

Infection Control Procedures

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1. Introduction

- Infection control prevents the spread of infection in healthcare settings.
- It protects patients, staff, and visitors from healthcare-associated infections.

2. Hand Hygiene

- **Handwashing:** the single most effective measure to prevent infection.
- Use soap and water or alcohol-based hand rub at key moments of care.

3. Standard Precautions

- Treat all blood and body fluids as potentially infectious.
- **PPE:** gloves, gowns, masks, and eye protection as needed.
- Safe handling and disposal of sharps prevents needlestick injuries.

4. Cleaning and Sterilisation

- **Disinfection:** reduces microbes on surfaces and equipment.
- **Sterilisation:** destroys all microorganisms on instruments.
- Proper waste segregation and disposal limit contamination.

5. Isolation and Transmission-Based Precautions

- Isolate patients with highly transmissible infections.
- Apply contact, droplet, or airborne precautions as appropriate.

6. Summary

- Infection control relies on hand hygiene, standard precautions, sterilisation, and isolation to break the chain of infection.