

Patient information

Hand Hygiene Information for patients and visitors



WHY should we clean our hands?

At the West Suffolk Hospital Foundation Trust we are committed to reducing the risk of infection. Hand hygiene is one of the most effective ways of preventing the spread of infection because it removes or destroys the harmful bacteria and viruses (germs) that may be on our hands (even if they look clean) and prevents us from passing them on to others.

WHEN should we clean our hands?

Patients

You should always clean your hands after going to the lavatory, before meals or if your hands are visibly dirty. The nursing staff are there to give you help with this should you need it. Small hand wipes are available for you to use if you are unable to get to a wash hand basin.

Visitors

You should always clean your hands when you enter the ward and just before you leave. You should also clean your hands if you are helping your relative/friend with eating and/or drinking or helping them go to the toilet.

Staff

All staff at the West Suffolk Hospital have been trained in good hand hygiene practice. You can expect staff to clean their hands:

- Before they carry out any patient care
- After they have completed patient care
- Before serving food and drinks
- After contact with the patients surroundings
- After assisting patients to use the commode or toilet

- Between caring for one patient and another

HOW should we clean our hands?

In most cases the use of the alcohol hand rub will effectively clean your hands, however there are certain situations when it should not be used. In cases where there are symptoms of diarrhoea and vomiting or there is an outbreak of Norovirus on the ward it should not be used as the alcohol hand rub is not effective against these type of germs, so hand washing with soap and water is advised.

Alcohol hand rub

Cup your hands to prevent spillage and apply enough alcohol hand rub to cover all areas of your hands. Rub into all areas of your hands until it has evaporated.(approximately 30 seconds)



Soap and water

Please use the ward wash hand basins to wash your hands. Wet your hands first then apply the soap. Wash all areas of your hands for 10-15 seconds then rinse and dry thoroughly. Many of our wash hand basins have sensor taps so you only need to move your hands in front of the sensor to turn the water on .Please ask the staff if you are unsure.



Further information

Please do not be afraid or embarrassed to ask a member of staff if they have cleaned their hands. They will not mind being reminded to do so.

If you have any concerns or require further information please speak to a member of the ward staff. Nursing staff can also contact the Infection Prevention Team if you require further information.

For further information please refer to the following website

<https://www.nhs.uk>

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>

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