

Personal Protective Equipment

Personal protective equipment helps protect both residents and staff, but to be effective, PPE must be used correctly. All staff should receive training in the donning and doffing of PPE.

Best practice is to use PPE dispensers to reduce the risk of the PPE becoming contaminated and be readily available at the point of use.

Before undertaking any task, staff should assess the risks associated with the interaction or task to be undertaken and wear PPE that protects adequately when:

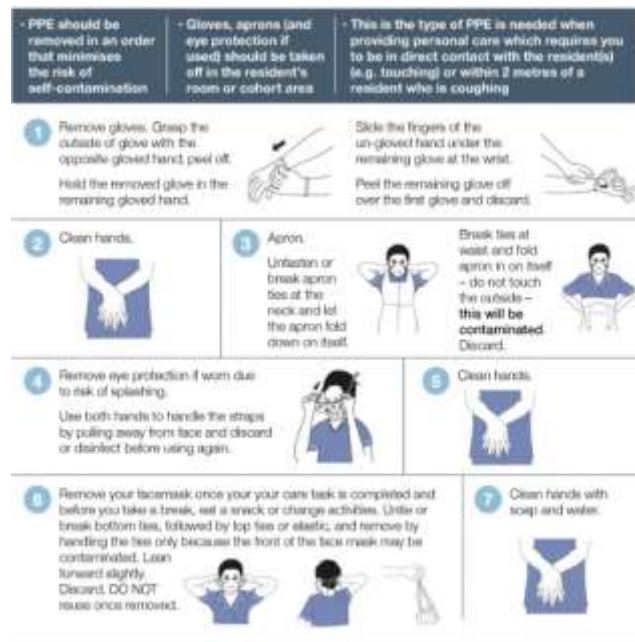
- Dealing with a resident who has a confirmed or suspected infection
- There is likely exposure to blood and/or body fluids, non-intact skin or mucous membranes
- Decontaminating the environment or care equipment
- In contact with substances hazardous to health, e.g. cleaning/disinfecting products



- Glove selection should be risk assessed based on sensitivity to latex, nature of the task, risk of contamination and need for sterile gloves. It is important to remember that gloves are not a substitute for hand hygiene. Stocks of small, medium and large gloves should be maintained and available for staff to use appropriately.
- Single use PPE should be used when undertaking care tasks and removed after the completion of the task to prevent the spread of infections.
- The correct order of removal of PPE is important to reduce the risk of self-contamination.
- Contaminated/infectious PPE should be discarded into the clinical infectious waste stream, non-contaminated/non-infectious PPE should be discarded into the offensive waste stream.
- It is recommended that, for assurance purposes, annual audits to assess the standard of staff donning and doffing PPE are carried out.

Order of putting PPE On (Donning)

1. Wash hands.
2. Apron.
3. Wash hands.
4. Masks.
5. Wash hands.
6. Eye protection
7. Wash hands
8. Gloves



Order for taking PPE off (doffing)

1. Remove gloves.
2. Wash hands.
3. Remove apron.
4. Sanitise.
5. Remove eye protection.
6. Sanitise.
7. Remove mask.
8. Wash hands.



Respiratory and cough hygiene

- Respiratory and cough hygiene can help reduce the risk of spreading respiratory infections, protecting those in contact with the infected person, e.g., residents, family and staff.
- Staff should adopt good respiratory and cough hygiene practices themselves and promote them to residents. Respiratory & cough hygiene guidance can be found by clicking [here](#)

IPC Advice, Support, Information & Resources:

- Advice, support, and information for care home staff on the management of all infections: E.g., Covid 19; MRSA; CDI; *E. coli*; Scabies
- Advice & support to undertake a range of care home IPC audits to national standard.
- Support safe hospital discharge for residents who have been treated for an infection.
- IPC annual training programme (2024) & bespoke IPC courses for care home managers, clinical staff, IPC link champions, care and domestic staff.
- Advice & support on new builds & extensions to meet IPC specifications.

A wide range of excellent **IPC policies and procedures** are available to help you to manage infections in your care homes. Please follow the link below: [Care Services Cumberland - Policies and Procedures | Cumbria County Council](#)

Training Dates for Your Diary

February

- Infection prevention and control training for residential care settings 2024
Thursday 8th February 10am-12.30pm [Click here to join the meeting](#)
- Infection prevention and control training for community-based services 2024
Wednesday 21st February 10am-11.30am [Click here to join the meeting](#)

March

- Infection prevention and control training for residential care settings 2024
Tuesday 5th March 1pm-3.30pm [Click here to join the meeting](#)
- Infection prevention and control training for community-based services 2024
Tuesday 19th March 1pm-2.30pm [Click here to join the meeting](#)