

Hygienic hand disinfection

The notion that our hands are the most important carriers of germs has been proven. This is why hand disinfection is the most important tool against the transmission of pathogens.

There are very clear guidelines when it comes to hand disinfection for hospital staff.

We kindly ask you and your visitors to also disinfect your hands:

- » Before entering the hospital
- » Before and after entering your room
- » Before and after mutual contact
- » Before leaving the hospital

Disinfectant dispensers can be found all around the hospital and in the rooms, which you and your visitors are welcome to use. Apply abundant disinfectant (at least 2 strokes) to dry hands and cover your entire skin. Thoroughly rub in the product until your hands are dry (at least 30 seconds). In doing so, do not forget the fingertips, the spaces between the fingers and the thumbs.



Knappschaft Kliniken GmbH

Department of Hospital Hygiene

* The generic masculine is chosen to improve readability.
Thanks for your understanding. The personal designations used refer to male, female and non-gender identities with the same meaning and respect.

Patient Information Hospital hygiene



Knappschaft Kliniken GmbH

Hospital hygiene

It is the fundamental duty of hospital hygiene to prevent the development of pathogens or to detect them at an early stage and prevent them from spreading. In short: To protect you and our staff from the transmission of germs or infections.

This represents an immense challenge, because

- » every person has a natural bacterial colonisation in and on their body. Conversely, these germs can also set off a serious infection in another person, notably if they are already ill.
- » Pathogens can be spread from person to person through hands or objects that are shared.
- » Patients are admitted to care because they have an infection with a pathogen that should not spread in hospital.
- » We cannot normally see, smell, hear or taste germs - whether bacteria, viruses or fungi.

Our four most important building blocks for achieving our objectives are:

1. Hygienic hand disinfection,
2. Screening,
3. Isolation and
4. You!

Screening

In the context of hospital hygiene, we understand screening as an early detection system. This enables us to detect germs before they cause problems. This facilitates an early and therefore more successful defence and/or treatment.

It is standard practice at our hospital, for example, to test every hospitalised person for MRSA by taking a nose and throat swab.

Further swabs are taken from some patients on account of their symptoms and personal history. This includes, for example, those who have recently been treated in a foreign healthcare system.

Isolation

Should it be the case that our screening reveals that you are colonised with a specific germ or if you have an illness with an infectious pathogen (e.g. norovirus), our team must take appropriate measures to prevent the pathogen from spreading.

This includes, on the one hand, protective clothing for staff. On the other hand, physical separation from your environment is generally necessary.

This is achieved through

- » strict isolation - you will be put up in a single room or
- » Contact isolation - you will be put up in a shared room with special precautions.

The type and duration of the measures taken depends on the pathogen.

Please consult the ward staff or the hospital hygiene department directly if you have any questions.

Play your part!

Hospital hygiene is a team game and is most effective when everyone works together.

Help us by ensuring that you and your visitors also conduct hygienic hand disinfection and adhere to the guidelines in the event of isolation.

Please follow the instructions given by the ward staff. Ask your relatives to avoid visiting if they feel ill or are ill.

Working together for a healthier hospital!