

# Infection Control Measures

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### 1. Introduction

- Infection control prevents the spread of pathogens within healthcare settings.
- It protects patients, staff, and visitors from healthcare-associated infections (HAIs).

### 2. Chain of Infection

- **Source:** the reservoir where pathogens live, such as people or equipment.
- **Transmission:** spread by contact, droplets, airborne particles, or vehicles.
- Breaking any link in the chain interrupts infection.

### 3. Standard Precautions

- **Hand hygiene:** the single most effective measure, using soap or alcohol rub.
- Personal protective equipment such as gloves, masks, gowns, and eye protection.
- Safe handling and disposal of sharps and clinical waste.

### 4. Additional Measures

- Isolation and barrier nursing for highly infectious patients.
- Cleaning, disinfection, and sterilisation of surfaces and instruments.
- Antimicrobial stewardship to limit resistance.

### 5. Importance and Monitoring

- Reduces morbidity, mortality, length of stay, and costs.
- Surveillance, audits, and staff training maintain standards.
- Compliance is a professional and legal responsibility.