



# DE~BUGGED

*Focusing on the provision of Clean, Safe Care...*

Infection Prevention & Control Newsletter for NHS Worcestershire & Worcestershire Health & Care NHS Trust



## OPPORTUNITIES TO RAISE AWARENESS INTERNATIONAL INFECTION PREVENTION AND CONTROL WEEK 19 - 26 OCTOBER 2015

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If you require further information about any item in this newsletter please contact the Infection Prevention & Control Nurses on 01386 502552

Infection Prevention and Control Week will have passed by the time you read this BUT as a team we are really keen to shout out and say a huge thank you for to all staff for taking actions to minimise the spread of infection—we are well aware of and grateful for, your ongoing commitment to this across Worcestershire. Infection Prevention and Control Week provides an opportunity for the world to focus on the various ways in which people can help stop the spread of infection and save lives by spreading information on how to minimise infection. As a team every week is an opportunity for us to raise awareness on infection prevention and control but to celebrate the week this year we decided to produce some postcard size guides on products that we have endeavoured to standardise on which help you promote and achieve clean, safe care. Postcards are linked to wipes, hand hygiene products and personal protective equipment such as aprons and gloves and can be obtained from the Infection Prevention and Control Nurses on 01386 502552.

The most important opportunity is linked to promoting good hand hygiene. Good, effective hand hygiene at the right time is absolutely essential in minimising infection and whilst we talk about the five moments of hand hygiene for healthcare staff there are also opportunities to promote hand hygiene much wider than this and include visitors to our settings, patients and the general public. The most common way infections are spread is by people's hands. Effective hand washing with soap and warm water is the single most important thing that anyone can do to help reduce the spread of infections and help protect themselves. It is really important that all children are made aware of the importance and benefits of washing their hands properly and for people who care for friends or relatives who are unable to look after themselves, using the correct hand washing techniques reduces the risk of passing on an infection to someone who could be more susceptible to infection because of their existing condition.

## WORLD ANTIBIOTIC AWARENESS WEEK 16-22 NOVEMBER 2015 ANTIBIOTICS: HANDLE WITH CARE

Note this week in your diary and take a minute to consider what the impact of no antibiotics would be and how you can encourage best practice amongst colleagues and patients to avoid the further emergence and spread of antibiotic resistance. Antibiotics: Handle with Care, reflects the overarching message that antibiotics are a precious resource and should be preserved. They should be used to treat bacterial infections and prescribed appropriately according to clinical need. The importance of ensuring that patients are aware that antibiotics must never be shared and that a full course of treatment needs to be completed are also key. Over the next month look out for:

-  The launch of updated Worcestershire Primary Care Prescribing Guidance
-  Opportunities to make your pledge as an antibiotic guardian
-  And ensure that antibiotics you prescribe meet the requirements of the five moments of best practice and consider:
  - Need** (for antibiotic)
  - Investigations** (cultures for prescribing if available)
  - Choice** (spectrum of antibiotic)
  - How Long** (is your prescription for)
  - Evaluate** (your patient and prescription)



Actions for your week... For a general perspective on this watch the short video clip on <http://www.nhs.uk/video/Pages/what-is-antibiotic-resistance.aspx> What is antibiotic resistance, and why should we care? and then make a pledge about how you'll make better use of antibiotics and help save this vital medicine by visiting [antibioticguardian.com](http://antibioticguardian.com). Get in touch and let us know how you get on.

## SPOTLIGHT ON

Louise Willmott is starting as our new administrator on the 2nd November, she already has experience of working within an infection control team and will be available on 01386 502597. As with previous post holders, Lou will be able to help with provision of posters, leaflets, information linked to infection prevention and control and making requests to the team for use of the glow and tell hand wash box or visits either for teaching and/or audits.

As a team we would also like to thank everyone for their patience as over the summer we have managed without anyone in post and can all say LOUISE we cannot wait for you to join us!

Please be alert in your workplace and check that all aspects of infection prevention and control are in place ensuring consistent provision of clean, safe care and minimising infection 100% of the time.



## TOP TIP

The best way to prevent influenza is to have your flu jab.

Keep yourself and those you care about safe.





# SINK, TAP AND WATER HYGIENE

Take a minute to look at use of sinks within your department and ensure that colleagues are aware of the need to use the clinical hand wash sink for hand washing only - do not dispose of urine specimens, body fluids, cleaning agents or wash bowl water at this outlet and do not use it to clean equipment or the environment – use appropriate sinks in sluice or dirty utility area.

Other points of good practice relate to:

- Always cleaning the taps before the rest of the sink so you do not transfer contamination from sink to taps.
- Ensuring that liquid soap is available and paper hand towels are adjacent to the sink in a clean dispenser.
- Having a foot operated household waste bin for disposal of used paper hand towels adjacent to the sink.

Finally, if you identify any sinks that you think are used infrequently or no longer required please contact the Facilities Help Desk to discuss either flushing regimes or removal of the sink.

## VIRAL GASTRO-ENTERITIS



Clusters of cases of viral gastro-enteritis will now start to be identified in community and healthcare settings. Please keep your area safe and discourage visitors who are or have been either unwell with diarrhoea and/or vomiting in the last 48 hours or have been caring for someone in the last 48 hours who has been symptomatic. It is imperative that staff are aware of the need to remain vigilant when accepting admissions/transfers to ensure that they have asked questions relating to prevalence of symptoms within a ward/area and in the individual being transferred. Please ask these questions for all transfers/admissions, do not rely on others to provide information. Prompt diagnosis or identification of viral gastro-enteritis is essential and will minimise spread so if in doubt treat diarrhoea as infectious. Do not come to work if you are unwell yourself with signs and symptoms of viral gastro-enteritis and do not return to work until you have been free of symptoms for 48 hours. If you require infection prevention and control advice or are unsure of actions to take please contact us on 01386 502552.



**VISIT**  
[www.worcestershirehealth.nhs.uk](http://www.worcestershirehealth.nhs.uk)  
 click on Infection Prevention and Control for latest information

## LATEST RESEARCH FACTS

**FACT 1..**A banana a day may not keep the doctor away, but a substance originally found in bananas and carefully edited by scientists could someday fight off a wide range of viruses, new research suggests. And the process used to create the virus-fighting form may help scientists develop even more drugs, by harnessing the “sugar code” that our cells use to communicate. That code gets hijacked by viruses and other invaders. The new research focuses on a protein called banana lectin, that “reads” the sugars on the outside of both viruses and cells. Work is ongoing to explore and minimise side effects as the protein can potentially stop viruses entering cells.

**FACT TWO...** People often think of bacteria as solitary creatures but scientists have shown they are actually quite sophisticated in their interactions and communicate with one another through electrical signalling mechanisms like neurons in the human brain. In a study recently published scientists detail how biofilms are able to resolve conflicts within their community of bacterial cells. When a biofilm composed of hundreds of thousands of *Bacillus subtilis* bacterial cells grows to a certain size, the researchers discovered, the protective outer edge of cells, with unrestricted access to nutrients, periodically stopped growing to allow nutrients to flow to the sheltered centre of the biofilm ensuring the protected bacteria in the centre were kept alive and could survive. In summary, the community of bacteria within biofilms appears to function much like a 'microbial brain'.



How fascinating is that!



## MERS-CoV SUSPECT WHEN INDICATED

coronavirus (MERS-CoV) is a viral respiratory disease. It is a new strain of coronavirus and symptoms include fever and cough that progress to a severe pneumonia causing shortness of breath and breathing difficulties. In some cases, diarrhoea may be the first symptom to present. Currently there is insufficient information to make standard treatment recommendations and patients have to be assessed on a case by case basis; there is also no vaccine available for this viral infection. An algorithm detailing investigation and public health management of possible cases of severe acute respiratory illness associated with MERS-CoV can be accessed on [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/433668/MERSCoV\\_PossibleCasesAlg\\_v25.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/433668/MERSCoV_PossibleCasesAlg_v25.pdf)

Middle East respiratory syndrome

I say, I say, I say...What did the mould say when he had his picture taken?

## INFLUENZA—BE PREPARED

Influenza occurs most often in winter and usually peaks between December and March in the UK. The influenza virus was first identified in 1933. There are two main types that cause infection: influenza A and influenza B. Influenza A usually causes a more severe illness than influenza B. One reason why the flu vaccine is given annually is because the influenza virus is unstable and new strains and variants are constantly emerging. For most people influenza infection is just a nasty experience, but for some it can lead to more serious illnesses, there is no way of knowing who will be affected or suffer from complications; the most common being bronchitis and secondary bacterial pneumonia. **Remember that you can carry and pass this infection on to others without having any symptoms yourself so get vaccinated. Protect yourself, your family and your patients and know the actions you need to take when caring with someone who has known or suspected flu.**

**ALWAYS follow the 5 NICHE moments to make a difference and prevent antibiotic resistance**

**CHEESE!!**

**NICHE YOUR 5 MOMENTS OF PRESCRIBING TO PREVENT ANTIBIOTIC RESISTANCE**

**1. NEED** **2. CHOICE** **3. HOW LONG** **4. EVALUATE** **5. INVESTIGATIONS**

AT ANY REVIEW CONSIDER ALL OF THE MORE COMMENTS TO LINK THE DOTS OF YOUR PRESCRIPTION CONTRIBUTING TO RESISTANCE

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EUROPEAN ANTIBIOTIC AWARENESS DAY