

## Information about isolation

### Why do I need to be isolated?

You may be required to move into a single room due to a suspected or confirmed infection or as a means of protection from infection. Illnesses, such as cancer, diabetes, and heart disease, can make you more vulnerable to infection. If your nurse has advised that you that require isolation a sign will be placed on the door indicating whether the door should remain shut or may be kept open.

You may be cared for in a single room without the need for isolation when no other beds are available or because the room is more appropriate for your needs. This means that you may keep your door open or closed with no special precautions needed.

### Isolation in a ward bay

When several patients are affected by the same symptoms or may have been exposed to an infection the bay may be temporarily closed. The nursing care you receive will be the same regardless of whether you are in an isolation room or on the main ward.

### Use of Personal Protective Equipment (PPE)

This is the term given to equipment intended to be worn to protect a person from risks of infection e.g. gloves, aprons, eye and face protection. PPE may be required to be used by the staff, visitors or by you when attending other departments. Generally visitors do not need to wear gloves and aprons, unless assisting with patient's physical care.

### How can I help reduce HealthCare Associated Infections (HCAI)?

You can help reduce transmission of healthcare associated infections by washing your hands or using the wipes provided:

- Before meal times
- After using the toilet facilities
- Before and after going to another department (x-ray etc)

If toilet facilities have been designated for your use only, then only you should use these.

You can also help by:

- Following the advice given by your nurse and medical team
- Prompting staff by asking them "if they have cleaned their hands"
- Asking your visitors to follow the advice and recommendations provided.

If you think an area or a piece of equipment is not clean or clean enough please let the nurse in charge know, and this will be acted upon.

### Can I leave the room?

We ask that you remain in your room and do not wander around the ward area, the dayroom or the hospital shop. There is an opportunity to buy items such as the daily newspaper, drinks or toiletries as trolley services are provided in all wards.

Clinical procedures in different departments will in most instances still go ahead as planned. Staff in the relevant departments will be made aware of any special precautions required.

### **Can I visit other patients?**

We ask that you do not visit any other patients in the hospital. If there are special circumstances then please discuss these with your nurse. Advice may also be sought from a member of the infection control team.

### **Can I have visitors?**

Yes. We suggest no more than two visitors at a time during visiting hours. Visitors should speak with the nurse looking after you before visiting or entering your room to reduce movement in and out of your room.

### **When should a visitor be discouraged from visiting?**

We suggest that babies and anyone who has been unwell do not visit. Examples of when not to visit includes symptoms of diarrhoea or vomiting in the last 48 hours, when experiencing a heavy cold, flu like symptoms or a chest infection. Visitors who have wounds should ensure these are covered appropriately.

### **Are visitors at risk?**

To minimise risk visitors should minimise personal belongings taken into your room. PPE (this includes gloves, aprons and masks) may be required to be worn and in all instances should be disposed of in the orange/ yellow foot operated bin in your room. Visitors should wash their hands with liquid soap and water before entering your room (alcohol foam can be used on visibly clean hands if a hand washing sink is not accessible) and wash their hands before leaving your room.

Alcohol foam is positioned on the end of your bed as well as outside each room. Please note that visitors should not share or consume food in any isolation room. Your nurse will be happy to show your visitors the location of hand hygiene facilities in the department.

### **What happens if isolation is no longer necessary?**

The nurse in charge of your care will regularly assess whether isolation is required periodically. The isolation sign on your door will be removed when no longer needed.

### **Cleaning of isolation rooms**

Cleanliness of the environment is very important to us and we try to ensure that the wards and departments are kept clean, tidy and fit for purpose. Rooms are routinely cleaned daily, with additional cleaning carried out as required. Frequent environmental audits are completed to help maintain high standards. Rooms used to isolate patients who are considered infectious are deep cleaned. This means that only rooms that have been appropriately cleaned will be used for new admissions or transfers.

### **Discharge from hospital**

If you need to take any special precautions at home, or in another care facility, your nurse and medical team will explain them to you before you are discharged.

## When can I return to work?

A care summary is sent to your G.P on your discharge. If more than a week will have elapsed before returning to work a sick certificate may be required. All infections that are notifiable are managed by the local Public Health England office.

## Hand hygiene

Cleansing your hands at the right time and with the right product is the best way to prevent spreading an infection or illness. ESHT provide alcohol foam sanitisers for staff and visitors and hand wipes for patient use as an alternative to washing hands. Please ask staff if you would like more information or a copy of our hand hygiene leaflet.

## Sources of information

Public Health England - [www.gov.uk/topic/healthprotection/infectious-diseases](http://www.gov.uk/topic/healthprotection/infectious-diseases)

World Health Organisation - [www.who.int/gpsc/tools/Five\\_moments/en/](http://www.who.int/gpsc/tools/Five_moments/en/)

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

Written by: Susanna Marsden, Infection Control Nurse.

The following clinicians have been consulted and agreed this patient information:  
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The directorate group that have agreed this patient information leaflet:  
ESHT Patient Information Group

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Responsible clinician: Tina Lloyd