

# Standard Operating Procedure (SOP): Infection Prevention and Isolation Techniques

## Objective:

To minimize the risk of infectious disease transmission within healthcare settings by implementing standardized infection prevention and isolation practices.

## 1. Scope

This SOP applies to all healthcare workers, support staff, patients, and visitors within the healthcare facility.

## 2. Responsibilities

- **Healthcare Workers:** Adhere to all infection prevention and isolation protocols as outlined.
- **Supervisors/Managers:** Ensure compliance and provide necessary PPE and supplies.
- **Housekeeping Staff:** Follow environmental cleaning and disinfection procedures.
- **Visitors:** Comply with all restriction guidelines and hand hygiene protocols.

## 3. Procedure

### 3.1 Hand Hygiene Protocol

- Perform hand hygiene before and after patient contact, before aseptic procedures, after exposure to body fluids, and after contact with patient surroundings.
- Use alcohol-based hand rubs or wash hands with soap and water for at least 20 seconds.
- Ensure availability of hand hygiene supplies at all points of care.

### 3.2 Personal Protective Equipment (PPE)

- Select appropriate PPE based on mode of transmission (e.g., gloves, gown, mask, eye protection).
- Don PPE before entering patient rooms; doff PPE before exiting and perform hand hygiene.
- Dispose of single-use PPE in designated waste containers.

### 3.3 Environmental Cleaning and Disinfection

- Clean and disinfect high-touch surfaces (bed rails, doorknobs, light switches) frequently and after patient discharge.
- Use EPA-registered disinfectants according to manufacturer instructions.
- Ensure cleaning staff wear appropriate PPE during procedures.

### 3.4 Patient Isolation Procedures

- Place patients with suspected or confirmed infectious diseases in single rooms when available; cohort as necessary.
- Post clear isolation signage at room entrance indicating required precautions.
- Limit patient transport; if necessary, ensure patient wears a mask and follows hand hygiene.

### 3.5 Visitor Restrictions

- Restrict visitors for isolated patients unless essential (e.g., caregiver for pediatric patients).
- Screen visitors for symptoms and ensure compliance with PPE and hand hygiene protocols.
- Document visitor entry and exit as required by facility policy.

### 3.6 Waste Management

- Segregate infectious waste in labelled, leak-proof containers.
- Follow facility policies for transport and disposal of regulated medical waste.
- Ensure staff use appropriate PPE when handling waste.

## 4. Documentation

- Maintain records of isolation procedures initiated and PPE usage.
- Log cleaning and disinfection schedules for each patient room and unit.

## 5. Training

- Provide regular training and competency assessments for staff on infection prevention and isolation procedures.
- Update training materials as per latest evidence-based guidelines.

## 6. References

- CDC Guidelines for Isolation Precautions: <https://www.cdc.gov/infectioncontrol/guidelines/isolation/>
- WHO Infection Prevention and Control: <https://www.who.int/infection-prevention/en/>
- Facility-specific infection control policies and procedures.

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