

STAFF HEALTH ISSUES

Hospitals are full of sick people. It is important that you look after yourself in order to prevent passing infections on to others.

Make sure you are up to date with your immunisations, and that your manager is aware of your vaccination status.

Vaccinations for healthcare workers include:

- Poliomyelitis, Diphtheria & Tetanus (per Aust. Childhood Vaccination Program)
- Measles, Mumps & Rubella (MMR)
- Hepatitis B
- Influenza (Annual Update)
- Pertussis (Whooping Cough)
- Varicella Zoster (Chicken Pox)

Please Take Note:

- Don't come to work if you are unwell with potential infectious conditions, eg, influenza / gastroenteritis
- If you have any potential infectious condition, please notify your manager and/ or the Infection Control Co-ordinator.
- Take care of your hands. Healthy intact skin is the best defence against many infections. A moisturising hand cream compatible with alcohol-based hand rub/ gel and gloves is available and should be applied regularly, such as before a break or going off duty.

Don't hesitate to contact either the Work Health and Safety Coordinator or the Infection Control Nurse at your site if you have any queries.

REFERENCES:

ACHA Intranet;

- ACHA 4.11 Dress Code, Uniform and Identification
- ACHA WHS-PRO-21-9 Immunisation for Vaccine Preventable Diseases—Staff
- ACHA 8.38 Aseptic Technique
- ACHA 8.10 Hand Hygiene
- ACHA Infection Control Policies & Procedures.
- Healthcare Infection Control Management Resources (HICMR).

Australian Commission for Safety and Quality in Healthcare 2010, '*Australian Guidelines for the Prevention and Control of Infection in Healthcare*', NHMRC.

Australian Government 2017 (10th Ed), '*The Australian Immunisation Handbook*', Department of Health & Ageing, NHMRC.

Hand Hygiene Australia website:
www.hha.org.au

SA Health 2010, '*Immunisation Guidelines for Health Care Workers In SA*', Government of South Australia.

Version control and change history

The information in this brochure was originally obtained from Griffith Rehabilitation Hospital, Hove, SA 2005.

Version	Date from	Date to	Amendment
5.0	Jan 2019	current	Revised + Resources



INFECTION CONTROL ORIENTATION



INTRODUCTION

The control of infection in the hospital is everyone's responsibility. In order to keep both staff and patients safe, certain basic infection control procedures must be used. All departments of the hospital play a vital part in the Infection Control Program of the hospital.

ACHA INFECTION PREVENTION AND CONTROL POLICIES & PROCEDURES

Refer to the Infection Control section on the intranet for ACHA policies, procedures and other resources including patient fact sheets. Healthcare Infection Control Management Resources (HICMR) infection control policies and procedures are used at ACHA.

Please take the time to find what information the HICMR manual contains as well as review the other information listed.

STANDARD & TRANSMISSION BASED PRECAUTIONS

Standard Precautions refer to strategies used for preventing transmission of healthcare associated infections (ACSQHC 2010). It may include the use of personal protective equipment, hand hygiene, safe use and disposal of sharps, routine environmental cleaning, reprocessing of reusable equipment and instruments, aseptic non-touch technique, waste management and appropriate handling of linen.

Staff are required to use safe work practices and to wear personal protective equipment (eg. gloves, gowns, masks, eye wear) if contact with blood or body fluids is anticipated.

Transmission-Based Precaution are applied in addition to standard precautions. They may be

used where patients are suspected or confirmed to be infected with an agent transmitted by the contact, droplet or airborne routes (ACSQHC, 2010).

Staff may be required to wear masks, gloves, eye wear and / or gowns. The patient may need to be nursed in a single room, with its own ensuite. Refer to the Infection Control Manual for further information for nursing patients on transmission based precautions.

Hand Hygiene

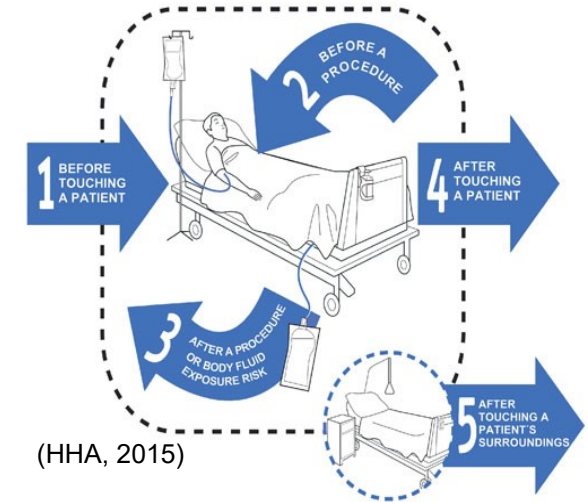
Hand hygiene is the most important aspect of reducing the risk of infection.– it applies to everyone including healthcare workers, patients and visitors. It includes:

- Hand washing with soap and water or using an alcohol-based hand rub / gel.
- Alcohol hand gel is recommended when hands are not visibly soiled.
- Hands should be washed for at least 15 seconds, making sure all areas of the hands are covered.
- All staff should have short, clean fingernails (free from artificial nails or nail polish)
- Hand and wrist jewellery must be kept to a minimum, i.e. Clinical and Non-clinical staff with patient contact - only single flat ring/ band and no bracelets or wrist watches. Non-clinical staff with no patient contact, should adhere to the ACHA Dress Code, Uniform and Identification policy.

Hand hygiene must be performed:

- Before and after every episode of patient contact (refer to the 5 Moments of Hand Hygiene.)
- Before starting/leaving work.
- Before putting on/taking off gloves
- Before preparing/handling food.
- Before and after meal breaks
- After going to the toilet

5 MOMENTS OF HAND HYGIENE



WASTE AND LINEN DISPOSAL

Waste: Waste is classified as either General or Clinical. Paper, flowers, kitchen waste, personal hygiene pads, babies nappies, dressings, and bandages should be discarded in General Waste.

Clinical Waste consists of “sharps” (ie needles, scalpels etc) and items heavily soiled with blood or body fluids. Containers containing blood or body fluids, laboratory specimens and human tissue should be disposed of as Medical Waste. Medical waste must be discarded in yellow, Australian Standard approved waste receptacles.

Linen: All linen is treated as if it is potentially infected. There is no need to segregate or specially mark linen that is from a known infectious patient. Care should be taken to handle linen with the minimum amount of shaking. If linen is extremely wet with blood or other body fluids an outer clear plastic bag may be used over the linen bag to prevent leakage.