



DE~BUGGED

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

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

EUROPEAN ANTIBIOTIC AWARENESS DAY



A European Health Initiative 

European Antibiotic Awareness Day this year is on 18th November and aims to improve public and professional awareness of the need to use antibiotics responsibly to help control the increase in antibiotic resistance. The risks of antibiotic resistance is increased by the overuse of antibiotics and inappropriate prescribing of them. It must be noted that the number of

infections due to antibiotic-resistant bacteria is growing, but there is a lack of new antibiotics. Educating everyone on the responsible use of antibiotics is of the greatest importance to help maintain the effectiveness of antibiotics. If you want to do a display in your area there are a number of resources available on the Department of Health website.

USE PRIMARY CARE ANTIMICROBIAL PRESCRIBING GUIDANCE The use of primary care prescribing guidance, available electronically under infection control and policies and procedures on www.worcestershirehealth.nhs.uk is key to ensuring within our Trust and Health Economy that we minimise the impact of antibiotic associated diarrhoea, development of antibiotic resistance and ensure that prescribing is undertaken appropriately.

PROMOTION OF APPROPRIATE PRESCRIBING Following on from the Stay Smart campaign last year, within primary care the Royal College of General Practitioners will be launching the TARGET campaign. Which will provide resources and fact sheets for patients and health care professionals. It aims to promote information to: **Treat Antibiotics Responsibly**; by **Guidance, Education and Tools**.

REMEMBER Antibiotics are an important group of medicines which are used to treat infections caused by bacteria. Bacteria can adapt and find ways to survive the effects of an antibiotic and can become 'antibiotic resistant' so that the antibiotic no longer works. The more often we use an antibiotic, the more likely that bacteria will become resistant to it. Antibiotics do not work against infections, such as colds, caused by viruses and viral infections are much more common than bacterial infections. When antibiotics are required and prescribed, patients must always be made aware of the need to take the complete course.

REMEMBER SIGHT

Remember the concept of SIGHT when discussing management of inpatients or residents with diarrhoea. Initially published to promote care of patients with *Clostridium difficile* this mnemonic actually provides information on actions that should be considered as part of the individual's care to minimise risks of infection spreading.

- S** Suspect Infection if someone has diarrhoea
- I** Isolate the patient and obtain necessary advice whilst ascertaining possible causes for diarrhoea
- G** Gloves and Aprons must be use for all contacts with symptomatic patients and their environment
- H** Hand Washing with soap and water is promoted as the initial method for hand hygiene when caring for someone with diarrhoea (top up by using gel after thorough washing and drying)
- T** Test the stool. Collect a specimen and request testing for MC&S and C dif, virology may be requested during times of norovirus prevalence. Contact 01386 502552 to discuss any concerns. Ensure compliance at all times with the above and contribute to the reduction in *Clostridium difficile* and improved patient outcomes.



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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

Worcestershire Guidelines For Primary Care Antimicrobial Prescribing

Fourth Edition January 2011
Amended June 2012



Always consider if antibiotic treatment is necessary

A **mnemonic** (with a silent "m"), is a learning technique that aids information retention. The word *mnemonic* is derived from the ancient Greek word *mnēmonikos*, meaning "of memory" (definition accessed on Wikipedia).

SIGHT & TARGET are two mnemonics that may be of importance in your clinical practice.

VISIT www.worcestershirehealth.nhs.uk
click on Infection Prevention and Control and you will see where we are updating our website and can access a variety of new resources on line.

UNDERTAKING EFFECTIVE HAND HYGIENE IS THE SINGLE MOST IMPORTANT WAY TO PREVENT SPREAD OF INFECTION

HEALTHCARE STAFF SHOULD KNOW THEIR VACCINATION STATUS...

Please take action and ensure you are protected,...

MEASLES You may have seen reports in the news that the number of cases of measles in Worcestershire is on the rise, this is because there have been significantly more confirmed and probable cases since April 2012. Measles is highly infectious, a face to face exposure for 15 minutes or longer in the same room can lead to disease in a susceptible (non-immune) person. Whenever possible promotion of the MMR vaccination should be undertaken to parents of eligible unvaccinated children. In addition to this, in line with national guidelines' healthcare staff who have direct contact with patients should know their own immunity and ensure it is documented. Those without proven immunity either through confirmed diagnosis or 2 MMR immunisations should discuss vaccination with Occupational Health. This is to protect them from infection and also minimise the risk of them passing this infection on to others.

HOW CAN YOU MAKE IT EASIER TO DECONTAMINATE...



Knowing what to clean and when you need to clean it, makes compliance with standards for clean, safe care much easier. Ensure all staff in your area know who is responsible for cleaning each piece of equipment and consider how you can make this easier. Brackets are now available from the Infection Prevention and Control Team for PDI multi-surface detergent wipes which can be fitted on patient observation trolleys, alternatively if you think they are too bulky, the company has just produced smaller flat packs of these wipes which can be contained within the basket area. Remember that detergents are essential to the cleaning process. Remember to consider the size of the area you are cleaning, the number of wipes you require and how you use them to minimise the potential of further contamination occurring. If you require any information on devising cleaning schedules please contact the Infection Prevention and Control Team on 01386 502552.

DID YOU KNOW

Whooping cough, also known as pertussis, affects all ages. It is a highly infectious bacterial infection which spreads when a person with the infection coughs and particles are inhaled by another susceptible person. **In excess of 1,000 cases of whooping cough in England and Wales were reported to the Health Protection Agency (HPA) in August 2012, bringing the total number of cases so far for this year to over 4,500.** The total number of cases so far in 2012 is now more than four times higher than the annual total number of cases reported in 2011. The Department of Health has now announced that pregnant women will be offered the whooping cough vaccination to protect their newborn babies, who are not usually vaccinated until between two and four months. This will boost the short term immunity passed on by women to their babies while they are still in the womb (HPA September 2012). In addition to this, promotion to parents of the need to ensure their children are vaccinated against whooping cough to continue their protection through childhood remains important as well as ensuring that they are alert to signs and symptoms of this infection which include severe coughing fits accompanied by the characteristic "whoop" sound in young children but as a prolonged cough in older children or adults.

FLU 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.

? NOROVIRUS

Clusters of cases of viral gastro-enteritis are now being 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 or admissions and do not rely on others to provide the information. **Contact infection control on 01386 502552 for advice.**

IT'S WHAT THE PAPERS SAY.

..Love it or hate it, Marmite could stop the spread of MRSA... reports The Daily Telegraph. This was based on the results of a laboratory study which found that vitamin B3 can increase the 'germ-killing' activity of neutrophils. The claims that Marmite can treat infection is not founded as the concentrations of B3 used in the research is far higher than found in Marmite or B3 supplements. The majority of the research was carried out in mice, so the results may not necessarily be replicated in humans... at the current time there is no evidence that eating Marmite or other B3 sources could treat or prevent bacterial infections in humans.