



# Isolation precautions

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**This leaflet is for patients, relatives and visitors and explains why some patients may need to be isolated in a healthcare setting.**

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## Why are isolation precautions needed?

Isolation in a healthcare setting is a precaution taken to prevent the spread of infection. Infections can spread easily in healthcare settings (e.g. hospitals), putting patients, visitors and staff at risk. Special care must be taken to prevent infections with a particular risk of spreading from being passed on to others (for example, infectious diarrhoea, MRSA, tuberculosis (TB) and chickenpox). Therefore, if you have, or are suspected to have, an infection that could be passed on to other patients or staff, you may need to be cared for separately from other patients. Sometimes, this will be in a separate room, or it may be possible to care for you on the ward with additional precautions.

## What are isolation precautions?

There are two kinds of isolation precautions:

- **Protective isolation** is the separation of a patient who is ill or vulnerable to the risk of infection from common bacteria carried by people. Their susceptibility to infections will vary depending on their current health and their body's resistance.
- **Source isolation** is used to prevent the transmission of infection / bacteria to others. This is used particularly for those infections where the main transmission route is airborne, for example chickenpox and respiratory cases of tuberculosis.

Patients with *Clostridioides difficile* ("C.diff"), which is the major cause of antibiotic associated gastrointestinal infection, and patients with diarrhoea / vomiting will also be isolated.

Other patients may have additional risk factors, such as Meticillin Resistant Staphylococcus Aureus (MRSA) and other multi-antibiotic resistant bacteria, or skin diseases such as psoriasis or eczema – which put them or others at risk, will also normally require isolation.

Patients may also be isolated for other reasons, i.e.: privacy and end of life care.

## What do the staff do?

- Staff will carry out regular assessments to evaluate the situation and ensure that the isolation facilities are being used appropriately.
- Staff will wash their hands before and after touching every patient.
- Staff will wear gloves and aprons when entering single rooms.
- Some isolation rooms have en-suite facilities (over half the side rooms in the Trust). Where en-suite facilities are unavailable, a dedicated commode or a designated ward toilet will be allocated for the duration of the patient's stay.

- The door of the single room will be kept closed. Isolation signage will be fixed to the outside of the room doors to let staff know what to do.
- Staff and visitors will report to the nurse in charge before entering the single room. The nurse will explain the reasons for the need for the precautions and the measures to be taken.

### **As a patient, how can you help?**

- Limit your visitors to next of kin or primary care providers.
- Make sure visitors entering your room have read the sign on your door and wash their hands upon entering and exiting your room.
- Advise visitors to avoid contact with any of your dressings, urine bag, intravenous site and line, drainage tubes, feeding tubes etc. A sign will be posted on your door advising your visitors to speak to a member of nursing staff who will subsequently give them related infection control advice.

### **What is the best way to wash your hands?**

- Wet hands with warm water.
- Dispense one measure of soap into palm.
- Work up lather by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers.
- Rinse hands thoroughly.
- Dry hands with paper towel.
- Discard towel in the waste bin provided.

### **Use alcohol hand rub**

- On visibly clean hands only.
- Dispense one measure of alcohol rub onto the palm of one dry hand.
- Rub hands together, covering all surfaces of hands and fingers until dry.

### **Questions and concerns**

If you have any questions or concerns about isolation, please ask your nurse for further information or you can contact the Royal Berkshire NHS Foundation Trust Infection Control team on 0118 322 6914, email: [infection.control@royalberkshire.nhs.uk](mailto:infection.control@royalberkshire.nhs.uk).

### **How do I find out more?**

Ask your medical team or GP or visit the United Kingdom Health Security Agency Website: <https://www.gov.uk/government/organisations/uk-health-security-agency>

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Simon Wells, RBFT Infection Prevention & Control, November 2024

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