

## ISLHD Infection Management and Control Service

# My Practice

## What is it?

“My Practice” is everything you do and every decision you make each day to perform your role. All our actions have a direct or indirect influence on patient safety.

It doesn't matter who you are; doctor, cleaner, nurse, physio, or head of department, your practice makes a difference to patient safety.

## How do you do it?

### Top 10 ways to you can protect your patient:

- 1 Wash or clean your hands before and after you provide care to a patient.
- 2 Use gloves the right way. That is; when contact with blood and body substances are anticipated.
- 3 Get your vaccinations– including your annual flu shot– and make sure everyone in your family does too.
- 4 Follow the rules for infection control precautions for the patient's protection, your protection, and everyone else's protection.
- 5 Follow safe injection practices – remember One needle, One syringe, Only one time.
- 6 Make patient identification a priority: right drug, right time, right dose.
- 7 Keep the patient's room and equipment clean.
- 8 Know when antibiotics are appropriate . . . and when they are NOT.
- 9 What you wear matters! Make sure your attire does not become a source of infection. Launder uniforms and other work attire in hot water and detergent.
- 10 Know about the [Infection Management and Control Service](#) and what it can do to support your role in patient safety.

## How does it benefit our patients?

- Increases the patient's sense of confidence and safety in the care and treatment provided.
- The risk of healthcare associated infection is minimised.

## How does it benefit you?

- Confidence that you will not take infections home with you, and your family is protected.
- Satisfaction that you have provided the best care because of your safe practice.

## Where to get more information?

[Infection Management and Control Service](#) intranet site.

Infection Prevention and Control Clinical Nurse Consultant or Coordinator.

Your Infection Prevention and Control Link Person