How can I help reduce Healthcare Associated Infections?
Infection control is important to the well-being of our patients and for that reason we have infection 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, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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How to Manage Your Chest Drain

You have a chest drain for one or all of the following reasons:

• Remove **AIR** from your pleural space
• Remove **FLUID** from your pleural space
• Remove **BLOOD** from your pleural space

The Pleural Space

- the pleural space is a very small space between the lung and the chest wall. When fluid, blood or air collects in this space the lung cannot function adequately.

The Do’s ...

- Do inform the nurses or doctors if you have any pain
- Do take some deep breaths occasionally (...this will help to drain the air, fluid or blood)
- Do try to mobilise around the ward or bed area (...this again will help to drain the air, fluid or blood)

The Don’ts ...

- Don’t lift the drainage above your waist
- Don’t take the suction off your drainage bottle (unless the nurses agree that you can)
- Don’t knock your drainage bottle over ...
  ... if you do accidentally knock the bottle over, pick it up and let one of the nurses know immediately
- Don’t kink or obstruct the chest drain tubing