

# Infection Prevention



# Infection Prevention

- IP in RH and health care facilities has two objectives:
  - To prevent major post-operative infections when providing clinical contraceptive methods (e.g., IUCDs, injectables, implants, and male and female voluntary sterilization); and
  - Prevent the transmission of serious diseases, such as hepatitis B and HIV, not only to clients, but also to service providers and staff



# Recommended IP practices for FP providers

- Consider every person (client or staff) **potentially infectious**.
- **Wash hands**. This is the most practical procedure for preventing cross-contamination (person to person).
- **Wear gloves** before touching anything wet, such as broken skin, mucous membranes, blood, or other body fluids (secretions or excretions); soiled instruments; and other items.
- **Use safe work practices**, such as not recapping or bending needles, safely passing sharp instruments, and properly disposing of medical waste.
- **Isolate patients only if disease is contagious** and secretions (airborne) or excretions (urine or faeces) cannot be contained.
- **Get vaccinated** for hepatitis B virus (HBV).



# Instrument Processing

Decontaminate



Clean



High-Level  
Disinfect

1. Boil
2. Steam
3. Chemical



Dry/Cool and Store



Sterilization

1. Chemical
2. High pressure steam
3. Dry heat



# Hand Washing

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Single most important IP Practice

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Wash hands before and after examining or treating each client.

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Use clean water and plain soap, and rub hands for at least 10 to 15 seconds. Dry hands with a paper towel or a clean, dry individual cloth towel

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## Instrument Processing

Decontaminate all instruments by soak items in a 0.5% chlorine solution for 10 minutes

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Clean instruments with brush, detergent and clean water. HLD and sterilization is not effective without proper cleaning

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High-level disinfect instruments that touch intact mucous membranes

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Sterilize instruments that touch tissue beneath the skin/broken skin

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# Wear Gloves

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Wear single-use examination gloves for procedures that touch intact mucous membranes gloves are not necessary for giving injections.

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Change gloves between procedures on the same client and between clients.

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Do not touch clean equipment or surfaces with dirty gloves or bare hands.

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Wear clean utility gloves when cleaning soiled instruments and equipment, handling waste, and cleaning blood or body fluid spills.

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# Do pelvic exam only when necessary

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Pelvic examinations are not needed for most family planning methods—only for female sterilization and the IUCD

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# Medical Waste Segregation

## Segregation of Medical Waste - Four Categories

Kenya



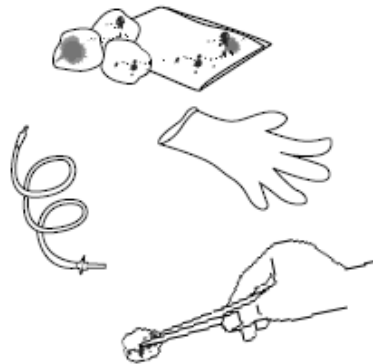
### Non-Infectious Waste

- Paper/Packaging material
- Food



### Infectious Waste

- Gauze/Dressing
- Blood/IV fluid lines
- Gloves



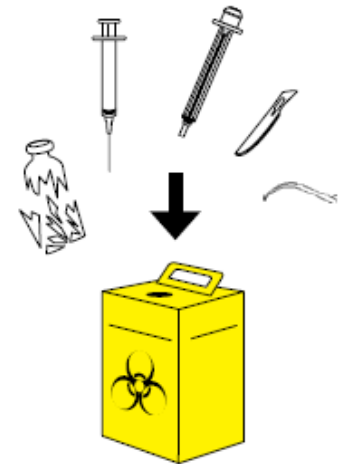
### Highly Infectious Waste

- Anatomical waste
  - Teeth
  - Placenta
- Pathological waste
  - Sputum container
  - Test tubes containing specimens



### Sharps Waste

- Infusion sets
- Broken slides
- Broken vial
- Broken ampules
- Lancet
- Retractable
- Scalpels
- Blades
- Needles



# Training Reference Material

- **National Infection Prevention and Control Guidelines for Health Care Services in Kenya, Uganda and Tanzania**

