

What can your visitors do to help?

Certain types of gastroenteritis are frequently introduced into a hospital environment from the community, as a result of visitors to a hospital. The symptoms of this illness include nausea, vomiting and diarrhoea. If you, or any members of your family or support persons are currently suffering from any of the aforementioned symptoms, we request that you do not visit the hospital until you have been free from these symptoms for at least 48 hours.

Visitors should not visit if either you or they feel unwell or have a cold. Whilst at The Melbourne Clinic visitors should adhere to good hand hygiene practices.



Infection Prevention and Control (IPC)

Information for patients, carers, family and support persons




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by Healthscope

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Community
of Care

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by Healthscope

Why is IPC so important during your stay at The Melbourne Clinic?

Infection prevention and control (IPC) is about preventing and controlling infections that may occur during your stay.

Infections can happen when you are being treated in a hospital, at home, in a GP clinic, and anywhere where there are a lot of other people, e.g. mental health facilities, schools and community centres.

The risk of getting an infection depends on how healthy you are, how long you have been in hospital and certain medication that you may be taking.

When we are fit and healthy we can usually defend ourselves against many germs. Often our natural defences are weakened when we are not well.

Preventing infections from Multiple Resistant Organisms (MRO are bacteria that are resistant to a lot of antibiotics) are one of the biggest challenges that a healthcare facility face, as the more resistant an organism, the more difficult it can be for the person to get better.

How do we prevent infections at The Melbourne Clinic?

We have specific practices and procedures that healthcare workers follow to ensure the risks of acquiring an infection are reduced. Some of these include:

- Hand hygiene - washing hands with soap and water or using alcohol-based hand rubs before we perform procedures such as blood pressures or **administration of medications**, or when we enter/leave your room.
- We strive to maintain the cleanliness of your environment.
- We sometimes wear Personal Protective Equipment (PPE) such as gloves and goggles. We might also wear a gown or a mask if you or someone else has an infection.
- We may place you in a single room if the infection is at risk of spreading.
- Nurses and doctors may also follow “aseptic technique” procedures, ensuring hand hygiene and using ‘sterile’ dressings, without touching your wound with their hands if possible.

How can you prevent infections at The Melbourne Clinic?

- Don't be afraid to ask a healthcare worker if they have cleaned their hands!
- Let the admitting nurse know if you have a pre-existing infection. We can then assess if you need specialist infection control care.
- Keep your hands clean. Wash your hands after using the toilet, before eating a meal, and after handling dirty clothes or linen. Use the alcohol-based sanitiser before and after socialising in communal areas.
- When you cough or sneeze, cover your mouth and nose with a tissue and discard it afterwards; don't forget to wash your hands.
- If you are taking antibiotics, make sure you take the full course, even if you feel better. Not taking them may help the bacteria become resistant to that particular antibiotic.
- If you have a dressing on a wound, keep the dressing and the skin around the dressing clean and dry. Let staff know if it is wet or loose.
- Try to keep the room you are staying in tidy. This makes it easier for the environmental staff to clean surfaces and carpets during your stay.
- Let staff know if the room you are staying in hasn't been cleaned properly.