supervisor, carer or domestic you will have an important part to play in preventing the spread of disease.



Infection Control

It is important that you are aware of the following factors to ensure good infection control:

There may be no visible signs and symptoms.

Infected individuals may look and even feel perfectly healthy. When dealing with bodily fluids assume that they may be infected and avoid direct contact. This does not, however, mean that you will always need to wear personal protective equipment such as gloves or aprons (unless it is stated in your work establishments policies and procedures) proper hand washing may be an adequate control.

You must also be aware that people may carry infection without being personally affected by it; we are all capable of spreading illness if we do not ensure our own personal hygiene.

Untreated infection may spread rapidly.

Unless immediate, and ongoing, action is taken to prevent the spread of infection several clients / staff members may be affected in a very short space of time. Make sure that you read your employer's policy for infection control and understand your role within it.

Some antibiotics may be less effective in immune compromised patients.

It may be that initial treatment does not work leading to more severe problems or even death. Care should be taken to protect the most vulnerable clients. Increased use of antibiotics has led to a rise in the number of antibiotic resistant illnesses such as MRSA.

Repeated infections may be caused by the same organism.

Effective treatment does not guarantee future immunity.

Super imposed infection is a frequent occurrence.

If a person already has an infection they become more vulnerable to others and the combined effects can be serious. In some situations it may be necessary to isolate the sufferer for their own protection.

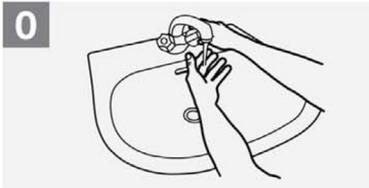
Infection Control

Describe your role in preventing the spread of disease in your working environment:

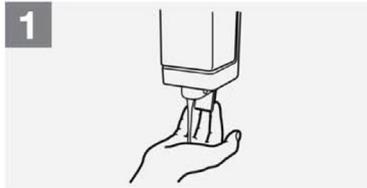
Sample

How to Handwash?

 Duration of the procedure - 40 to 60 seconds.



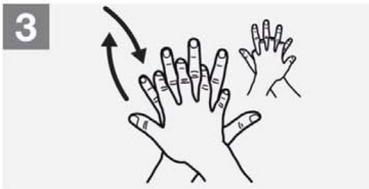
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



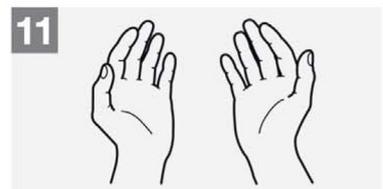
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off the tap.



11 Your hands are now safe.