Hand wipes for patients

These are small wipes in individual packets to enable you to clean your hands before eating. They will be provided on your meal tray and in the locker at your bedside.

When cleaning your hands please do not forget to do between the fingers, finger tips, thumbs and the backs of hands.

If you have hand cream you may use this after cleaning of your hands. This must be for your use only and not shared with others.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you follow the information outlined in this leaflet.

For infection prevention & control purposes and to keep you safe and well visitors are requested not to:

- Visit you if they are unwell
- Sit on your bed or use the patient toilets.
- Touch your wounds, or any medical devices, drips or catheters.

How can I find out more?

Contact the Infection Prevention & Control Department on:

Wycombe Hospital 01494 425456
Stoke Mandeville Hospital 01296 315337
In the Buckinghamshire Healthcare NHS Trust we are committed to reducing the risk of infection. We request that staff, patients and visitors maintain a high standard of hand hygiene at all times.

Hand washing is one of the most effective ways of preventing the spread of viruses and bacteria. Even if hands look clean they can still carry many viruses and bacteria. If staff, visitors and patients all ensure their hands are clean, the risk of spreading infection and the time patients spend in hospital can be reduced.

### When should we wash our hands?

**Patients**

Please wash your hands using soap and water or use the hand sanitisers provided:
- When entering and leaving the ward.
- After each time you use the toilet, commode or go to the bathroom.
- Before you eat any food.
- Before and after touching your wounds or catheter.

**Visitors**

Please wash your hands using soap and water or use the hand sanitisers provided.

Please clean your hands:
- When arriving on the ward you are visiting.
- Before touching food, for example, if you are helping a relative/friend with their meal.
- After using the toilet, changing a nappy or helping your relative to the toilet.
- When leaving the ward you are visiting.
- When entering/leaving isolation rooms or cohort bays.

**Staff**

Staff must practice good hand hygiene because they have contact with many different patients. You can expect staff to clean their hands:
- Before undertaking patient care.
- After undertaking patient care.
- After contact with patients surroundings.
- When moving from one patient to another.
- After helping patients to use the toilet, commode or bathroom.
- After using toilet facilities themselves.
- Before serving food and drinks.

Staff are asked to provide extra support with hand hygiene to patients who have difficulty in accessing hand hygiene facilities due to their condition.

Please ask a member of staff if you are concerned about this.

Please remind the staff to clean their hands if you think they have forgotten.

They are trained in the importance of hand hygiene and will not mind being asked. If you feel uncomfortable asking the member of staff, please speak to one of the team providing your care.

### How should you clean your hands?

In some situations hands should be washed using soap and water rather than with hand sanitisers which are not suitable for use when dealing with patients who have symptoms of diarrhoea.

There are various ways to ensure hands are clean. ANY of these will help to remove viruses, bacteria and preventing the spread of infection. Further information can be found on posters displayed around the hospital.

**Soap & Water**

If there is access to a basin, wash hands with liquid soap and water. Dry thoroughly with a paper towel.

**Hand Sanitiser**

Hand sanitiser is provided for use at the entrance to wards/departments and at the end of each patient’s bed.

The hand sanitiser should only be used if hands are free from visible dirt.