



HANDS UP FOR HANDS-ON!

Infection Prevention & Control Newsletter

The purpose of bringing this quarterly newsletter to you is to provide you with information and updates on contemporary infection prevention and control issues that may be relevant to your workplace. We hope you find the information informative and useful.



Volume 1, Issue 1
July 2009

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Introducing the Team...

Hands-On Infection Control aims to provide health care providers, other human service organisations and their clients with a service that offers quality and value, and meets the infection prevention and control needs as defined by the customer.

Megan Reilly is the Director of Hands-On Infection Control, the company she commenced in 1998. Megan is a registered nurse and has over 20 years experience in infection prevention and control. Megan obtained her Certificate IV in Assessment & Workplace Training in 2001 and a Masters in Health Science (Infection Control) with Honors from Griffith University in 2002. Most recently became a Credentialed

Infection Control Professional (CICP). Megan provides educational and professional development support to clients and is actively involved with various infection prevention and control peak bodies.

Alison Thrum is an Infection Prevention and Control Consultant. Alison trained as a registered nurse in the UK and has completed a Graduate Certificate (Infection Control) and a Post Graduate Diploma (Midwifery) here in Australia. Alison has worked in Infection Prevention and Control for 12 years. Alison provides educational and professional support to our clients.

Michael Bowran is our Staff



Infection Prevention & Control — The Responsibility Is In Our Hands

Health Coordinator. Michael trained as a registered nurse and has a Graduate Diploma in Health Services Management and an Immunisation Certificate. Michael coordinates the Employee Immunisation Program and provides additional education and risk-assessment support to our clients.



*“Use Tissues
not
Handkerchiefs!”*

Fighting that Flu Bug!

Influenza is a viral infection that affects mainly the nose, throat, bronchi and occasionally, the lungs. Infection usually lasts for about a week and is characterized by sudden onset of high fever (>39°C), aching muscles, headache and severe lethargy, non-productive cough, sore throat and rhinitis (runny nose).

The virus is easily transmitted from person to person via droplets and small particles of respiratory secretions when people cough or sneeze. Influenza can spread rapidly in seasonal epidemics.

Most infected people recover within one to two weeks without requiring medical treatment. However, in the

very young, the elderly and those with other serious medical conditions, infection can lead to severe complications like bronchitis, pneumonia and even death.

Vaccination is the principle measure for preventing influenza and reducing the impact of epidemics.





“Stay at home when you are sick!”

Preventing Influenza

Vaccination is the principal measure for preventing influenza and reducing the impact of epidemics. Various types of influenza vaccines have been available and used for more than 60 years. They are safe and effective in preventing both mild and severe outcomes of influenza.

It is recommended that elderly persons, and persons of any age who are considered at “high risk” for influenza-related complications due to underlying health conditions, such as asthma and other chronic lung diseases, should

be vaccinated. Doctors strongly recommend vaccination every year for adults and children with severe asthma. It is also recommended that healthcare personnel and people working in open plan offices should be vaccinated.

The influenza vaccine takes about 7-10 days to provide its greatest protection. It is important for people considering influenza vaccination, to have their vaccination in the autumn, before the influenza season arrives. Visit your GP or arrange a clinic with your local Immunisa-

tion Service provider.

Are there any Side Effects?

It is widely believed that the influenza vaccine can cause influenza. However, as the vaccine is made up of inactive (dead) virus pieces, it cannot cause influenza. The most common side effect after the injection, is a sore arm!

We provide a safe & effective onsite adult immunisation program for your staff for the prevention of Influenza each Autumn. Please contact us for more details.

Colds & Flu... The Differences!

PRESENTATION

Clinical Spectrum
Speed of onset
Fever
Presentation

Exhaustion
Course of illness
Complications

COLD

Local – nose & throat
Gradual
Usually mild
Sneezing, nasal congestion, sore throat

Mild
Rapid recovery
Mild

FLU

Systemic
Abrupt
Usually high (>39°C)
Muscle pain, malaise, cough, sore throat, chills

Marked
Unwell for 1–2 weeks
Potentially severe

“Many people think of influenza as ‘the flu’ and use this term for common illnesses like head colds.”



“Our hands may look clean but many germs are invisible to our eyes”

Human Swine Influenza A (H1N1)

Swine Influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do occur. This swine influenza virus is infectious and spreads easily from human to human. The symptoms of swine flu in people are similar to the symptoms of regular seasonal influenza in humans and include lethargy, fever, lack of appetite & coughing.

Human swine flu is a mild illness in most people. You can protect yourself from respiratory illnesses like influenza by:

- ◆ Covering your cough & sneezes with a tissue, discard tissue in a waste bin
- ◆ Wash your hands with soap & water
- ◆ Avoid touching your mouth & nose

- ◆ Avoid close contact with sick people
- ◆ If you get sick with influenza, stay home to limit contact with others

All Australian states are currently in the new pandemic response phase: PROTECT. This phase focuses on individual protection measures including prompt & appropriate management of persons with ILI who are vulnerable to complications.

The 5 Moments for Hand Hygiene (www.hha.org.au)

Hand Hygiene Australia has recently introduced a new National HH Initiative to assist in improving hand hygiene compliance across the healthcare sector. This initiative introduces "The 5 Moments for Hand Hygiene". As healthcare workers, we can all play a major role in stopping the spread of infections to our clients, family & friends.

What are the 5 moments for Hand Hygiene?

Moment 1: *Before touching a client;*

Moment 2: *Before a procedure;*

Moment 3: *After a procedure or body fluid exposure;*

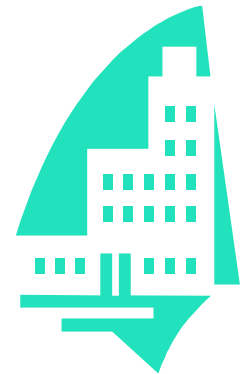
Moment 4: *After touching a client;*

Moment 5: *After touching a client's surroundings.*

Hand hygiene is the single most important factor in reducing healthcare associated infections (HAIs). We can unknowingly transmit germs on our hands to others and our environment. Remember, perform HH with an alcohol-based hand rub or soap & water.

Auditing HH Compliance

Are your staff performing HH at the right time? Our staff are credentialed HH Compliance Auditors. We can provide onsite HH audits based on criteria that are important to help maintain & sustain your HH program.



"Hand Hygiene prevents health-care associated infections."



How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS ONLY WHEN VISIBLY SOILED!

Duration of the entire procedure: 20-30 sec.

Apply a palmful of the product in a cupped hand and cover all surfaces.

Rub hands palm to palm

right palm over left dorsum with interlaced fingers and vice versa

palm to palm with fingers interlaced

backs of fingers to opposing palms with fingers interlocked

rotational rubbing of left thumb clasped in right palm and vice versa

rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

...once dry, your hands are safe.

How to handwash?

WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!

Duration of the entire procedure: 40-60 sec.

Wet hands with water

apply enough soap to cover all hand surfaces.

Rub hands palm to palm

right palm over left dorsum with interlaced fingers and vice versa

palm to palm with fingers interlaced

backs of fingers to opposing palms with fingers interlocked

rotational rubbing of left thumb clasped in right palm and vice versa

rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Rinse hands with water

dry thoroughly with a single use towel

use towel to turn off faucet

...and your hands are safe.



WHO also welcomes the HPAI Secretariat in Geneva (2012), in particular the members of the Infection Control Programme, for their active participation in developing this material.



October 2009, version 1.



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October 2009.



Our Education Program

Infection Prevention & Control -
The Responsibility Is In Our Hands

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Hands-On Infection Control offers a broad range of education training programs in infection prevention, control and related areas. Programs can be tailored to suit the specific needs of individual organisations, specialties, environments and staff/volunteer groups.

These programs can be incorporated into existing induction/orientation, inservice, professional development and targeted programs for all categories of clinical, support, ancillary and office-based staff.

Education can be provided on or off site for your organisation using accredited trainers & assessors.



Our educational courses have been endorsed by APEC No 070523701 as authorised by Royal College of Nursing, Australia

(RCNA) according to approved criteria.

Attendance attracts RCNA CNE points as part of RCNA's Life Long Learning Program (3LP).

Training Activities for 2009

- ◆ Infection Control On-Site Education and Training 2009—Schedule of Topics
- ◆ Infection Prevention Study Day (No.2) for Residential Care Staff July 2009 (Perth)
- ◆ Infection Prevention Study Day for Residential Care Staff August 2009 (Bunbury)
- ◆ Infection Prevention Study Day for Residential Care Staff September 2009 (Adelaide)
- ◆ Infection Prevention Study Day (No. 3) for Residential Care Staff Nov 2009 (Perth)

All education topics and Study Day information is available on our website.

To schedule your education and training



USEFUL WEBSITES

Influenza (including Human Swine Flu) Links:

Department of Health & Ageing Pandemic Influenza

<http://www.flupandemic.gov.au/>

Department of Health & Ageing Health Emergency

<http://www.healthemergency.gov.au/>

Government of Western Australia Department of Health

http://www.health.wa.gov.au/swine_flu/

Hand Hygiene Links:

Hand Hygiene Australia

www.hha.org.au link— <http://hha.org.au/ForHealthcareWorkers.aspx>

World Health Organization — Save Lives: Clean Your Hands

<http://www.who.int/gpsc/5may/en/>

Centres for Disease Control and Prevention

<http://www.cdc.gov/handhygiene/>

REMEMBER!



“Hand Hygiene protects the people we come into contact with, our families, the environment, our communities and US!”

“HANDS UP FOR HANDS-ON!”

This newsletter's purpose is to provide information only. Every effort has been taken to ensure it contains accurate and up-to-date information at the time of publication. While our advice and information is professionally sourced and provided in good faith and all care has been taken in preparation of this newsletter, we do not accept legal liability or responsibility relating to this newsletter and the information it contains.