











IPC Bulletin for GP Practice staff

Issue No. 27 – June 2020

To support GP staff, here is some information on good infection prevention and control (IPC) practice.

Correct order for putting on and removing personal protective equipment (PPE)

Order for putting on PPE	Order for removing PPE
<div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Ensure you are 'Bare Below the Elbows' and hair is tied back. Clean your hands. Pull apron over your head and tie at back of your waist.</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Elasticated masks: Position loops behind ears. Tied masks: Position upper straps on the crown of your head, lower straps at the nape of your neck.</p> </div> </div> <p style="text-align: center;">For both masks: With both hands, mould the flexible band over the bridge of your nose.</p> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Holding the eye protection by the sides, place over your eyes.</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Put on gloves and extend to cover your wrists.</p> </div> </div>	<div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Grasp the outside of the glove with opposite gloved hand, peel off, holding the removed glove in the gloved hand. Slide the fingers of the ungloved hand under the remaining glove at the wrist and peel off. Discard. Clean hands.</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Break apron strap at the neck, allow the apron to fold down on itself. Break waste straps at your back and fold apron in on itself. Fold or roll into a bundle taking care not to touch the outside surface. Discard. Clean hands.</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Handle eye protection only by the headband or the sides. Discard disposable eye protection. Reusable eye protection must be decontaminated. See note below. Clean hands.</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Elasticated masks: Pull loops over ears. Tied masks: Untie or break bottom straps followed by top straps. Both masks: Holding only by the loops or straps, discard. Clean hands.</p> </div> </div>

Note: PPE should be removed in the above sequence to minimise the risk of cross/self-contamination.
 After use, reusable eye protection must be decontaminated appropriately, refer to your local decontamination guidance.

Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust
www.infectionpreventioncontrol.co.uk June 2020
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