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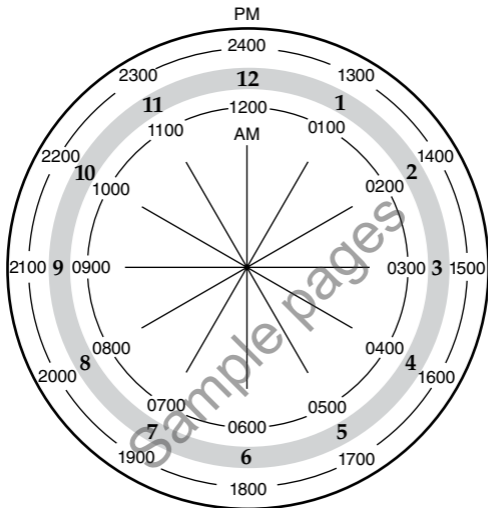
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24-hour clock



When reporting, charting or ordering any aspect of patient care in health care settings, a 24-hour clock should be used. This reduces the confusion surrounding morning and afternoon times and is particularly important for medication administration orders.

Protecting yourself and the patient

In line with contemporary nursing practice, clinicians must do all they can to reduce harm and improve patient outcomes.^[1]

Nurses have a responsibility to implement effective infection control strategies, namely standard and transmission-based precautions.^[2-4]

■ STANDARD PRECAUTIONS

These include:

- hand hygiene
- use of personal protective equipment
- safe use and disposal of sharps
- aseptic non-touch technique
- reprocessing of reusable medical equipment and instruments
- respiratory hygiene and cough etiquette
- routine environmental cleaning
- waste management
- appropriate handling of linen.

■ TRANSMISSION-BASED PRECAUTIONS

Used in addition to standard precautions, these include:^[2]

- contact precautions



Visitors

See a nurse for information before entering the room

For all staff

Contact Precautions

in addition to Standard Precautions

Before entering room

- 1



Perform hand hygiene
- 2



Put on gown or apron
- 3



Put on gloves

On leaving room

- 1



Dispose of gloves
- 2



Perform hand hygiene
- 3



Dispose of gown or apron
- 4




Perform hand hygiene

Standard Precautions

And always follow these standard precautions

- Perform hand hygiene before and after every patient contact
- Use PPE when risk of body fluid exposure
- Use and dispose of sharps safely
- Perform routine environmental cleaning
- Clean and reprocess shared patient equipment
- Follow respiratory hygiene and cough etiquette
- Use aseptic technique
- Handle and dispose of waste and used linen safely

- droplet precautions



STOP

Visitors

See a nurse for information before entering the room


For all staff

Droplet Precautions

in addition to Standard Precautions


Before entering room

1



Perform hand hygiene


2



Put on a surgical mask


On leaving room

1



Dispose of mask

2




Perform hand hygiene

Standard Precautions

And always follow these standard precautions

- Perform hand hygiene before and after every patient contact
- Use and dispose of sharps safely
- Follow respiratory hygiene and cough etiquette
- Use PPE when risk of body fluid exposure
- Perform routine environmental cleaning
- Use aseptic technique
- Clean and reprocess shared patient equipment
- Handle and dispose of waste and used linen safely

- airborne precautions.



Visitors

See a nurse for information before entering the room


For all staff

Airborne Precautions


in addition to Standard Precautions

Before entering room


- 1



Perform hand hygiene
- 2




Put on N95 or P2 mask
- 3




Perform a fit check of the mask

On leaving room

- 1



Dispose of mask
- 2



Perform hand hygiene

Keep door closed at all times

Standard Precautions

And always follow these standard precautions

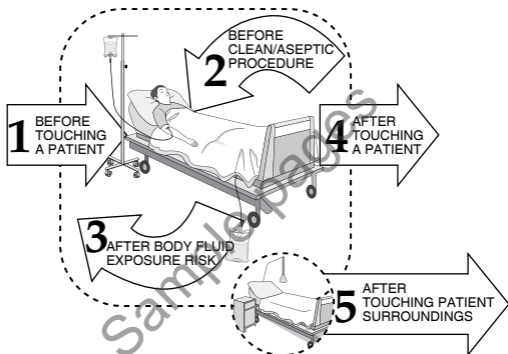
- Perform hand hygiene before and after every patient contact
- Use PPE when risk of body fluid exposure
- Use and dispose of sharps safely
- Perform routine environmental cleaning
- Clean and reprocess shared patient equipment
- Follow respiratory hygiene and cough etiquette
- Use aseptic technique
- Handle and dispose of waste and used linen safely

■ OTHER PRECAUTIONS

Cytotoxic—strict adherence to organisational policy.^[5]

■ HAND HYGIENE

5 moments of hand hygiene^[6]



■ PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE includes gloves, masks, protective eyewear, aprons/ gowns and face shields.

Examples of application of PPE:

- Wear *gloves* when there is a potential for soiling your hands with body fluids. Always wash your hands when you remove your gloves.
- Wear a *mask* when there is a risk of inhaling or coming into contact with body fluids.
- Wear *protective eyewear/face shields* when there is a potential for being splashed, splattered or sprayed with body fluids.
- Wear a *plastic apron* when there is a risk of body fluids coming into contact with your clothes.
- Always adhere to organisation protocol for specific conditions.