

HEALTHCARE ASSOCIATED INFECTIONS INFORMATION LEAFLET



What are healthcare associated infections?

Healthcare associated infections (sometimes called HCAI) are any infection that occurs as a result of contact with healthcare, most often in hospitals. They have received a lot of media attention in recent years with increasing numbers of media reports about 'MRSA', Clostridium difficile (C diff) hospital cleanliness and standards of hygiene on our wards. These have contributed to increasing anxiety among patients and the public about the possible risks of staying in hospital.

This leaflet sets out to provide clear and concise information on how best you and your visitors, working with healthcare staff, can help yourselves reduce the chance of picking up an infection during a stay in hospital. It is worth remembering that while around 5 per cent of patients may pick up an infection during their stay in hospital **serious infections are rare.**

What can I expect healthcare staff to do to prevent healthcare associated infections?

Hand Hygiene – Hand hygiene means both hand washing and the use of alcohol hand rubs. The numbers of healthcare associated infections can be greatly reduced if healthcare staff clean their hands before and after contact with every patient. However, for a number of reasons, this does not always happen. Talk to the ward staff upon your arrival. Mention the advice this leaflet gives and that you will ask them whether they have cleaned their hands before caring for you. Ask the healthcare staff who come to examine you if they have washed their hands or used the alcohol rub that should be available on every ward.

Remember that there is no need to feel embarrassed or awkward about requesting that staff clean their hands. Hospitals actively encourage their staff, patients and visitors to do this. The same advice for hand-hygiene also applies to visitors providing personal care, such as bathing, washing, dressing, helping with feeding and toileting for the patient.

What can I and my visitors do to help prevent healthcare associated infections?

- **Items brought into hospital** – try to only bring in essential items to reduce clutter, this makes cleaning easier. Do bring essential wash things and footwear. Don't walk around in bare feet, wear slippers or other footwear.
- **Antibiotics** – do tell your doctor or nurse if you've been taking antibiotics prior to your admission to hospital. This can affect the choice of treatment given to you in the event of an infection developing
- **Limiting visitors** – Try and ensure you have no more than two or three visitors at any one time. Friends and family who are ill e.g. suffering from coughs and colds, or diarrhoea and/or vomiting, including in the previous 2 days, should certainly stay away. If they are unsure, you should advise them to telephone the ward and ask a nurse for advice.

Please heed the requests of staff for visitors to leave, for example if you need to be examined, have your dressing changed or your ward area needs to be cleaned.

It is sensible to take children to visit only if absolutely necessary and important that they are kept under control by an adult visitor. Children moving around the ward increase the risk of infection through cross-contamination – speak to the person in charge regarding the appropriateness of children visiting the ward.

- **Visitors** – Please watch what you are touching and where you are sitting - don't touch dressings, wounds, drips, catheters or any other equipment around the bed. Please use the chairs provided for visitors, and don't sit on the bed. Please make sure you use the visitors' toilets, not the patients' toilets
- **Food storage** – it is important to be aware of your local hospital's food storage policy. Some do not have the capacity to store any food and many can't keep food fresh for more than 24 hours so please bear this in mind if you wish to bring in, or have visitors bring in, food to the hospital. If the hospital policy states it, then staff must be informed when food is brought in for you. Please ask a nurse on the ward for advice.
- **Soiled Laundry** – if your own clothes become soiled in hospital then staff should place your clothing in a sealed bag and give you instructions on how to clean it. You should arrange for this to be taken home the same day or as soon as possible to wash, on as hot a wash cycle as the material can stand.
- **Drips, tubes and dressings** – avoid touching the sites of drips, tubes and dressings. Tell the staff if you have any concerns about these.
- **Concerns or questions** – if you have any concerns about hygiene on the ward or if you are worried or unsure about any infection control issues please talk to the staff, who will be happy to assist.

Tell the staff immediately about any diarrhoea, vomiting or other symptoms such as rashes, redness or soreness.

What if I'm placed in isolation because of an infection?

Isolation (also sometimes still known as 'barrier nursing') means you are moved to a single room and extra precautions are put in place to prevent the spread of specific infection such as MRSA or Clostridium difficile (C diff). This may also be done as a precaution, for example if you have diarrhoea.

The staff caring for you may wear gloves, aprons and rarely face masks. The door to your room may be kept closed and you may be asked to not move around the ward. Your visitors will be informed by the staff looking after you if there are any precautions they need to take. Everyone entering and leaving your room, including visitors should clean their hands with soap and water or with alcohol based hand rub.

Further information

In the first instance speak to the staff caring for you/ the person you are visiting. They can contact the local Infection Prevention and Control Team or Health Protection Team for expert support.

Please follow the advice contained within this leaflet. By doing so you can be reassured that you are doing all you can to help prevent yourself picking up an infection during your stay in hospital. Please also remember that serious infections are rare and most are easily treatable. Again, if you have any concerns, then please talk to a healthcare professional. They will be able to answer your queries.



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TAFLEN WYBODAETH AM HEINTIAU SY’N GYSYLLTIEDIG Â GOFAL IECHYD



Beth yw heintiau sy’n gysylltiedig â gofal iechyd?

Mae heintiau sy’n gysylltiedig â gofal iechyd (a elwir yn HCAI weithiau) yn unrhyw haint sy’n digwydd o ganlyniad i gyswllt â gofal iechyd, gan amlaf mewn ysbytai. Maent wedi cael llawer o sylw yn y wasg dros y blynyddoedd diweddar gyda nifer gynyddol o adroddiadau yn y cyfryngau am ‘MRSA’, Clostridium difficile (C diff) glendid ysbytai a safonau hylendid ar ein wardiau. Mae’r rhain wedi cyfrannu at bryder cynyddol ymysg cleifion a’r cyhoedd am beryglon posibl aros yn yr ysbyty.

Diben y daflen hon yw rhoi gwybodaeth glir a chryno ar y ffordd orau i chi a’ch ymwelwyr, trwy weithio gyda staff gofal iechyd, helpu eich hunain i leihau’r perygl o ddal haint wrth aros yn yr ysbyty. Mae’n werth cofio, er y gall tua 5 y cant o gleifion ddal haint wrth aros yn yr ysbyty, **bod heintiau difrifol yn brin.**

Beth allaf ddisgwyl i staff gofal iechyd ei wneud i atal heintiau sy'n gysylltiedig â gofal iechyd?

Hylendid Dwlyo – Hylendid dwlyo yw golygu golchi dwlyo a defnyddio hylif ymolchi wedi ei wneud o alcohol. Gellir lleihau nifer yr heintiau sy'n gysylltiedig â gofal iechyd yn sylweddol os yw staff gofal iechyd yn glanhau eu dwlyo cyn ac ar ôl cyswllt â phob claf. Fodd bynnag, am nifer o resymau, nid yw hyn yn digwydd bob amser. Siaradwch â staff y ward pan fyddwch yn cyrraedd. Soniwch am y cyngor ar y daflen hon ac y byddwch yn gofyn iddynt a ydynt wedi glanhau eu dwlyo cyn gofalu amdanoch. Gofynnwch i'r staff gofal iechyd sy'n dod i'ch archwilio a ydynt wedi golchi eu dwlyo neu ddefnyddio'r hylif alcohol a ddylai fod ar gael ar bob ward.

Cofiwch nad oes angen teimlo embaras na theimlo'n lletchwith am ofyn i staff lanhau eu dwlyo. Mae ysbytai yn annog staff, cleifion ac ymwelwyr i wneud hyn. Mae'r un cyngor yn ymwneud â hylendid dwlyo yn berthnasol i ymwelwyr sy'n darparu gofal personol hefyd, fel rhoi bath, golchi, gwisgo, helpu i fwydo'r claf a'i helpu i fynd i'r tŷ bach.

Beth alla i a'm hymwelwyr ei wneud i atal heintiau sy'n gysylltiedig â gofal iechyd?

- **Eitemau sy'n dod i mewn i'r ysbyty** – ceisiwch ddod ag eitemau hanfodol yn unig i osgoi annibendod, mae hyn yn hwyluso'r glanhau. Dewch â phethau ymolchi hanfodol ac esgidiau. Peidiwch cerdded o gwmpas yn droednoeth, gwisgwch sliperi neu esgidiau eraill.
- **Gwrthfotigau** – dywedwch wrth eich meddyg neu nyrs os ydych wedi bod yn cymryd gwrthfotigau cyn cael eich derbyn i'r ysbyty. Gall hyn effeithio ar y dewis o driniaeth sy'n cael ei rhoi i chi os bydd haint yn datblygu.
- **Cyfyngu ar ymwelwyr** – Ceisiwch sicrhau nad ydych yn cael mwy na dau neu dri ymwelydd ar yr un pryd. Dylai ffrindiau a theulu sy'n sâl e.e. sydd â pheswch neu annwyd, neu ddolur rhydd a/neu'n chwydu, yn cynnwys y 2 ddiwrnod blaenorol, gadw draw yn sicr. Os ydynt yn ansicr dylech eu cynghori i ffonio'r ward a gofyn i nyrs am gyngor.

Gwrandewch ar geisiadau'r staff i ymwelwyr adael, er enghraifft os oes angen eich archwilio, newid eich rhwymau neu os oes angen glanhau'r ward. Mae'n synhwyrol peidio gadael i blant ymweld oni bai bod hynny'n gwbl angenrheidiol ac mae'n bwysig bod ymwelydd sy'n oedolyn yn eu cadw o dan reolaeth. Mae plant sy'n symud o amgylch y ward yn cynyddu'r perygl o haint trwy drawshalogi - siaradwch â'r person sy'n gyfrifol ynghylch a yw gadael i blant ymweld yn briodol.

- **Ymwelwyr** – Byddwch yn ofalus o'r hyn yr ydych yn ei gyffwrdd a ble rydych yn eistedd – peidiwch â chyffwrdd â rhwymau, clwyfau, dripiâu, cathetrau nac unrhyw offer arall o amgylch y gwely. Defnyddiwch y cadeiriau a ddarperir ar gyfer ymwelwyr, a pheidiwch eistedd ar y gwely. Gwnewch yn siŵr eich bod yn defnyddio tai bach ymwelwyr, nid tai bach cleifion
- **Cadw bwyd** – mae'n bwysig bod yn ymwybodol o bolisi cadw bwyd eich ysbyty lleol. Nid oes gan rai'r gallu i gadw unrhyw fwyd ac ni all llawer ohonynt gadw bwyd yn ffres am fwy na 24 awr felly cofiwch hyn os ydych eisiau dod â bwyd i mewn i'r ysbyty neu os ydych eisiau i ymwelwyr ddod â bwyd i mewn. Os yw polisi'r ysbyty yn datgan hyn, yna mae'n rhaid hysbysu staff pan fydd bwyd yn dod i mewn ar eich cyfer. Gofynnwch i nyrs ar y ward am gyngor.
- **Dillad wedi baeddu** – Os yw eich dillad eich hun yn baeddu yn yr ysbyty yna dylai'r staff roi eich dillad mewn bag wedi'i selio a rhoi cyfarwyddiadau i chi ynghylch sut i'w glanhau. Dylech drefnu iddynt fynd adref yr un diwrnod neu cyn gynted â phosibl i'w golchi, ar gylch golchi mor boeth ag y mae'r deunydd yn caniatáu.
- **Dripiâu, tiwbiau a rhwymau** – dylech osgoi cyffwrdd â dripiâu, tiwbiau a rhwymau. Dywedwch wrth y staff os oes gennych unrhyw bryderon am y rhain.
- **Pryderon neu gwestiynau** – os oes gennych unrhyw bryderon am hylendid ar y ward neu os ydych yn poeni neu'n ansicr am unrhyw faterion rheoli haint, siaradwch â'r staff, fydd yn fwy na pharod i'ch cynorthwyo. Dywedwch wrth y staff ar unwaith am unrhyw ddolur rhydd, chwydu neu symptomau eraill fel brech, cochni neu fannau sy'n brifo.

Beth os wyf yn cael fy ynysu oherwydd haint?

Mae ynysu (sy'n dal i gael ei alw'n 'nyrsio ataliol' weithiau) yn golygu y byddwch yn cael eich symud i ystafell sengl a bydd rhagofalon ychwanegol yn cael eu gweithredu i atal haint penodol fel MRSA neu Clostridium difficile (C diff) rhag lledaenu. Gellir gwneud hyn hefyd fel rhagofal, er enghraifft, os oes gennych ddolur rhydd.

Gall y staff sy'n gofalu amdanoch wisgo menig, ffedogau ac mewn achosion prin, mygydau ar eu hwyneb. Efallai fydd y drws i'ch ystafell yn cael ei gadw ar gau ac efallai y gofynnir i chi beidio symud o amgylch y ward. Bydd eich ymwelwyr yn cael eu hysbysu gan y staff sy'n gofalu amdanoch os oes angen iddyn nhw gymryd rhagofalon. Dylai pawb sy'n dod i mewn ac yn gadael eich ystafell, yn cynnwys ymwelwyr, lanhau eu dwylo gyda sebon a dŵr neu hylif glanhau dwylo wedi ei wneud o alcohol.

Mwy o wybodaeth

I ddechrau, siaradwch â'r staff sy'n gofalu amdanoch chi/y person yr ydych yn ymweld â nhw. Gallant gysylltu â'r Tîm Atal a Rheoli Heintiau lleol neu'r Tîm Diogelu Iechyd am gymorth arbenigol.

Dilynwch y cyngor a geir ar y daflen hon. Trwy wneud hynny gellir eich sicrhau eich bod yn gwneud popeth o fewn eich gallu i'ch atal rhag dal haint yn ystod eich arhosiad yn yr ysbyty. Cofiwch hefyd fod heintiau difrifol yn brin ac y gellir trin y rhan fwyaf yn hawdd. Unwaith eto, os oes gennych unrhyw bryderon, siaradwch â gweithiwr gofal iechyd proffesiynol. Byddant yn gallu ateb eich ymholiadau.



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