

Basic hygiene

IPC - infection prevention care



History

The story about dr Semmelweiss who discovered the cause of maternal death after delivery

<https://www.youtube.com/watch?v=zt6gPKtxMro>

The cause of infections

Bacterias- the most common cause in post partum infections is group B streptococci. Other bacterias are for example tuberculosis, pneumococcus, cholera

Viruses for example covid, common colds, rota diarrhea

- The most common cause for postpartum

Parasites for ex kala-azar, amoeba, malaria

Virus o what happens if you don't wash your hands

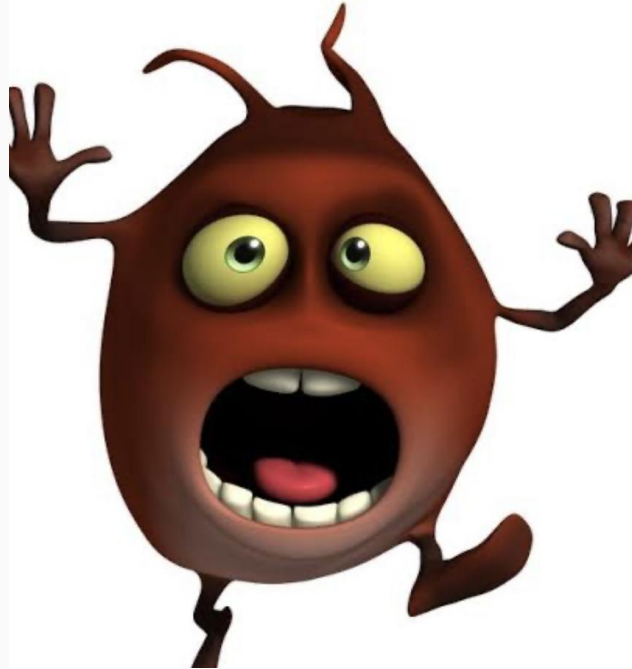
More about the mothers

Why are post partum women more prone to bacterial infections?

- The barriers for incoming diseases are broken because the uterus is like a huge open wound.
- They might also have vaginal and perineal ruptures and cuts (because of FGM).
- Their might also be some placenta left in the uterus.

All of these areas easily catch bacterias from dirty hands, dirty environment, urine and feces.

The post partum mother's worst enemy!



Prevention

Why did death rate drop in dr Semmelweiss' clinic?

He disinfected his hands in between autopsy and delivery with chlorine.
So, clean hands are the most important way to prevent infections.

Gloves are good for protection BUT if you pick and use gloves with dirty hands, you will transmit germs to the mother and child.

Also important to use the gloves for only one patient.

Prevention, continue

Don't forget to disinfect instruments and beds between deliveries. Also clean the floor.

Remember - if you are thorough with the basic hygiene rules, you can use non sterile gloves.

What happens when you wash your hands?

When you use soap and water the bacterias and virus will be washed away and the rubbing of the hands will add to that. Bacterias laying in deeper sections in the skin will come up to the surface with the rubbing where they also will be washed away. Also the bacterias and viruses will be broke down when washing.

Using disinfection is very good but usually not enough for breaking down the bacterias and viruses.

How to wash your hands?

Soap and water are needed. Wash for at least 30 seconds. Let the hands dry in the air. Put on clean gloves.

You can for example sing slowly:

Twinkle, twinkle little star, how I wonder what you are
Up above the world so high, like a diamond in the sky
Twinkle, twinkle little star, how I wonder what you are



Ideal hand hygiene in a clinical setting

Wash your hands with liquid soap and water between patients.

Use disinfection before putting on gloves, after removing gloves and after every intervention where you touch a patient. Also when needed.

Keep in mind that you contaminate the gloves if you pick it up with dirty hands.

Be as aware with other people as you will be with yourself

Role play - the audience was asked to act patients

Showing hygiene routines when examining three different patients:

1/ a patient with stomach ache

2/ a patient with a wound

3/ a mother who was about to deliver, including vaginal exam

Asante sana!

Kacheliba hospital, 18/2/2025

Madeleine Karlsson, midwife

Anne-Marie Holmen, medical doctor

