

A Note about Fingernails

Thousand of germs can survive under and around fingernails. Be sure to clean areas under fingernails if they are visible dirty, and pay special attention to these areas when you wash or use alcohol hand rubs for cleaning hands. Freshly applied nail polish does not increase the number of germs present, but chipped nail polish may harbour germs. Persons with artificial nails are more likely to have more germs under and around nails than those who do not wear them.

Nutrition:

Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water.

Learning to eat nutritiously is not hard. The key is to eat a variety of foods including vegetables, fruits, and whole – grain products. Eat lean meats, poultry, fish, beans, and low – fat dairy products and drink lots of water.



This brochure provides basic general information only, and is to be used as a guide, not as a complete resource on the subject....

If you have any further question, please ask your physician or nurse or call the hospital infection control practitioner.



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PACIFIC HOSPITAL OF LONG BEACH

**YOUR [SKIN] IS THE
SOURCE OF INFECTION**

CLEAN CARE



Spa



**We care about your
total health.**

Why the hospital is using StirosLotion and not Basin Bath Water?

Patient bath water is a significant source of high bacterial contamination.

Although infection control measures, such as water chlorination, filtration and disinfection are known to decrease hospital water microbial counts, often water serves as a mere conduit. Hospital staff can also transmit pathogens both into and via water.

Mechanical friction during bathing releases skin flora into water; therefore, basins can become a source for cross-contamination, and serve as a potential reservoir for the transmission of hospital acquired infections. Traditional patient bathing techniques increase the potential to cross-contaminate patients by reusing bath cloths, which can pick up resistant bacteria during bathing. In turn, these bacteria can be transferred to the basin and then returned to the patient via the bathing process (or remain on an environmental surface).

PHLB; commitment is to deliver a powerful way to promote daily skin care, inspection and to provide the best care for our patients.

Reducing Threats to Skin Integrity.

This unique approach will help to customize and implement an evidence-based protocol, complete a performance improvement plan, and track progress on everything from skin breakdown to staff compliance.

The benefits provided with StirosLotion are as follows:

1. Removes the risk of basing and water borne contamination
2. Reduce the transfer of micro-organisms and environmental cross-contamination.
3. Helps maintain skin's natural barrier (due to the softness and mildness of the cleanser)
4. Rinse-free cleanser nourishes and softens the skin
5. Proven hypoallergenic, gentle and non-irritating.

Hygiene [A Forgotten Practice]

Unclean skin favors the development of pathogenic organisms – dead cells that continually slough off of the epidermis mix with the secretions of the sweat and sebaceous glands and the dust found on the skin to form

a filthy layer on its surface. If not cleaned away the slurry of sweat and sebaceous secretions mixed with dirt and dead skin is decomposed by bacterial flora, producing a foul smell.

The functions of the skin are disturbed when it is excessively dirty; it becomes more easily damaged, the release of antibacterial compounds decreases and dirty skin is more prone to develop infections.

