

Preventing Infection Whilst you are in Hospital

Help us to help you
Information for Patients



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Infection can occur at any time, but you may be particularly vulnerable to infection if you are coming into hospital.

Here are a few things **you** can do to prevent infection in hospital:

- Do not hesitate to remind doctors, nurses and other health care staff to wash their hands, or use the alcohol hand rub before attending to you.
- Wash your own hands frequently and carefully, especially before eating, after going to the toilet and whenever they look or feel dirty. Encourage your visitors to do the same.
- If you are unable to wash your hands, please ask for some alcohol (disinfectant) hand gel or you may wish to bring some moist wipes into hospital with you.
- Remember **you** and your visitors can use the alcohol gel too. Just dispense a shot of the gel into the centre of one hand. Rub the gel all over both hands, and allow drying. No need for soap, water or paper towel.
- Have a bath or shower before any surgery; do not shave the operation area unless instructed to do so by the nursing staff.

- Do not touch or disturb wound dressings or be tempted to “have a peep” as this may introduce infection. Ask a nurse to replace any dressing that gets loose or wet.
- If you are on an orthopaedic ward (i.e. 26, 28, 29) please do not touch any ‘metalwork’ you have inserted/attached until the nursing staff advise you.
- If you have a catheter or drainage bag, let your nurse know if it is full, loose or becomes dislodged. The nurse should empty the bag and/or ensure that any dressing around the drain is kept clean and dry. Do not allow the bag to rest on the floor.
- Any intravenous device (usually a plastic needle in your hand or arm) should be removed if it has not been used for 24 hours. Tell staff **immediately** if you experience any pain, tenderness or redness at the site of entry.
- Please inform ward staff of any communal equipment i.e. bed pans, commodes, which you feel is not clean enough for your use.
- Please inform staff if you find any area of the ward dirty, so that Domestic Staff can be informed.

- Please ask your visitors (including children) not to come to see you if they have a rash, been unwell with sickness, diarrhoea, or another infection in the previous 2 days, or if they still feel unwell.

- Please inform nursing staff if you have Chickenpox **or** you have been in **contact** with someone else who has it.

If you have any questions regarding your risk of infection, please do not hesitate to ask your nurse to ask to speak to one of the Infection Control Nurses.

Thank you for your co-operation.

Teaching and Training

York Teaching Hospital NHS Foundation Trust is involved in the teaching or training of medical staff who may be in attendance at some patient consultations. However, there is an 'opt out' option for any patient who prefers to see a doctor without training medical staff in attendance.

Patient Advice and Liaison Service (PALS)

Patient Advice and Liaison Service (PALS) is located in the main entrance of the hospital. They can be contacted on telephone number 01904 726262, answer phone is available out of hours or via email pals@york.nhs.uk.

Trust Core Values

Meeting the needs of patients and carers is at the centre of everything we do. We hope that you found this leaflet useful and informative.

If you would like to comment on it, please contact the Infection Prevention Nurses, Infection Prevention Team, The York Hospital, Wigginton Road, York, YO31 8HE, or telephone 01904 725730.





If you require further information
please contact the Infection
Prevention Team, on telephone
number 01904 725860.

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