

# Infection Control



## Staff Training Pack

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INVESTOR IN PEOPLE



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1. **Scrupulous hand washing. This is the single most effective measure** that can be taken by us all. Hands should be washed well with soap and water and dried thoroughly with a disposable paper towel or hot air drier:-
  - i. before eating or drinking
  - ii. before dealing with grazes, scratches or cuts
  - iii. after giving personal care to someone, e.g. changing nappies, assisting to wash
  - iv. after household tasks, e.g. bed making, handling the washing, dusting
  - v. after using the toilet
  - vi. after blowing your nose
2. Where possible take frequent baths or showers and wash hair regularly.
3. Do not touch or squeeze spots or pimples with your fingers.
4. Never share flannels, make-up applicators, etc.
5. Keep cuts covered with a dressing until they appear dry.

### ***How do I know someone has it?***

The only way of knowing if anyone has MRSA would be through examination of a specimen by the laboratory, e.g. a wound or skin swab, urine sample. **Outside hospitals many people carry MRSA on their skin or in their noses without it causing harm to themselves or others.** They are said to be carriers or to be colonised with MRSA.

### ***Is there any treatment?***

Yes, all strains of MRSA are sensitive to at least one antibiotic and most are sensitive to three or more so that treatment is always available should an infection occur. **Treatment for colonisation without symptoms of infection is not usually necessary**, but is sometimes treated with special antibiotic ointments to the nose and/or washing with special antibacterial preparations.

### ***What about contact with carriers?***

If basic good hygiene precautions are followed, MRSA carriers are not a hazard to others including their family, babies, children and pregnant women.

Your local Health Protection Unit will issue care homes with information and guidelines for the management of MRSA.

This information has been taken from that document which has been developed in line with advice from the Department of Health, the British Society for Antimicrobial Chemotherapy, the Hospital Infection Control Society and the Infection Control Nurses Association.

It is imperative that health care workers make themselves aware of their workplace policy and procedures on infection control. And that they fully understand how these procedures should be carried out.



# Infection Control

This Certifies that

has completed the  
**Infection Control Staff Training Pack**

*Work completed in this pack relates to the underpinning knowledge requirements for NVQ Care level 2 & 3, Unit CU1 and associated optional units. Health and Social Care NVQ Level 2 unit HSC22 and Level 3 unit HSC32.*

Date \_\_\_\_\_

Signed Manager \_\_\_\_\_