

SOP: Infection Prevention and Control Measures

This SOP details comprehensive **infection prevention and control measures** designed to minimize the risk of infection transmission within healthcare settings. It encompasses hand hygiene protocols, use of personal protective equipment (PPE), sterilization and disinfection procedures, waste management, isolation precautions, environmental cleaning, and staff training. The goal is to protect patients, healthcare workers, and visitors by implementing evidence-based practices that reduce healthcare-associated infections and promote overall safety and health.

1. Purpose

To establish evidence-based procedures for infection prevention and control to ensure the safety of patients, staff, and visitors.

2. Scope

This SOP applies to all healthcare personnel and covers all areas within the healthcare facility where infection risk exists.

3. Responsibilities

- **All Healthcare Staff:** Compliance with infection control measures.
- **Infection Control Officer:** Oversight and implementation.
- **Supervisors/Managers:** Monitoring adherence and facilitating training.

4. Procedures

4.1 Hand Hygiene

- Wash hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer (minimum 60% alcohol) when hands are not visibly soiled.
- Perform hand hygiene before and after patient contact, after removing gloves, and after contact with contaminated surfaces or equipment.
- Display hand hygiene signage at key points throughout the facility.

4.2 Use of Personal Protective Equipment (PPE)

- Assess PPE requirements based on the task, patient diagnosis, and current risk assessment.
- Ensure correct selection, donning, use, and doffing of PPE (gloves, masks, gowns, eye protection).
- Replace and dispose of single-use PPE after each use; reprocess reusable PPE per manufacturer and policy instructions.

4.3 Sterilization and Disinfection

- Clean and disinfect all reusable medical equipment and surfaces according to recommended guidelines.
- Use appropriate disinfectants for specific pathogens (e.g., chlorine, alcohol, hydrogen peroxide).
- Document sterilization/disinfection cycles and monitor for quality assurance.

4.4 Waste Management

- Segregate waste at the point of generation (sharps, clinical, non-clinical).
- Label and store biomedical waste in designated, secure areas.
- Dispose of waste according to local regulations and institutional policy.

4.5 Isolation Precautions

- Implement standard, contact, droplet, or airborne precautions as indicated by patient status.
- Post precaution signage outside isolation rooms.
- Limit and document personnel entry to isolation areas.

4.6 Environmental Cleaning

- Schedule regular and as-needed cleaning of surfaces, floors, and patient care areas.
- Prioritize high-touch surfaces (doorknobs, bed rails, switches).
- Use approved cleaning agents and follow contact time recommendations.

4.7 Staff Training and Education

- Provide initial and continuous training on infection prevention protocols.
- Distribute educational materials and conduct periodic drills for simulation of infection control scenarios.

5. Documentation and Monitoring

- Maintain records of compliance audits, incidents, and training sessions.
- Report and investigate breaches of infection control immediately.
- Review SOP annually or as regulatory updates require.

6. References

- World Health Organization (WHO) Guidelines on Infection Prevention and Control
- Centers for Disease Control and Prevention (CDC) Infection Control Guidance
- Local/national healthcare regulatory authority guidelines