

Patient Information on Preventing Infections



Concept
Fertility
Centre

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Concept Fertility Centre/Day Hospital has developed an Infection Control Program which complies with the Australian Infection Control Guidelines and National and State legislation, to ensure infections are prevented at the facility. The healthcare associated infection rate has been collected for many years and reported infections are negligible.

Clinical guidelines are about improving the care and treatment given by healthcare facilities and describe what procedures healthcare workers (such as doctors and nurses) should follow to minimise any risk of infection to their patients. These guidelines are evidence based and provide recommendations for the best way of treating or managing medical conditions or problems within healthcare facilities.

As part of your fertility treatment provided by Concept Fertility, you may be required to administer medications at home and the following outlines information on preventing infection in people receiving healthcare at home.

Infections are caused by germs such as bacteria, fungi or viruses entering the body. They can be minor and stay in one area, like a boil, or they can spread throughout the body, like flu. Often, infections are easily dealt with, but sometimes they can

cause serious problems. It is our aim to provide guidelines about preventing infections that are associated with healthcare – for example, ways of preventing germs being spread on the hands of a healthcare worker, carer or even your own hands. It is important that you contact Concept Fertility Centre/Day Hospital, if you are concerned that you may have an infection relating to your procedure.

Before leaving Concept Fertility, you will be shown how to manage at home and the advice you will be given will include important ways of reducing your risk of infection. Where applicable, you will be advised on the need for liquid soap, alcohol hand rub (a liquid that you use to rub over your hands to kill germs that can cause infection, which dries quickly), towels and sharps containers and how to obtain supplies. If you have questions please talk to the Coordinator looking after you.

HAND HYGIENE

Regular, careful hand washing is vital if you are looking after yourself or somebody else at home.

When to wash your hands

- If your hands look dirty.
- Before and after any activity that could have dirtied your hands, even if they look

clean, such as after going to the toilet and before and after preparing food.

How to wash your hands

- Cover any cuts or grazes with a waterproof plaster.
- Keep your fingernails clean.
- Take off your watch and any jewellery such as bracelets or rings (if you can).
- Wet your hands under warm running water.
- If your hands look dirty, use a liquid soap or antimicrobial (anti-germ) solution and water.
- Make sure the hand wash you are using covers all of the surfaces of your hands.
- Rub your hands together vigorously for at least 10 to 15 seconds, remembering the tips of your fingers, your thumbs and the areas between the fingers.
- Rinse your hands with warm water and dry them with a clean towel. If your hands look clean, an added precaution is to use an alcohol-based hand rub, available from chemists and supermarkets.
- Make sure the solution used covers all the surfaces of your hands. Rub them together vigorously, remembering the tips of your fingers, your thumbs and the areas between the fingers.

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- Rub it in until it has evaporated and your hands are dry.
- Use a moisturising hand cream regularly to prevent dry hands.

SHARPS

Sharps are anything that might cut, graze or prick you such as needles, lancets or sharp instruments.

Important things about sharps

- Handle sharps as little as possible.
- Discard sharps immediately after use.
- Put used sharps in your special sharps container. Keep the container in a safe place, off the floor and out of the reach of children.
- Do not hand sharps from one person to another.
- Do not re-cap needles, break them, or take them apart before using them or disposing of them in a sharps container.
- You must return your sharps container to Concept for disposal. They should not be put in normal domestic waste.

ASEPTIC TECHNIQUE

Our staff at Concept Fertility Centre/Day Hospital receive regular education and assessments ensuring that the care provided to you, our patients is of the highest standard. We monitor and assess our staff's hand washing practices to ensure that we protect our patients during invasive clinical procedures, minimising the risk of contamination and infection.

Another important aspect of providing a high standard of care to our patients is to ensure that all instruments and devices that penetrate the skin or mucous membrane are sterile before use. Many of these devices are single use items and are not reused. All reusable instruments/devices are reprocessed according to manufacturer's instructions and internal policies and procedures to ensure the infection risk to you the patient, is minimised.

The information on hand hygiene, aseptic technique, sharps and infection rates provided to you here is in addition to the posters you may see around the waiting rooms and ward areas. This information is provided to you to assist us in the management and reduction of healthcare associated infections. Posters you may see will give you information on general hand washing principles and flu etiquette during flu season. Hand washing is also of the utmost importance during flu season to minimise the risk of you becoming infected with the flu, especially after coughing or sneezing and using tissues.

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