



Infection Prevention and Control

Learning outcomes

Prevent the spread of infection

Standard 15 of the Care Certificate



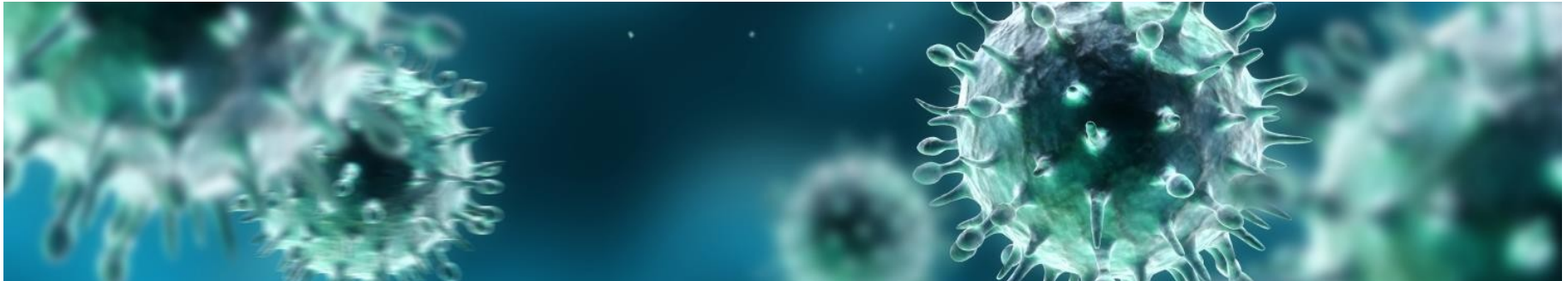
Introduction

- Infection and infectious diseases in humans are caused when harmful germs, known as pathogens enter the body and multiply
- These micro-organisms are so small they can only be seen by using a microscope.



Pathogens

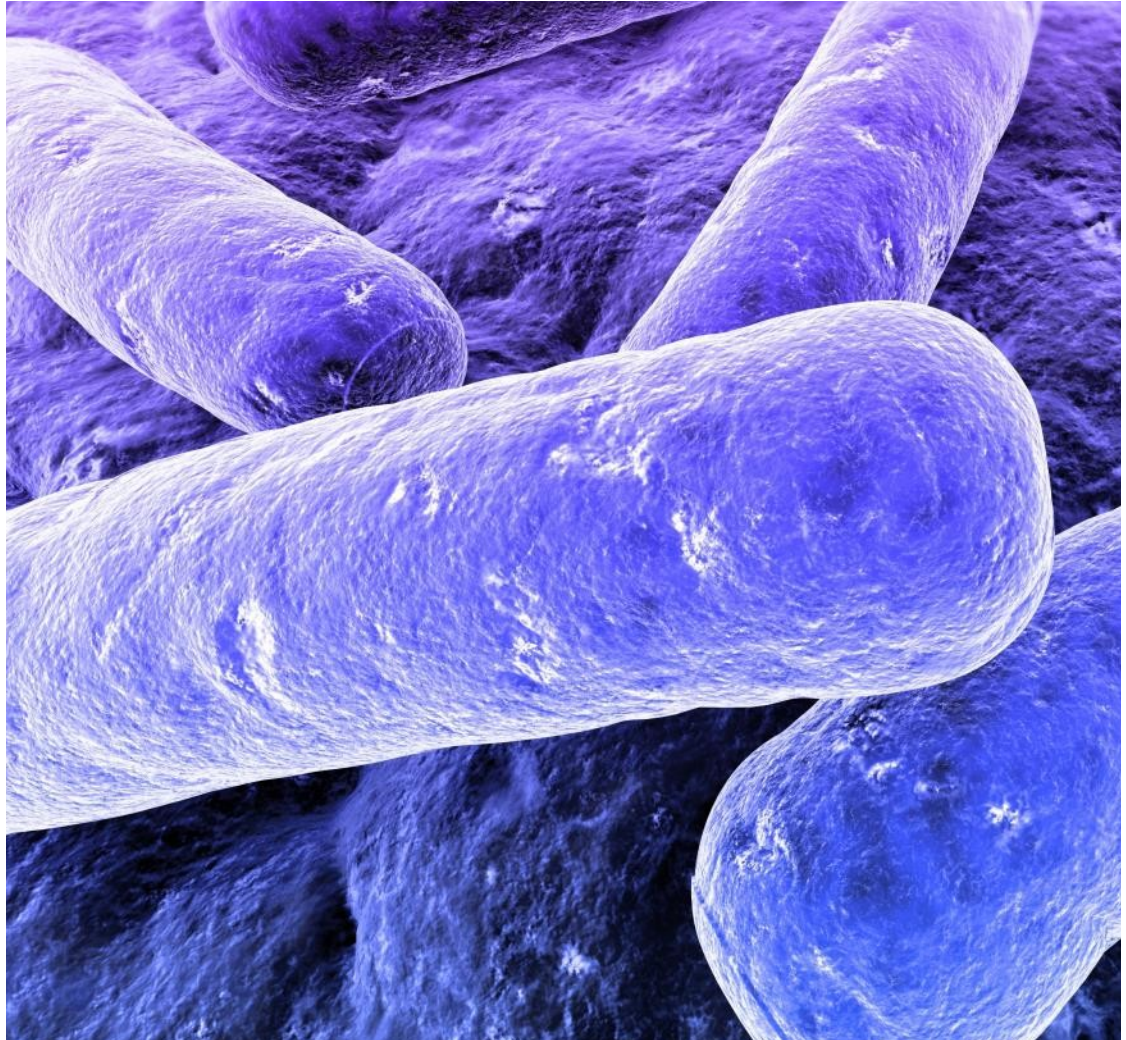
A pathogen is something that causes a disease.



Pathogens

Pathogenic organisms can be:

- **Bacteria**
- **Viruses**
- **Fungi**
- **Parasites**
- **Protozoa.**



Vulnerable people

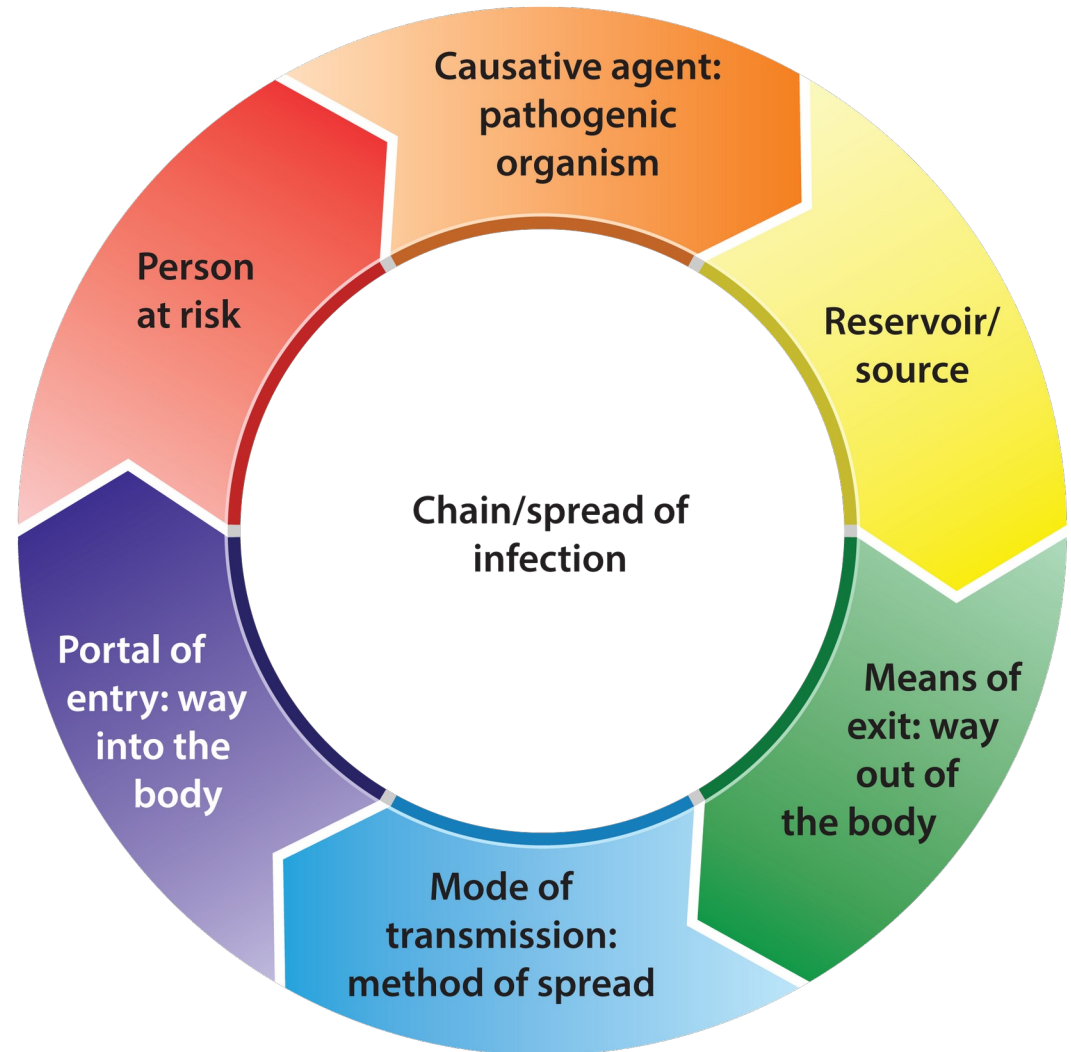


- **Some groups of people may be more vulnerable to infection, for example because of age or ill or general health**
- **If these groups become infected the symptoms may be serious and life-threatening. Micro-organisms that are resistant to antibiotics can make it difficult to treat the illness.**



Chain of infection

In order for the spread of infectious diseases to take place, the 'chain of infection' must be completed.



Breaking the chain



- Preventing infection means breaking the links in the chain so that an infection cannot spread
- Not everybody who carries harmful micro-organisms will show symptoms
- Examples of standard precautions taken in **EVERY** situation to reduce the risk of infection:

Good hand hygiene

Safe disposal of waste

Safe management of laundry

Correct use of Personal Protective Equipment (PPE).



Your health and hygiene

You have an important role to play in preventing the spread of infections

- **Vaccinations**
- **Illness**
- **Clothing**
- **Personal hygiene**
- **Skin health**
- **Good hand habits.**



Hand hygiene

Hand hygiene is an important part of preventing infection. Hands can be cleaned, or decontaminated by:

- **Washing with water and soap that removes dirt and germs from the hands but doesn't kill them**
- **Using alcohol hand rubs and gels which kill most bacteria.**



5 moments for hand hygiene

The World Health Organisation has identified ‘5 moments’ when health and social care workers should clean their hands. These moments are:

- 1) Before touching the individual you are supporting**
- 2) Immediately before carrying out a ‘clean’ procedure**
- 3) After exposure to body fluids and after removing gloves**
- 4) After touching the individual you are supporting**
- 5) After touching the area or objects surrounding the individual you are supporting.**

Effective hand washing

For hand washing to be effective every part of your hands are carefully washed, rinsed and dried. The steps below show you how to ensure that your hands are washed correctly:

- 1) Wet hands and wrists thoroughly using warm running water**
- 2) Apply liquid or foam soap**
- 3) Produce a good lather; rub palms together, interlock fingers, rub together again**
- 4) Rub palms ensuring fingertips and fingernails are cleaned**
Ensure that the backs of your hands are lathered and cleaned
- 5) Rub with fingers locked, maintaining a good lather. Ensure that wrists are cleaned**
- 6) Rinse hands thoroughly using running water.**

Personal Protective Equipment (PPE)



- **Your employer must provide you with the equipment you need to protect you from harm. That includes:**

Uniforms

Disposable aprons

Paper towels and soap

Hand cleansing gel or wipes

Gloves

Masks and respiratory masks

Goggles, eye protection and face shields.

Soiled linen

Linen can become contaminated with harmful micro-organisms and body fluids. Precautions for dealing with contaminated linen include:

- **Wearing PPE**
- **Washing contaminated linen separately**
- **Washing clothing in 40°C-50°C wash followed by tumble-drying or hot ironing**
- **Washing bedding and towels in a hot wash**
- **Sealing laundry in colour coded bags and moving to the washing area**
- **Washing infected linen immediately if you are supporting people in their own home.**

Knowledge check



Which of the following statements relating to hand hygiene is correct?

[Click to reveal answer](#)

A

Hand washing kills all bacteria

B

Hand drying is an important part of effective hand washing

C

Wearing gloves avoids the need to practise hand hygiene

D

Alcohol gel works in the same way as hand washing



Knowledge check



Which of the following is the correct sequence for effective hand washing?

[Click to reveal answer](#)

- A** Rinse – lather – rub –
apply soap – wash – dry
- B** Wet hands – apply soap –
lather – rub – rinse – dry
- C** Apply soap – rinse – rub –
wash – lather – dry
- D** Dry – lather – rinse –
apply soap – wash – rub



Knowledge check



If a worker has cold symptoms, an upset stomach or skin infections what should they do?

Click to reveal answer

A

Report their illness to the Health and Safety Executive (HSE)

B

Go to the A&E department of the nearest hospital

C

Go to work as normal

D

Speak to their manager before coming into work

