Patient safety starts with me
Examples of good practice for prevention and control of healthcare associated infections in Romania

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My place of work

- Satu Mare Emergency Hospital
- Zalau Emergency Hospital
“Narrow Focus – Wide Impact”
30 years of support from MSR

- Annual visits carried out by specialists from England
- Organizing visits in English Hospitals for Romanian staff
- Providing training for staff
- Participation of Romanian health care staff at the International Conferences
- Helped us gain access to updated information on becoming a member of Infection Prevention Society
- Kept us updated with WHO campaigns and others International campaigns
  - “Adapt To Adopt”
2007 - First Central Sterile Service Department in Romania
First time individual surgical kits for patients were created in a Romanian Hospital
First thing that we’ve learned was “to share” Why?
When you share what you have then you will increase the value of that thing.
Patient first
The best practice for infection preventing

- The Sterilization Conference covered a wide range of topics including infection prevention

- English specialists support the conference every year, by taking part and sharing the knowledge and recent work

- The number of participants consisting of doctors, nurses and top managers increases every year
Cascade training

Director of nursing

Charge nurses

TRAINERS

Nurses
Auxiliary Staff
Domestises staff
New staff

Students
Voluntaries
Our Trainers are Our Champions

- A champion shows passion, enthusiasm, determination, and recognizes the need for change.

- We need those colleagues who are role models for the others and show passion, enthusiasm and determination to implement best practices to prevent hospital-acquired infection.

- Through their work the champions can make a huge difference to our patients’ experience providing them safe care.
The 5 Moments of Hand Hygiene poster translated for the first time in Romanian language

- Continuous training
- Semmelweis lesson

So important today
Difficult to believe that you can save a life when you can not see the microorganisms

- Provided resources
- 7 steps for hand hygiene technique
- 5 moments for hand hygiene
- Promoted hand rubs at the point of care
- Provided audit tools
Clean Your Hands Campaign

- “Clean care is safe care“ – “Save Lives: Clean Your Hands”
- 2015 – Hand Hygiene Sanitizing Relay - 268 participants
- 2016 - IPS Hand Hygiene Torch Tour
The first Infection Prevention Book for nurses

- 14 Chapters written by English specialists for Romanian nurses
- Yorkshire branch of IPS supported the writing of the book
- 2,000 books delivered free of charge all over Romania thanks to a grant from BBraun company
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What is a High Impact Intervention

- Evidence-based elements of care
- Often called ‘care bundles’
- Designed to remove variance
- When all the elements in the bundle are completed the risk is reduced
- HII developed primarily to reduce infection
- HII represent tools for prevention of infection
Visual Infusion Phlebitis Score

- Identified early signs of phlebitis
- Empower nurses to act on the earliest signs of phlebitis and remove the device
- Implementing a checklist to ensure adherence to evidence-based guidelines
- Ensure clinicians are consistent with documentation (clinical signs such as “slightly red” could now translated into a number)
- Daily assessment if catheters could be remove
Isolation

➢ Use of single rooms for patients with:
  – Resistant organisms
  – Acute diarrhea/C. difficile
  – TB and influenza

➢ Isolation practices
  – Clear signage
  – Hand hygiene
  – Personal protective equipment
  – Door closed

STANDARD ISOLATION

Please speak to the Nurse in Charge before entering.

Hands must be decontaminated before entering and leaving this room.

Disposable gloves must be worn when there is contact with bodily fluids and handling contaminated items.

Disposable aprons must be worn by all staff and visitors assisting in the care of the patient or having contact with the immediate environment.

All cuts and lesions should be covered with a waterproof dressing.

The side room door must be kept closed.
International Engagement Committee

- Promote international relationships
- ‘Special access membership’ for healthcare professionals in resource limited countries
- Translation of IPS educational material
- Share experiences of IPC professionals working abroad

Join the Infection Prevention Society (IPS), one of the largest and most influential societies for infection preventionists in the UK and Ireland with a growing international membership.

Are you a member yet?
Guidance at a Glance

Hand hygiene
- Effective hand decontamination significantly reduces the risk of transmission of infectious agents which cause healthcare associated infections and helps prevent antimicrobial resistance (WHO, 2017).
- All areas of the hands including the wrists must be cleaned.
- Alcohol hand rubs should not be used for hand hygiene if the patient has diarrhea and/or vomiting as they may be ineffective.
- Keep nails short; sleeves rolled up; no nail varnish/gel/fake nails; no stoned rings, no watch/chu/bracelets (Loveday et al, 2014).

Personal protective equipment (PPE)
- Most commonly used PPE are gloves, disposable aprons and face protection.
- Risk assessment of the task will determine the choice of PPE.
- PPE should be changed after each patient and/or following completion of a procedure (Loveday et al, 2014).

Safe use and disposal of sharps
- Do not leave sharps on the floor, on work surfaces or in waste containers.
- Disposal of sharps must be done as soon as possible.

Igiene Mâinilor
- Decontaminarea eficientă a mâinilor reduce semnificativ riscul transmisiei agenților infectiei care cauzează infectiile asociate asistenței medicale (IAM) și ajută la prevenirea rezistenței antimicrobiene (WHO, 2017).
- Toate mânerele, inclusiv încheieturile, trebuie să fie curățate.
- Alcoolul gel nu trebuie utilizat pentru igienă a mâinilor în cazul în care pacientul are diareea și/sau vomit, deoarece acesta poate fi neficient.
- Pâna la unghii scurte, mâinile suportă, fără toc de unghii/gel/ungii false, îmecă cu pălărie, cauzează de mâinile brațelor (Loveday et al, 2014).

Echipamentul personal de protecție (EPP)
- Cel mai frecvent utilizat EPP sunt mâinile, șorturi de unghii folosite și protecția facială.
- Evaluarea riscului de plagă va determina alinierea EPP.
- EPP trebuie schimbat după fiecare pacient și/sau după finalizarea unei proceduri (Loveday et al, 2014).

Utilizarea și eliminarea în condiții de siguranță a obiectelor ascutate
- Adoptă următoarele proceduri pentru a reduce riscul de accidentare:
  - Deșeurile TALE sunt responsabilitatea TALE.
  - TĂU înainte de a purta următoarele:
    - Nicio sau reciclată, sau fără aceea încurajează eliminarea,
    - Fizică dispozitive ascutate sugerează unii sunt disponibile.
  - Controlarea de îndepărtarea nu trebuie să fie depozitate la înălțimea corpului.
  - Utilizați mecanismul de închidere temporară a containerei înainte a utiliza pentru a reduce riscul de accidentarea.
  - Reducerea și echipamentul de înghețat trebuie să fie depozitate în așa fel încălcării fără un dispozitiv de eliminare.
  - Utilizați polițială locală pentru gestionarea incidențelor de expunere profesionale (PHW 2014).

Igiene Mediului
- Translation of Romanian by Răzvan Ionea, A. Adina Bugașan
Nursing Time Awards recognizes the work in partnership between the nurses of two countries England and Romania in 2015.
Why patient safety?

MR. JONES TOOK THE RISK OF INFECTION VERY SERIOUSLY.
Focus on environmental samples

- The number of clinical specimens processed in the laboratory is small.
- Most laboratory tests are processing in environmental samples.
- E.g. 1778 environmental - 853 clinical samples in 2018 in Satu Mare Hospital.
- Environmental samples are collected weekly on each ward.
- An average of 15 samples each ward: trolley, window, beds, sinks, sterile kits, water, hands, etc.
- However they are expensive and without significant impact on infection prevention improvement.
Negative news has a stronger impact on our minds than positive news

- The Colectiv nightclub fire was a deadly fire in Bucharest, Romania, on 30 October 2015, which killed 64 people

- “I saved them from a fire bomb and died in a microbes bomb” - shocking statement made by a physician from Bucharest Burns Hospital

- Infection with Pseudomonas, Acinetobacter and Klebsiella

Flowers and candles outside Pionierul, the former factory where Colectiv was located
2017 ECDC Report

- Average rate of HCAI in Europe 7.1%
- HCAI are more frequent in resource-limited settings than in developed countries
- Reported HCAI in Romania 2.8%
- Rate of hand disinfectants in the lowest in Europe
Most HCAI are preventable

- Prevalence of nosocomial infections = in Europe 7.1%
- 4,300,000 average number of patients admitted annually in Romania as reported by Şcoala Naţională de Sănătate Publică, Management şi Perfeclţionare în Domeniul Sanitar Bucureşti (SNSPMPDSD)
- The average of 7.1% in Romania means
  - 305,300 HCAI every year
- HCAI pose a serious risk to patients, but also staff and visitors
APCI - Asociatia pentru Prevenirea si Controlul Infectiilor

- Newly founded association in Romania
- APCI is the first association in Romania which brings together doctors, nurses and other staff interested in preventing infections, being open to everyone who wants to be involved and help in developing good practices for infection prevention.
“We, as an association, truly believe that all specialties and all professional categories that have the same goal, infection prevention and control, should stick together and work together for the patient safety and comfort. And this is our goal.”

Dr. Sergiu Sangeozan, President of APCI

(IPS Weekly Digest Friday – 15th February 2019)
In Romania we like to believe that we are the generation to plant a tree so that the next generation can water it so the one that follows can enjoy the shade.

Will take time but in the end the patient and staff will greatly benefit.
What we’ve learnt along the way

- “Start small and than grow”
- Simple improvements are often not rocket science, they just need doing
- Lead with kindness, compassion and love
- Focus on positives and celebrate success
- Looking for influential champions
- Believe in our work and achieve our goals
Patient safety starts with me!

- No person should be harmed by a preventable infection.

- The goal of health care professionals is to avoid as many HCAI as possible.

- It is important to understand that patient safety starts with each one of us no matter which hospitals we come from!