

Welcome to the **SUMMER** edition of the IPC Newsletter.

In this issue we meet two Senior HCWs and gain some background on their role within IPC.

Here Comes Summer



DEHYDRATION

As the weather at home gets warmer...ish and many of us are jetting or sailing off to sunnier climates for a well-earned holiday, remember to keep hydrated to help prevent urinary tract infections (UTIs). During the summer months there is often an increase in the number of UTIs in adults. Below are some suggestions to increase hydration.

- Chose different drinks to offer variety
- Choose "high in fluid" foods for example; ice lollies, jelly, ice cream and fruits like watermelon.
- Know the signs of dehydration; dry mouth and lips, headaches and dizziness
- Start and end the day with a glass of water



World Sepsis Day

On 13th September 2025 we recognise World Sepsis Day and this is an opportunity for everyone to recognise the risk of sepsis.

Sepsis accounts for at least 11 million deaths worldwide annually yet some staff are still unaware of the symptoms to look out for. Recognition of sepsis or asking 'could it be sepsis' is important for staff as it leads to faster treatment time.

Learn what sepsis is, and how to identify and diagnose it in a short video produced for World Sepsis Day.

Scan the QR code to take you to the Sepsis webpage and click on Sepsis dropdown on the top banner and the videos are available under "What is Sepsis"



Enjoy Farm Parks and Adventure Areas Safely

Visiting a farm park or adventure play area with a petting zoo can be fun and educational for families, but it carries infection risks from animals. Farm animals may carry germs that can cause illnesses like diarrhoea, vomiting, and fever. To stay safe, follow these guidelines:



- Wash hands with soap and water after animal contact and supervise children.
- Avoid kissing animals or allowing close contact.
- Wash hands before eating or drinking.
- Restrict eating and drinking to designated areas, not in the petting zone.



Apply Standard Infection Control Precautions (SICPs) in all care settings, at all times, for all individuals.

Behind the Scenes



I'm Michelle one of the 3 Senior HCSWs working within the IPCT and I joined the North IPCT in October 2023. Coming from a background of Facilities where I worked as a Facilities Domestic Supervisor, I felt that moving to the IPCT was a natural transition for me. My previous role provided me with a range of transferable skills that have enhanced my understanding and effectiveness within the IPC setting. I really enjoy the variety of tasks and responsibilities involved in delivering an effective and efficient service to patients. This includes responding to enquiries from staff, patients, carers, and relatives on infection prevention and control (IPC) issues. I actively support the IPC team in developing new and innovative approaches to educating staff during training sessions. I also continue to expand my knowledge of emerging micro-organisms and evolving infection risks, ensuring I stay up to date in this fast-changing field.

Lorna McIntosh (IPC Senior Healthcare Support Worker)



When I joined the NHS I was employed within the Domestic Service Team and then joined the ward based nursing team as a HCSW. I was delighted when I was successful at interview to join the Infection Prevention & Control Team in November 2023. This was 1 of 3 posts and I was able to remain within the Clyde Sector. This was a bonus as it meant I was familiar with the site although I now also visit Inverclyde Royal Hospital and Vale of Leven Hospital. Joining the IPCT was an exciting opportunity for me and my role consists of supporting the team including being involved in education for staff, undertaking ward audits and visiting wards and chatting to staff about our IPC theme of the week. In addition there is so much more behind the scenes work that I am able to help with to keep our staff, patients and visitors as safe as possible.

Hand Hygiene Quiz Winners

“IT MIGHT BE GLOVES... BUT IT IS ALWAYS HAND HYGIENE” was the message from the 2025 World Hand Hygiene Day.

Regardless of whether gloves are worn, hand hygiene at the right times and in the right way is still one of the most important measures to protect patients and health workers in healthcare. As part of World Hand Hygiene Day, the Infection Prevention & Control Team organised a quiz for staff. Louise Nesbitt won a gift voucher and the following staff members all won a consolation prize.

- Natasha Iqbal
- Lorna Hastie
- Sarah Jane Skinner
- Aisha Gidago
- Bridget Omamuaye
- Emma Dunn
- Donna Tibbs
- Lorna Stewart
- Gayle Carlin



Thank you to all staff members who participated in the quiz!

Hand Hygiene Quiz Answers

Question	Correct response (s)	Most frequent incorrect response
How long should Hand Hygiene take place for?	Hand Hygiene should take 20-30 seconds	2 minutes
What is classed as the Gold Standard for Hand Hygiene, according to the World Health Organisation (WHO)?	Alcohol Based Hand Rub (ABHR)	Soap and water
It is mandatory for staff to be bare below the elbows; which of these are not allowed to be worn?	<ul style="list-style-type: none"> · Artificial nail products and nail polish · Long sleeves · Wrist watches or wrist activity devices · Bracelets/bangles <p>This question allowed for multiple answers, the four above were correct.</p>	One plain band ring
Which artificial nail products are approved by NHS Scotland?	No artificial nail products are approved by NHS Scotland.	Acrylic and clear nail polish/strengtheners
What negative impacts may arise from the use of artificial nail products?	<ul style="list-style-type: none"> · Increase risk of infection · More difficult to clean during hand hygiene · More easily contaminated with body fluids <p>This question allowed for multiple answers, the three above were correct.</p>	No negative impact
When is Hand Hygiene not necessary?	Hand hygiene is necessary at all stated points and many more.	When carrying out patient observations e.g. blood pressure
Do gloves ever replace the need for Hand Hygiene?	No	Yes
If your skin is showing signs of irritation, what should you do?	<ul style="list-style-type: none"> · Discuss with Line Manager who may evaluate skin health · Use more hand cream supplied at work <p>This question allowed for multiple answers, the two above were correct.</p>	Wear gloves more often

REMEMBER!

Even though it's often referred to as the “winter vomiting bug,” it's important to remember that norovirus can still present during the summer months. If any patients show symptoms of loose stools and/or vomiting, staff should consider the possibility of norovirus. In such cases, it's important to isolate the patients and send stool samples for microbiology and virology testing.



Visit our web page to access all IPC resources.
www.nhsggc.scot/hospitals-services/services-a-to-z/infection-prevention-and-control