

SOP: Infection Control and Personal Protective Equipment (PPE) Protocols

This SOP details the **infection control and personal protective equipment (PPE) protocols**, including proper hand hygiene practices, appropriate selection and use of PPE, procedures for donning and doffing equipment, cleaning and disposal methods, guidelines for maintaining a sterile environment, and measures to prevent cross-contamination. The aim is to protect healthcare workers, patients, and visitors by minimizing the risk of infection transmission in healthcare settings.

1. Purpose

To outline the procedures for infection control and the correct use of PPE to safeguard health and safety in healthcare environments.

2. Scope

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

3. Responsibilities

- **Healthcare Workers:** Adhere strictly to protocols and report breaches or equipment shortages.
- **Supervisors/Managers:** Conduct training, ensure compliance, and maintain supplies.
- **Support Staff:** Assist in cleaning, waste management, and supply distribution.

4. Hand Hygiene Practices

1. Wash hands with soap and water for at least 20 seconds before and after patient contact, before aseptic tasks, after contact with bodily fluids, and after removing gloves.
2. When soap and water are unavailable, use an alcohol-based hand sanitizer containing at least 60% alcohol.
3. Ensure nails are short and unadorned; avoid wearing hand jewelry.

5. Personal Protective Equipment (PPE) Selection and Use

PPE Type	Indications
Gloves	Contact with blood, body fluids, non-intact skin, mucous membranes, and contaminated surfaces.
Gown/Apron	Procedures likely to generate splashes/sprays; patient isolation.
Mask/Respirator	Respiratory protection (surgical mask for droplet, N95 for airborne precautions).
Eye Protection (Goggles/Face Shield)	Risk of splashes or sprays of blood, body fluids, secretions, or excretions.

6. Donning and Doffing Procedures

1. **Donning (Putting On PPE):**
 - a. Perform hand hygiene.
 - b. Put on gown/apron and tie securely.
 - c. Put on mask/respirator and fit check.
 - d. Put on eye protection.
 - e. Don gloves covering cuffs of the gown.
2. **Doffing (Removing PPE):**
 - a. Remove gloves and dispose properly.
 - b. Hand hygiene.
 - c. Remove gown/apron and avoid touching the outside surface.
 - d. Hand hygiene.
 - e. Remove eye protection.

- f. Remove mask/respirator last.
- g. Final hand hygiene.

7. Cleaning and Disposal

- Dispose of single-use PPE in designated biohazard waste containers.
- Decontaminate reusable PPE (e.g., goggles) following manufacturer instructions.
- Environmental cleaning: clean surfaces and equipment with approved disinfectants regularly.

8. Maintaining a Sterile Environment

- Limit room entry and movement to essential personnel only.
- Maintain clutter-free workspaces.
- Use sterile items only once and dispose immediately after use.

9. Preventing Cross-Contamination

- Avoid touching face, hair, or adjusting PPE unnecessarily during procedures.
- Change gloves and perform hand hygiene between patient contacts or after touching potentially contaminated surfaces.
- Cohort patients with the same infection to reduce transmission risk.

10. Training & Compliance

- All staff must complete periodic training on infection control and PPE protocols.
- Compliance monitored through regular audits and feedback.

11. References

- WHO Guidelines on Hand Hygiene in Health Care
- CDC Infection Control Guidance
- Facility Infection Prevention and Control Manual