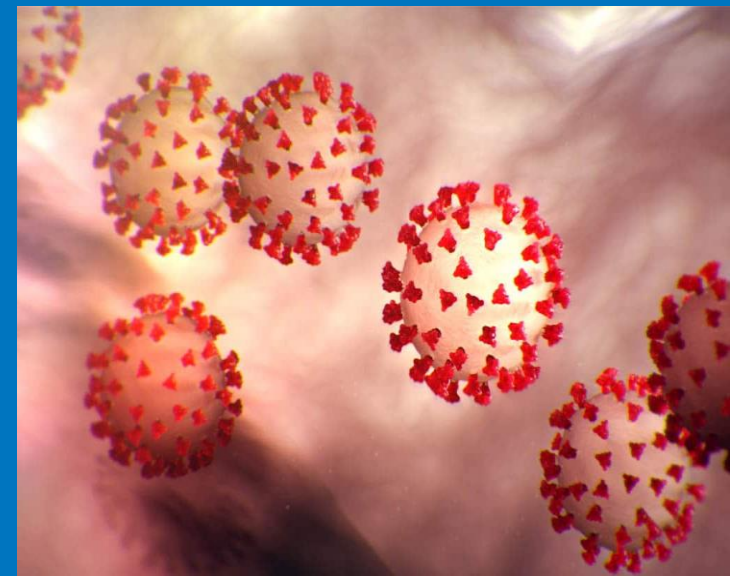


# A Guide for patients who are in Isolation



## When will I stop being isolated?

This will depend on the reason for isolation and the nature of your illness. It can be anything from a few days to the whole hospital stay.

## What happens when I go home?

When you go home you should live your life as normally as possible. It is very unusual that any special care will be required when you go home. However, if any care is necessary the staff will discuss this with you before you are discharged. After you go home if necessary you can contact your GP for further advice.

## What can I do to help?

1. Clean your hands regularly, especially after using the toilet, when your hands are soiled before eating and before leaving your room. If you are unable to go to the hand wash sink in your room please ask the nurse Manager for a pack of hand wipes.
2. Keeping your hands and body clean are important. Please make sure you have your own toiletries.
3. When coughing or sneezing use a tissue & turn your head away from others. Dispose of the tissue & clean your hands.
4. Do not touch your wounds, medical devices, drips or catheters.
5. Limit the amount of personal belongings in your room, especially in your bedside locker and table. This helps staff keep your room as clean as possible which further reduces the risk of infection.
6. If visitors are allowed, please remind them to clean their hands when entering and leaving your room. Ask them not to visit if they are ill and not visit other patients in the Hospital. Visitors must not sit on patients beds.

## What about using the toilet and getting washed?

The nursing staff will help you if needed. Your room has an en suite toilet and if needed you will be provided with a commode and or urinal.

## When will my room be cleaned?

It is important that your room is kept clean and tidy. The cleaning staff will clean your room and empty the bins daily.

## What about eating or drinking?

Your meals will be brought to you. Nursing staff will help if needed. You will be given a fresh jug of water every day which will be replenished if required.

## Where can I get further advice?

For further advice and information, talk to the nurse looking after you or the nurse manager in charge of the ward. If the staff need further advice they can contact the Infection Prevention & Control Team.

## What Personal Protection Equipment worn by staff looks like





## What is isolation?

Sometimes it is necessary to accommodate patients in a single room. (Which may have its own toilet/washing facilities). This is referred to as “isolation”. Being in isolation allows healthcare workers to reduce the risk of spreading any infection to you or other patients.

Occasionally patients may be isolated with other patients in a dedicated area also known as cohorting. The ward staff will explain why you are in isolation and the extra precautions that will need to be taken. We understand this may be difficult for you, but the staff will do their best to make your stay in hospital as comfortable as possible.

## Why do I need to be isolated?

Bacteria and viruses can cause a variety of human infections. These can sometimes cause problems in hospitals, therefore special care is needed to reduce the risk of spreading infections to other patients and staff. Some patients are also more at risk of infection to protect them from catching infections.

## Can I have visitors?

Visitors must ask the Nurse Manager before visiting. The nurse will also give advice on any extra care your visitors may need to take if they are allowed to visit. Children are not allowed to visit.

## How is infection spread?

The risk of acquiring or spreading infection can be higher in hospital. This is because of the frequent contact you will have with patients and health care workers.

Contaminated hands is the most common way that infection is spread. To prevent this you will see health care workers cleaning their hands, wearing gloves and using alcohol hand gel.

This is to reduce the risk of passing on infections.

## What Precautions will staff take?

A coloured poster will be placed on the door to inform staff and visitors that certain precautions must be taken. The exact precautions staff will take will depend on the infection you have or are suspected of having, and the type of task they are doing.

All staff will wear protective clothing coming into the room if they are having physical contact with you, for example; gowns, aprons, gloves, masks, face shields or goggles.

Our staff have been trained on how to put on and off PPE and how to clean their hands. If you are not sure if a member of staff cleaned their hands before coming to see you, it is ok to ask them.

## Patient Care Packages

If we have a lockdown on visiting in the Hospital we offer a patient care package service for relatives. Between 2pm & 4pm Monday to Friday packages can be dropped at the parcel desk in the main atrium. Your used clothes can be sent home in a bag that is provided by the Hospital.

## Can I leave the room?

No. We request that you do not leave your room unless you are given permission to do so by the ward manager.

You will be asked to keep your door closed at all times to help reduce the risk of any infection spreading. If you need to leave your room for treatment or an investigation, the staff in these departments will take the relevant precautions and will inform you of what precautions you need to take. Being in isolation will not affect the care you receive.

## Will my discharge from hospital be affected because I am isolated?

Usually there is no delay if you are returning to your own home. If you are being transferred to a nursing or Residential home or transferred to another hospital you may experience a slight delay as the organisation may need to place you in a single room and this may take time to organise.

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at time of publication.

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