



Clean Hands Proper Clothing





Dear Employees

The advanced Healthcare of today is possible due to effective antibiotics.

The current rapid development of antibiotic resistance that we are seeing, is therefore a

serious threat. We may not be able to stop the development, but we can curb it through wise antibiotic use and reduced spread of infection.

The goal of SÄS Hospital is to be among the best in providing safe care. By following the SÄS Hospital hygiene policy and other good hygiene practices, we can prevent health-related infections and in this way, we can reduce patients' suffering and save resources that can be better used.

It is only together that we will succeed!

*Joacim Stalfors
Medical director*

Basic Hygiene Routines

Hand disinfection

Before clean and
after unclean work



Gloves

At the risk of contact
with bodily fluids



Plastic apron

In direct contact with the
patient and in the risk of
contact with bodily fluids.



The most important measure to prevent the spread of infection in health care is to consistently apply basic hygiene routines.

Basic hygiene routines include:

- Good hand hygiene
- Gloves
- Plastic apron

Always apply these routines. This applies to all staff categories and to all patients. The employer has overall responsibility for ensuring that there are routines and equipment to prevent the spread of infection in all health and care work.

The employee is obliged to follow applicable hygiene regulations and use recommended personal protective equipment.

Hand disinfection

Hand disinfection should be done before and after all care, examination and treatment, and before clean and after unclean work in disinfection rooms, storage rooms and medicine rooms.

- Take plenty of hand disinfectant
- Rub in and especially remember your fingertips, thumb grip and forearms
- Continue rubbing until your hands are dry, then you have achieved full effect.



Handwash

Hand washing should be done:

- When the hands are visibly dirty
- Always after contact with vomiting or diarrhea.
- Always before handling food





Gloves

Always wear gloves when in contact with bodily fluids or secretions such as urine, faeces, blood or wound secretions. It prevents the hands from becoming heavily soiled.

- Remember not to touch alternately dirty and clean surfaces
- Change gloves between different care moments with the same patient
- Always disinfect hands before and after wearing gloves

Plastic Apron

Disposable plastic apron is used to protect the work suit.

You should use plastic apron in work steps involving:

- Direct body contact with the patient
- Risk of contamination with bodily fluids
- Contact with other biological material. e.g. skin and skin fragments





Jewelry on your hands and forearms

To disinfect your hands and forearms:

- You must be free of jewelry and watches
- You should be free of bandages, dressings, orthosis or the like
- Your nails should be cut short, unpainted and free of artificial material

Short sleeves

You should always wear a short-sleeved work suit to properly be able to disinfect hands and forearms in:

- patient-centered care, examination and treatment
- other work, requiring disinfection of hands and forearms, e.g. work in disinfection room, disinfection of medical technical equipment or cleaning
- Change work clothes every day. The employer provides work clothes that are washed in an approved laundry facility



Åsa Wihlborg
Specialist i infektionsmedicin
LÄKARE



LÄKARE

Asmaa Soubhi Said
Överläkare, Kvinnokliniken

Hair and Headscarf

- Long hair and beard should be put up
- Headscarves should be tucked under the work suit and washed if necessary. You are permitted to use your own headscarf. Headscarf can be ordered from the laundry facility.

Take care of your hands

Your hands are your main work tool, so take care of them

Get in the habit of regularly lubricating your hands with softening cream.

Skin discomfort on the hands and forearms increases the risk of spreading infection in the care work regardless of whether there is a known infection or not, and makes the proper disinfection of the skin harder.



References:

SOSFS 2015:10

Basal hygien i vård och omsorg

AFS 2018:4 Smittrisker

Vårdhygien SÄS, Borås

telefon: 033-616 29 04

e-post: sas.vardhygien@vgregion.se

Basic Hygiene Policy

Södra Älvsborgs Sjukhus

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