For further information

MRSA (Methicillin Resistant Staphylococcus Aureus) is often mentioned as a ‘hospital acquired infection’. If you would like to know more about MRSA or have concerns, there are information leaflets available from the wards.

If you would like more information about infection control in the hospital or have concerns, please talk to a member of ward staff, the Ward Manager or Modern Matron, who are supported by a central team of specially trained staff.

If you notice that stocks of soap, paper towels or alcohol hand gel are low, please tell a member of staff immediately. Alternatively, call the ISS Helpline on 020 8237 2424. ISS is the organisation responsible for the Trust’s cleaning.

1. palm to palm
2. backs of hands
3. spaces between fingers
4. fingertips
5. thumbs and wrists
6. nails

*With thanks to the Nursing Standard magazine.
Research shows that currently one in 10 patients* picks up an infection during their hospital stay. One of the reasons for this is poor hand hygiene.

Everyone can play a part in stopping the spread of infection with one simple action. Keeping your hands clean.

**Staff**

Always decontaminate your hands:
- Between every patient contact
- Before contact with intravenous lines, catheters, wounds and drains
- Before handling food or medication
- After helping patients use toilet or bathroom facilities
- After using gloves.

**How to help**

**Patients please**
- Always clean your hands after using bathroom or toilet facilities and before eating. If you are not near a wash basin, please ask staff for help
- Ask your visitors to wash their hands.

**Visitors**
- Protect your relative or friend by washing your hands when you come into the ward
- Always wash your hands after using bathroom or toilet facilities and before touching food.

**The best way to keep hands clean**

There are a number of ways to keep our hands clean and free from bacteria and viruses.

**Washing with soap and warm running water**
Remove jewellery. Wet hands and apply soap from the dispenser. Rub vigorously all parts of the hand and wrist (see step by step pictures overleaf). Rinse and dry well.

**Using alcohol gel**
Alcohol is very effective at killing most bugs. Clean looking hands may still carry a lot of bacteria and viruses. We recommend that you use the alcohol gel when entering and exiting the wards and after contact with patients. Remember to remove jewellery and rub in the alcohol gel until dry.

Concerned a member of staff has not cleaned their hands?
*It is ok to remind them.*

*Emmerson AM et al. 1996 (JHI, 32:175-190)*