

Title: Infection Prevention and Control for the Clinic Room.

Lecture 1 16th March 2020.

Aim.

- 1 Good hand Hygiene WHO and SARI Guidelines and distinguish between different hand hygiene methods.
- 2 Soaps.
- 3 Define: Microbes; Bacteria, Virus and Fungi.

1` While I appreciate that this is a revision on the basic information, we were all taught as part of our basic Massage and Therapy courses / Clinic Room practice and Hygiene. In the environment we are in, it makes the information more apt and heightens our awareness to the many issues associated with hygiene and prevention of cross-infection. Hand hygiene can include social hand hygiene, antiseptic hand hygiene and surgical hand hygiene. All play a part in prevention of cross infection.

Strategy for the Control of Antimicrobial resistance in Ireland (SARI) outline Hand hygiene (2005)
These should be utilised in all health care environments.

Social Hand Hygiene is used to remove dirt, organic material, dead skin and most transient micro-organisms from the hands during our many daily routines.

Surgical Hand Hygiene is utilized prior to all surgical procedure and it removes all transient and local micro-organisms. This level of hand hygiene is rarely required within society

Antiseptic Hand Hygiene or **Clinic Room Hygiene** is utilized for a higher level of cleanliness, especially when clients/patients are immunocompromised. Antiseptic soaps/liquids aim to prevent the production, future development and multiplication of bacteria. Lyster 1964.

A disinfectant is a chemical liquid that destroys bacteria.

Sample hand routine from the WHO: <https://www.youtube.com/watch?v=vYwypSLiaTU>

2 While this is a normal routine for the clinic, it is what we all need to do in our daily lives in the present Covid-19 situation. Normal soaps are only anti-bacterial, but if you can use Natural soap bars that have Essential oils (EO), that are high in Anti-viral properties, this would be best.

Essential oils that are easily available in pharmacies or Health stores, that are rich with Anti-viral properties include **Tea Tree** (*Melaleuca alternifolia*) and **Ravensara Aromantic** (*Ravensara aromantica*) **Rosemary** (*Rosemarium officinalis*) **Lavender** (*Lavendula augustifolia*) These essential oils are also anti- bacterial and anti-fungal but **very rich in anti-viral properties**. This is important in the present environment. The names in *italics* are the correct botanical names and shows authenticity of the oil.

If you can't get these Natural Soap bars with pure Essential Oils, you can add the Essential oils to your liquid soaps that you may have.

Mix 250 Mls of liquid soap with 15 drops Tea tree and 10 drops of Lavender. Total 25 Drops

100mls of liquid soap one can add 6 drops of main oil and 4 drops of second oil. Total 10 Drops

When you are not trained in the aromatherapy it is best to mix only two essential oils at a time. I usually use Tea tree or Ravensara in all my liquid soaps with another essential oil. Make sure that there is no one in your house that have any adverse reaction to the Essential Oils you intend to use. Both Tea tree and Ravensara are rich with anti-viral properties. For those qualified in Aromatherapy you know this in %.

Another recipe you can make from the beginning

250 mls distilled water

60 mls castile liquid soap,

15 drops Ravensara Essential oil.

5-10 drops Lavender essential oil.

Mix all well together before use.

- 3** **Microbes:** They are very small living organisms, that can cause disease, and can only normally be seen with a microscope. They are called micro-organisms and include Bacteria Fungi and Viruses.

Types of Micro-organisms

Bacteria: Very tiny organisms that can not be seen with the naked eye but can be viewed under a microscope. They are spiral, rod or spherical shaped. In any environment and not just the clinic

room, these hazards must be reduced to avoid the spread of infections or disease. When present the immune system must work to keep the person safe and free from disease.

Fungi: Some fungi, like mushrooms, are visible to the naked eye and others are only seen under a microscope. Infections caused by fungi include athlete's foot, thrush, and ringworm. They can compromise the immune system and can invade the lungs and other tissues of the body.

Viruses: They are different from bacteria and fungi. They are much smaller and can only be seen under a microscope. They are also very difficult to treat and kill. A virus cannot reproduce by itself. They can only reproduce inside a living body. They are dependent on a "host" cell. Common health care viruses include norovirus, hepatitis B & C, and HIV (Human Immunodeficiency Virus). There is no antibiotic that can kill a virus.

Always aim to boost and protect your immune system.

Next guidelines note on Wednesday 18th March

Reference:

- 1 Lyster, R.A. A First course in Hygiene University Tutorial Press LTD London. 1964
- 2 SARI Guidelines Hand Hygiene 2005