

IPC Bulletin for GP Practices

Issue No. 35 – October 2021

Organised yearly by the Association for Professionals in Infection Control and Epidemiology (APIC), this years Infection Prevention Week theme is:



Here are 10 IPC measures to help you in Preventing Infection

1. Always practice good hand hygiene

Use the [‘Your 5 moments for hand hygiene’](#) and perform hand hygiene appropriately for every care intervention. All staff should be assessed at least annually on their hand hygiene technique.

2. Stay home if you are ill

Help prevent the spread of infections such as viral gastroenteritis by making sensible decisions about when you are not well enough to work.

3. Know if antibiotics are appropriate

Ensure antibiotics are prescribed appropriately, consider physical symptoms, test results and follow local guidelines. Educate your patients on antibiotic stewardship and encourage them to take prescribed antibiotics correctly.

4. Provide patients and visitors with advice

Infection prevention and control is everyone’s responsibility, including patients. Empower patients and visitors to reduce the risk of acquiring or spreading an infection by displaying infection prevention advice posters and information e.g. ‘Hand washing guide’ poster at hand wash basins and [‘Respiratory and cough hygiene Poster’](#) in public areas.

5. Use personal protective equipment (PPE)

PPE should be used when caring for patients with a confirmed or suspected infection or when there is a risk of exposure to blood and/or body fluids, cleaning equipment or the environment



6. Keep your vaccinations up-to-date?

Practice staff and patients should be up-to-date with their routine vaccinations, COVID-19 and flu vaccinations. Having an annual flu jab helps protect staff, patients and families from influenza. **Have you had your COVID-19 booster or flu jab yet?**

7. Using aseptic technique

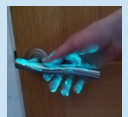
Only staff trained and assessed in aseptic technique should undertake the procedure. Aseptic technique competency should be performed annually.

8. Use natural and artificial ventilation

All enclosed workplaces must be ventilated by natural or artificial means as set out in the [Workplace \(Health, Safety and Welfare\) Regulation](#). Considering improving ventilation by opening windows if mechanical ventilation is not available.

9. Keep the environment and care equipment clean

An unclean environment or piece of care equipment provides the perfect breeding ground for microorganisms, e.g. bacteria and viruses. Reusable care equipment should be cleaned between each patient use. An environment or reusable care equipment that is not decontaminated properly can spread infection to patients, staff and visitors. Ensuring the environment is free from clutter and damage, will allow for effective cleaning.



10. Know who your Infection Control Lead is

It is a requirement under *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance* that every Practice has an Infection Control Lead who can promote and monitor infection control practices.

What’s new:

National Standard of Healthcare Cleanliness 2021

www.england.nhs.uk/estates/national-standards-of-healthcare-cleanliness-2021/

Visit our website to find lots of IPC resources, many of which are free to download. www.infectionpreventioncontrol.co.uk

Call us on 01423 557340, or find us on:

