

nurse in charge of the ward who will direct you to an alternative one in the meantime.

- Your ward will be cleaned regularly. If you or your visitors notice something which has been missed during cleaning, please report it to the nurse in charge immediately so that it can be put right.

## Further information

### Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke in any of the hospital buildings or grounds."

### Wristbands

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay.

The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give

you the right care. All hospital patients including babies, children and older people should wear the wristband at all times.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

If you have any further questions, please ask a member of staff or contact the Infection Prevention and Control Nurse via the ward nurses or directly on: 01274 364049. Office hours are 08.00 to 16.30, Monday to Friday.

We use the BT Text Relay service for patients who are deaf or have hearing difficulties. To contact us ring 18001 01274 364049

Office administrator email address: [Infection.control@bthft.nhs.uk](mailto:Infection.control@bthft.nhs.uk)



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# Reducing the Risk of Infection in Hospital

## What YOU can do to help

*Caring for & about people*



Bradford Teaching Hospitals Foundation NHS Trust are committed to decreasing the risk of Healthcare associated infections.

All staff are required to follow strict protocols to prevent cross infection and to maintain a clean environment. As a patient, you can further help us by following the advice we give in this leaflet which you will find is also relevant to your visitors.

### **Clean Your Hands!**

- Personal hygiene is very important when you are in hospital. It is necessary to bring in with you all your personal toiletries including soap, facecloth and towel; gentlemen should bring their own razor for shaving.
- Always wash your hands after using the toilet. If you use a commode ask for a bowl of water to wash your hands, or use a moist hand-wipe afterwards.

- If you are confined to your bed, having a container of moist hand-wipes with you will ensure you always have the means of cleaning your hands, especially before eating or drinking.
- Encourage your visitors to wash their hands or use the alcohol hand rub before entering or leaving the ward. They should also be advised to cover up any open wounds such as a cut finger with a suitable dressing.
- If a member of staff needs to examine you or perform a procedure, please do not be afraid to remind them to clean their hands if you are worried they may have forgotten. **It's ok to ask.**

### **Hospital staff**

Hospital staff can protect you by washing their hands or cleaning them with a hygienic hand rub.

### **Wounds, drips and catheters**

- Avoid touching your wounds, drips, catheters and other tubes. Clean your hands before and after if for any reason you need to touch them.

- If you have an intravenous drip and you experience pain, swelling or redness around the site or if the dressing falls off inform the nurse immediately.

### **Advice to visitors with infections**

- If your visitors have symptoms such as diarrhoea or vomiting or infections such as chickenpox they must not visit. Please discuss this with the nurse in charge of the ward.

### **Outbreaks**

From time to time outbreaks of viral gastroenteritis ("gastric flu") occur in hospitals.

- If your ward is restricted due to a possible outbreak of diarrhoea and vomiting, please ask visitors to visit only if absolutely necessary.

### **Help us maintain a clean hospital**

- Try to keep your bed area free from clutter, this will allow the cleaning staff to clean properly.
- If you visit the bathroom or toilet, and it does not look clean report this immediately to the