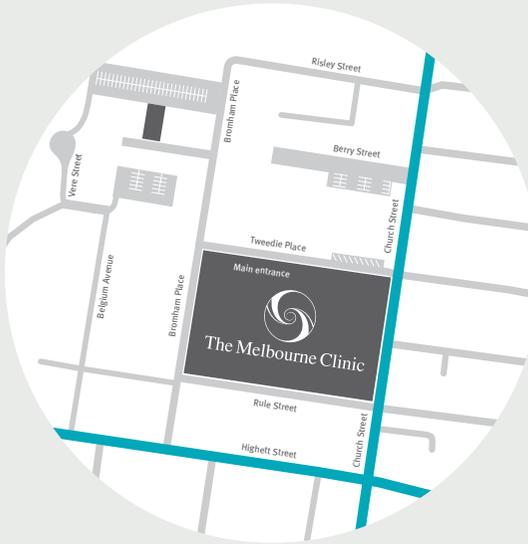


## What can your visitors do to help?

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 diarrhea. 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, and should adhere to good hand hygiene practices whilst at The Melbourne Clinic.



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A Healthscope hospital.

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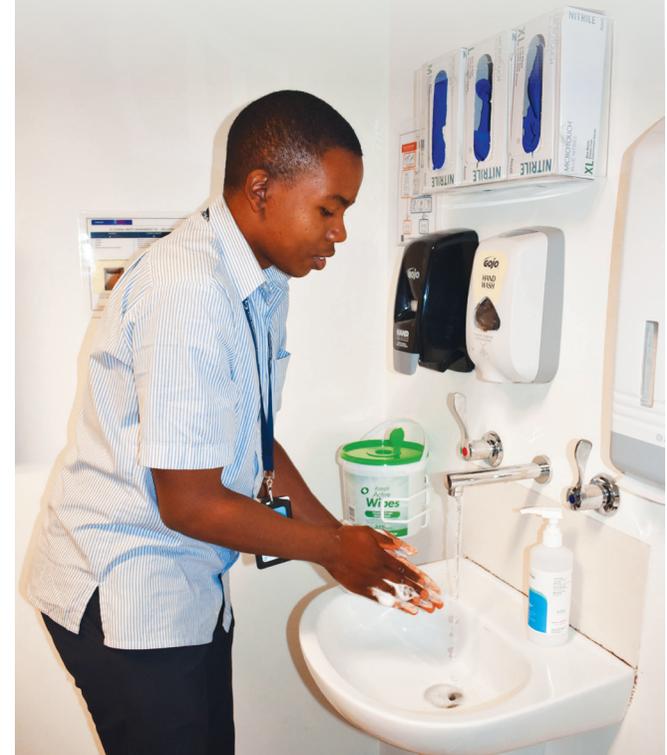
12/2017



The Melbourne Clinic

## Infection Prevention and Control (IPC)

Information for patients, carers,  
family and support persons.



This brochure contains information on hand hygiene; aseptic technique, Healthcare Associated Infections (HAIs) and antimicrobial stewardship.

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

IPC is about preventing healthcare associated infections that might occur as a result of healthcare interventions and are caused by micro-organisms (bacteria and viruses). 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 medications that you take (including some antibiotics).

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 (MROs are bacteria that are resistant to lots of antibiotics) are the biggest challenge healthcare facilities currently 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 environment you are staying in as clean as possible.
- We sometimes wear Personal Protective Equipment (PPE) such as gloves and goggles. We might also wear a gown or a mask (for instance if you or someone else already has an infection).
- We may place you in a single room if the infection is particularly at risk of spreading).
- Nurses and doctors may also follow “aseptic technique” procedures, ensuring hand hygiene and using ‘sterile’ dressings carefully, without touching your wound with hands if possible.



## How can you prevent infections at The Melbourne Clinic?

Let the admitting nurse know if you have a pre-existing infection such as a urinary tract infection, tummy bug or an MRO. We can then assess if you need specialist infection control care.

Keep your hands clean. Wash your hands after the toilet, before eating a meal, and after handling dirty clothes or linen. Use the alcohol-based hand rub before and after socialising in communal areas.

Don't be afraid to ask a healthcare worker if they have cleaned their hands!

Cover your mouth and nose when you cough or sneeze with a tissue and discard the tissue in the bin; then clean your hands afterwards.

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.

If you are taking antibiotics, make sure you take the full course, even if you are feeling 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.

Let staff know if the room you are staying in hasn't been cleaned properly.