

SOP: Infection Prevention and Control Measures

This SOP details **infection prevention and control measures** designed to minimize the risk of spreading infectious agents within healthcare settings. It covers hand hygiene protocols, use of personal protective equipment (PPE), environmental cleaning and disinfection, safe handling and disposal of sharps and waste, patient isolation procedures, and staff training requirements. The goal is to protect patients, healthcare workers, and visitors by implementing effective infection control practices that reduce healthcare-associated infections.

1. Purpose

To outline standard procedures for infection prevention and control to reduce the transmission of infectious agents in healthcare facilities.

2. Scope

This SOP applies to all healthcare personnel, patients, and visitors within the facility.

3. Responsibilities

- **Healthcare Workers:** Adhere to all infection control protocols and report breaches promptly.
- **Supervisors/Managers:** Ensure implementation, monitor compliance, and arrange for necessary training.
- **Housekeeping Staff:** Follow environmental cleaning and waste disposal guidelines.

4. Procedures

4.1 Hand Hygiene

- Wash hands with soap and water for 40-60 seconds, or use alcohol-based hand rub for 20-30 seconds when hands are not visibly soiled.
- Perform hand hygiene before and after patient contact, before aseptic tasks, after exposure to body fluids, and after touching patient surroundings.

4.2 Personal Protective Equipment (PPE)

- Use PPE (e.g., gloves, gowns, masks, eye protection) according to the risk of exposure and transmission route.
- Change PPE between patients and dispose of single-use items properly.
- Perform hand hygiene before donning and after doffing PPE.

4.3 Environmental Cleaning and Disinfection

- Clean and disinfect surfaces and equipment regularly, focusing on high-touch areas.
- Use disinfectants approved by relevant health authorities and follow manufacturer instructions.

4.4 Safe Handling and Disposal of Sharps and Waste

- Dispose of sharps immediately in puncture-resistant, labeled sharps containers.
- Handle healthcare waste according to facility policy and regulatory guidelines.
- Use PPE while handling waste.

4.5 Patient Isolation Procedures

- Isolate patients with known/suspected infectious diseases according to transmission-based precautions (contact, droplet, airborne).
- Post clear signage and restrict entry as needed.
- Provide dedicated equipment for isolated patients where possible.

4.6 Staff Training Requirements

- All staff receive induction and annual training on infection control policies and procedures.
- Training records are maintained and reviewed regularly.

5. Documentation and Records

- Maintain logs of cleaning schedules, training attendance, and incident reporting.

- Document patient isolation and PPE usage in patient records as applicable.

6. Review and Revision

- This SOP must be reviewed annually or when significant changes in infection control guidelines occur.

7. References

- World Health Organization (WHO) Infection Prevention and Control Guidelines
- Centers for Disease Control and Prevention (CDC) Infection Control
- Local health authority policies