

A Guide for
**NURSING
ASSISTANTS**
Kerala 2011



NATIONAL RURAL HEALTH MISSION, KERALA
KERALA HEALTH SERVICES
KERALA FEDERATION OF OBSTETRICS & GYNAECOLOGY

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A Guide for Nursing Assistants Kerala 2011

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Felicitations



The project to give training for grade1 Nursing assistants organized under the auspices of KFOG, NRHM and Kerala Health Services is an important step. It is essential to give training for these staff in a time bound manner. I am sure that the above project will help in achieving this objective. My Best wishes.

Saurabh Jain

State Mission Director
(Arogya Keralam)



It is essential to give training in the technical aspects of patient care to the attenders who get promoted as nursing assistants in the hospitals under the Kerala Health Services. Unfortunately, we are not able to provide such a training in a time bound manner. Hence the training proposed by the KFOG, NRHM and Kerala Health Services is a welcome move. I wish the programme all the best.

Dr.P K Jameela

Addl Director of Health Services
State Programme Manager Health Services



Contents

With thanks	7
Preface	8
Introduction	9
Work ethics for Nursing Assistants	10
Communication skills	11
Duties expected from a Nursing Assistant	12
Other Duties	13
Helper in Emergencies	20
Technical Helper	22
Sterilization, Cleaning waste segregation & disposal	24
Self Protection	28
Conclusions	30

With Thanks

We are very grateful to the National Rural Health Mission (NRHM) and Kerala State Health Services for providing this opportunity to conduct such a training course for the nursing assistants of Kerala Health Services. We are especially indebted to two persons, Shri Saurabh Jain, State Mission Director, Kerala and Dr P K Jameela, Additional Director Health and Family welfare, Kerala State Health Services.

We received the help of a lot of people to prepare a hand book like this especially when the original had to be in Malayalam. Two publications by the Kerala Health Dept were quite useful. One was ‘Nursing assistant/ Attender training guide-2005’ published by the Kerala Health Department and the other was a booklet on Universal precautions published jointly by Kerala State AIDS Control Society and NRHM. Dr Sudheendran, Anesthesiologist, Mother Hospital, Thrissur helped to translate our notes into good Malayalam. Thanks are also due to Shri Vinod who did the Malayalam typing and Mr. David (Smriti Design, Thrissur) who produced this booklet at very short notice.

Gynaecologists belonging to the various Obstetric & Gynaecological Societies throughout Kerala are at the forefront of this training. The encouragement, selfless service and co-operation of a number of persons like Dr T Narayanan, President KFOG, Dr Jayandhi Raghavan, Secretary General, KFOG; Dr Rajasekharan Nair, our Liaison Officer with the government and many others are gratefully acknowledged.

The background work and initiation of this project was at Thrissur. We thank the office staff of TOGS, KFOG (Mr Raveendran, Ms Sumitha) and Dr Sheela Paily who are always present with us through thick and thin.

Thrissur

08. 02. 11

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Preface

Nursing Assistant is an important member of the patient care team. But, unlike the doctors and nurses, they do not have to undergo any course or specialized training before embarking on their duties. Usually they are not in a position to read and understand technical books in order to gain knowledge by themselves since most of them have received only secondary or higher secondary education. Their only source of knowledge is what they see their seniors do in the wards, theatre etc. By hard work and commonsense most of them learn to do things properly on their own. If only we could also teach them the scientific basis of what they are doing, we are sure to get better service out of them. This hand book has been designed with this objective.

KFOG and NRHM in association with Kerala Health Services had conducted a CHC up gradation project last year to improve the health care in Kerala. As a part of that project we had conducted classes for the doctors of CHCs along with their labour room nurses. These classes which lasted for two days each were held in Trivandrum, Kottayam, Thrissur, Calicut and Kannur. It was the unanimous opinion of the participants of these classes that we should give similar training to the nursing assistants also.

There is no doubt that nursing assistants and hospital attenders are the people who get maximum opportunity to interact with the patient as well as their relatives. The actions of these people contribute greatly to the good or bad image of the hospital. A patient usually comes to the hospital with some illness or other. He or she will be anxious regarding the outcome of his/her illness and if somebody from the hospital approaches them with a smile that will go miles towards allaying their apprehensions. So, in this training we are giving a lot of importance to communication skills.

The nursing assistants are also technical helpers. In the smaller hospitals they are the people who do the job of the electrician, mechanic etc. They are the people who clean and look after the maintenance of the cautery machines, suction apparatus etc which are used during surgery. These are the reasons why a good nursing assistant is invaluable and important. They also act as a guide to junior doctors and nurses who have just joined the service. In many places they are the people who do the dressings, give enemas, change IV drips etc under the direction of the staff nurses. We fervently hope that this hand book will help in improving the skills and services of the nursing assistants who are important links in the patient care team.

Opening Remarks

The good reputation of any institution depends on the team work of its employees. A hospital is no different in this respect. It is a place where a patient should receive the correct treatment and nursing care. A patient recovers from his/her illness as a result of the team work done by the doctor, nurse, nursing assistant and attender. Nursing assistants are an important group in the performance of patient care. Only persons with a humane approach can succeed in this field. Their whole hearted support is essential in keeping the hospital premises clean. Their kind approach to patients is an important ingredient in the recovery of patients. By giving them a scientific training to improve their performance we can be sure of obtaining better patient care and support. Patients in labour require kind, soothing and supportive behaviour in addition to medicines. A few kind words or a soothing touch is sufficient for the patient to have a warm relationship with the nursing assistants. Most of the patients will remember this soothing touch throughout their lives with gratitude. Through this book, by giving few guidelines, we aim to improve the technical knowledge of these employees in accordance with the times.

Ethics for Nursing Assistants

(Courtesy: Training manual for Nursing Assistant, Hospital Attender published by the Kerala Health Services)

By the word nursing, what immediately comes to mind are words like ‘taking care of, protection, help, comforting etc. The duty of a nursing assistant is to help in these activities. So a nursing assistant also should have all the qualities of a nurse. They should uphold the following moral values in all their activities.

1. Honesty, trustworthiness
2. Kindness towards patients
3. Be prompt in carrying out the orders of the doctor or nurse.
4. Maintain the confidentiality of the information gained during the course of their work.
5. Have respect towards authorities.
6. Be co-operative and friendly towards co workers.
7. Be courteous and gentle in their behaviour.
8. Provide service without expecting any reward

The rude behavior of the employees towards the public is one of the main reasons for the poor image of the Health Services in the minds of the public. Work in the health sector is not just a job, it is a service and all of us should be aware of this fact. All of us who work in this field should have this in mind in our dealings with the patients or their relatives. We, who have to deal directly with the public, can multiply the quality of our services if we will only improve our behaviour towards patients who come to us for relief from their ailments.

Communication Skills

Patients are the most important persons in the hospital.

They come to the hospital from various backgrounds. It is natural that he or she may feel anxious, scared or worried when they reach the hospital. The relatives and other people who accompany the patient may also be anxious or have their own apprehensions. We must try to understand all this and try to be good hosts. A good nursing assistant should receive a patient who comes to the hospital with kindness, give them a homely atmosphere with their soothing behaviour and calm them by removing their fears and anxieties. A patient who cannot walk should be transported in a wheelchair. If the patient cannot sit or move then a trolley or a stretcher should be used. He/she must be shown to a bed, must be informed regarding the rules of the hospital and should also be given a few guidelines regarding the maintenance of cleanliness in the hospital. All these are the primary duties of a nursing assistant.

Many a time a patient or a relative may seek information from a nursing assistant. One must handle this situation with care. If you are not very sure of the answer it may be safer to say that the doctor or nurse will come and talk to them when they are free. Meanwhile, comfort them. It is equally bad to give wrong information or no information. However much you are provoked, please respond with patience, forbearance and kindness.

Duties expected of a nursing assistant

(Courtesy: Training manual for Nursing Assistant, Hospital Attender published by the Kerala Health Department)

1. Assist the nurse in bed making.
2. Give sponge bath under the supervision of a nurse or help patients to have a bath.
3. Give enemas, insert flatus tube etc.
4. Assist in wound dressing, catheterization, lumbar puncture etc.
5. Prepare the patient for surgery under the direction of the doctor or nurse.
6. Transport drugs and other required items to the ward, OT, labor room, ICU etc from the store.
7. Provide bed pan, urinal etc to the patients as needed.
8. Help in preparing packs and bins for sterilization for use in the OT, labor room, ICU, wards etc.
9. Prepare antiseptic lotions for cleaning.
10. Help the patients who are unable to feed themselves in having food.
11. Transport patients to & from various departments.
12. Transport blood, urine etc along with the requisition forms to the laboratory for investigations.
13. Collect things from the store & return used items.

Other duties

A. Giving an Enema

It is one of the important duties of a nursing assistant. Enema is the instillation of fluids containing drugs into the rectum through the anal opening prior to surgery for cleaning it or for some diagnostic purposes. It is also used as a treatment for constipation.

Important points to be noted while giving an Enema

- The enema can and tube should be clean and in proper working order.(photo-1)
- The quantity of the fluid & its temperature should be proper.
- Privacy should be maintained.
- Explain the procedure to the patient and ensure co operation.
- Put the patient in left lateral position. This helps the fluid to go in easily.
- Ask the patient to hold the fluid inside for some time.
- Remove catheter using a gauze piece and give the bed pan or help the patient to the toilet.
- Observe the result of the enema and inform the staff nurse
- Clean and disinfect the instruments used before putting them away.
- Hands are to be washed before and after the procedure.
- One can also use disposable enemas.

B. Preparing the patient for surgery

- Remove gold ornaments etc in the presence of relatives and entrust it to them or ask the patient herself to remove them and give to the relatives.
- Support and encourage the patient prior to undergoing surgery, before labour, prior to examinations etc.
- Transport the patient to various places like OT, labour room, examination room etc as per the directions given by the superiors.
- Should not do or say anything which may undermine the confidence of the patient.

C. Transferring patients

Great care is to be exercised in transporting patients from one place to another. It is better to use a trolley with railings. A lot of care is also required in transferring the patient from the operation table to the trolley. The head as well as the feet are to be supported well. This can be accomplished with the help of a roller or a strong bed sheet.

In certain circumstances, the patient may need to be transported to a hospital with better facilities. It is always better to give prior intimation to the relatives concerning this possibility. Sometimes the nursing assistant may be part of the team transporting the patient. One must collect all the pertinent documents concerning the patient from the referring hospital. En route, the nursing assistant should help the nurse in looking after the patient and also comfort the relatives. After reaching the referral centre one must help in transferring the patient to the casualty or ICU as the case may be, give more details if necessary and then only return. After return one must also inform the referring doctor and other concerned persons.

D. Preventing bed sores

Patients lying unconscious or comatose in the ICU or wards require special care. When they remain unconscious for prolonged periods, ulcers will occur at the pressure points (where bones are just under the skin and where there is skin to skin friction). These are known as bed sores. This occurs because the cells there die due to a decrease in blood circulation. So we should keep a watch over such areas in these bed ridden patients in order to prevent bed sores. Bed sores start as areas of redness, pain, increased warmth and edema. Later the skin breaks down turning this into an ulcer. One must take the following steps to prevent this.

1. Hips, shoulders, elbows, ankles etc should be cleaned with soap and water, wiped dry and then rubbed with powder.
2. Change position every 2 hours.
3. Reduce pressure on bony points using air cushions.
4. Use pillows to reduce friction between skin surfaces.
5. Change wet bed sheets promptly.
6. Keep skin clean and dry.
7. Improve nutrition by providing good food

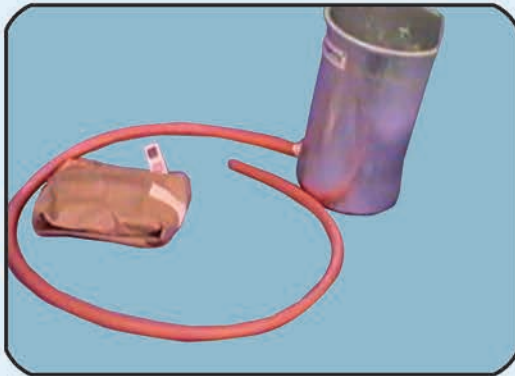


Photo- 1. The tube that goes to the anus must be sterile. A rubber tube can be autoclaved



Photo-2. Different methods of giving oxygen — Mask, Prongs, Nasal Catheter



Photo-3.& 4 — Inscribe the date on the bin before autoclaving. Stick the indicator tape on the bin & write the date on it. The old tape should be removed before sending it for autoclaving next time. After autoclaving, the openings by the sides of the bins should be closed.



Photo-5 & 6 Different types of autoclaves — Vertical & horizontal



Photo-7. The tray is not going to be sterile by this method since the tray is not immersed completely



Photo-8. The instruments to be sterilized should be fully immersed in Cidex



Photo-9. Autoclaved materials should not be transferred from one bin to another for storage. The side holes should be closed.



Photo-11. The needle should be removed from the vial after withdrawing sufficient amount of the drug. If a used syringe was attached to this needle, don't reuse it. The remaining drug should be used on the same day. So the date should be written on it.



Photo-10. A P/V pack that can be prepared easily

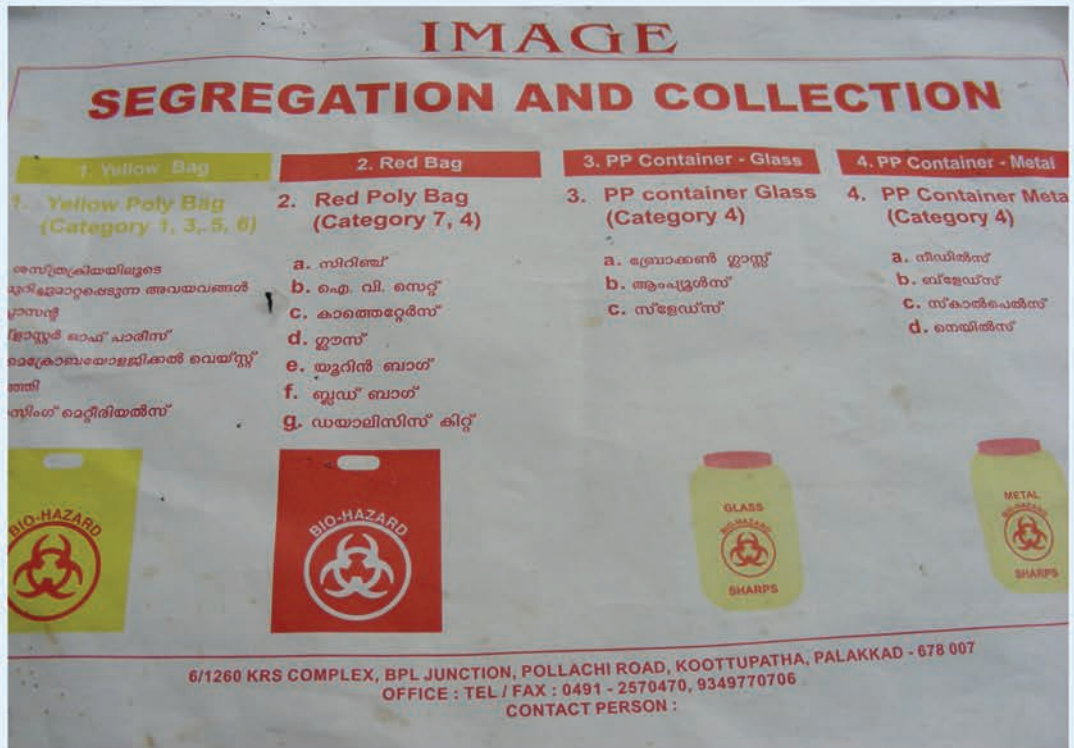


Photo-12. Colour code for sorting waste



Photo-13. There should not be any dirt inside the plastic tube. It can be cleaned with warm soap solution.



Photo-14. The spanner should be tied to the oxygen cylinder. The water in the humidifier should be changed daily and the date should be marked on it.

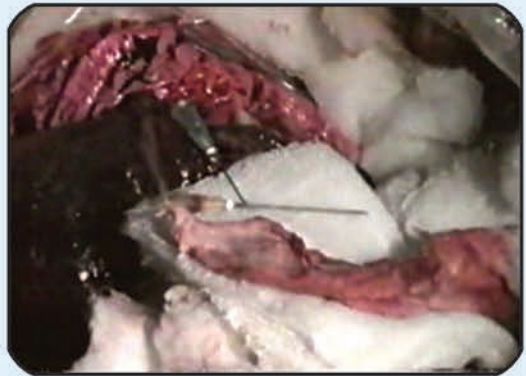


Photo-15 & 16. Different types of waste should not be mixed



Photo- 17. The slippers for the bath room should be separate and they should be in front of the bath room



Photo-18. Cautery: The patient plate should be in contact with maximum surface area on the patient. Do not use wet cloth, jelly etc for this.



Photo-19. Suction Machine: The usual causes of malfunction are not closing the lid of the jar tightly or leakage at connections. Better to use connectors with maximum diameter where two tubes are joined.

E. Other duties of a nursing assistant

(which should be performed under the supervision/direction of a nurse)

1. Inserting a urinary catheter.
2. Cleaning and dressing wounds.
3. Help in putting a plaster cast.
4. Feed the patients if necessary.
5. Give inhalations.
6. Give hot fomentations if required.
7. Provide first aid.
8. Help in maintaining the hospital premises neat and clean.
9. Give sponge bath.
10. Prepare the patient mentally for examinations, surgery etc.
11. Give mouth care.
12. Clean instruments.

The list goes on.....

Helper in Emergencies

Many a time it is the nursing assistant who is the first person on the scene in an emergency situation. So they should know how to give first aid with the minimum facilities available. This will help to prevent worsening of the situation, may prolong or even save a life at times.

a) Collapsed patient

- Approach the collapsed patient and immediately send some relative/bystander to call the doctor/nurse. Do not allow people to crowd around the patient.
- Tap the patient & call “hallo” to try and wake the patient.
- Make sure that the patient is breathing.
- If there is any obstruction to breathing, remove it. Loosen tight clothing.
- If possible look for a pulse (preferably carotid).
- Make the patient lie flat on his/her back, tilt the head backwards & lift the chin. If there is any obstruction in the throat, remove with forceps or gloved hand. If the patient is breathing, try to give oxygen. If necessary start cardiopulmonary resuscitation.
- Once the doctor or nurse arrives, help them in resuscitation till the emergency is over or some other help arrives.
- Follow the doctor’s directions and make arrangements to shift the patient to ICU, labour room, operation theatre, ward or for an X- ray as the case may be.

b) Convulsing patient

- See to it that the patient doesn’t injure himself. Send somebody to call the doctor/nurse
- Make him/her lie on one side so that the breathing is not obstructed and the secretions can come out of the side of the mouth.
- Give oxygen
- If possible, insert an airway properly so that he/she doesn’t bite the tongue.
- Help the nurse/doctor to start an IV line, catheterize etc or shift the patient as per their direction.

c) Postpartum hemorrhage (PPH)

- The nursing assistant posted in labour room should have some basic knowledge regarding PPH and the importance of managing it promptly. It is important to keep a close observation on a post partum patient. If there is excessive bleeding from the vagina, get the doctor or nurse immediately and start doing things promptly as per their orders. When a post partum patient is seen it is good if a hand can be kept on the fundus of the uterus to see if it is contracted or not. If, on pressing down, clots jump out of the vagina or lot of blood flows out, then inform the doctor or nurse immediately and then collect the various things required in PPH management like IV line, catheter etc.
- One must also see that the newborn baby is wrapped well & kept warm.
- In the labour room it is important that the babies & mothers have identity tag. Always ask the patient's name, the husband's name as well as the address before handing over a baby or giving some information regarding a patient.

Technical Helper

1. Positioning a patient

It is the nursing assistants who position the patients in the theatre or labour room. For some operations it is necessary to keep the legs supported and elevated. In such situations there may be pressure over the nerves which can lead to pain or weakness later on. It is better to keep a pad under the knees to prevent this. The legs should not be flexed too much. The nursing assistant's help is required during surgery to position the light, table etc. One must take special interest and learn to do these things fast.

2. Cautery Machine

One uses cautery during surgery mainly to control the bleeding. It works with the help of electricity. The various parts of the cautery machine like patient plate, leads etc must be connected properly. Wet cloth, jelly etc must not be used on the patient plate. Nursing assistants must take care to see that these things are kept clean and in good working condition.

3. Suction

Similarly suction apparatus and its connecting tubes should be maintained without damage or leak. After each use, it should be thoroughly cleaned and kept dry so that the life of the machine is prolonged.

4. Gas cylinders

One must also pay attention to oxygen and nitrous oxide cylinders. They should be wiped and kept free of dust. The cylinders which are empty should be marked and kept separate. It is better to tie the spanner to the cylinder as shown in the picture (Photo14). Oxygen mask, tubes etc should also be washed well, dried and then only should they be re-used.

5. Helping the anaesthetist

While giving anaesthesia, a good nursing assistant is very essential. One feels relieved to see a good nursing assistant on such occasions. While the IV cannula is being inserted and while the endotracheal tube is being inserted the presence of an experienced nursing assistant is a real boon. The role of the nursing assistant in positioning the patient for a spinal or epidural anesthesia is very important. In neurosurgery as well as in orthosurgery also it is important to have the services of a good nursing assistant.

Sterilization; Cleaning, Waste segregation and disposal

Germ or micro organisms are the root cause of diseases. They can infect humans through air, water, food and contact with sputum, urine or stools and also from infected instruments. So we have to take measures to prevent infection and also educate others on how to prevent infections. Nursing assistants have a great role in keeping the hospital premises clean and also in sterilizing the instruments used during treatment.

Aims of sterilization

- Infection prevention.
- To prolong the life of the instruments used.
- To provide for the well being of the patient.
- To keep the surfaces used during therapy clean and sterile.

General rules in the maintenance of cleanliness

- Use clean water and instruments.
- Clean the insides, outsides and corners.
- Maintain a proper order and a systematic arrangement of things.
- Keep surfaces dry.
- Keep dust bins and wastebaskets closed.
- Keep the instruments used for cleaning in their proper places after cleaning them.
- Wash arms and legs after cleaning.

Autoclave

Sterilized instruments and materials are necessary for the examination of patients as well as for operations and delivery. Sterilization is usually done using “autoclave”. Instruments and materials are kept in bins of varying sizes, the bins are then kept in the autoclaving machine and steam under high pressure is passed through the autoclave in order to sterilize

the instruments and other materials kept in the bins. There are special gauges to measure the temperature, pressure and to set the time.

The bins should be loaded into the autoclave according to the time required to sterilize each bin. For autoclaving the side perforation of the bins should be in open position. After autoclaving, the perforations should be closed by pushing the sheath back. Date should be written on the indicator tape and it should be stuck on each bin. If the bin has been properly sterilized, the colour of the tape will change. Before sending for autoclaving the next time, the indicator with date should be removed.

The autoclave should be operated with great care and the duration of autoclaving strictly followed. The responsibility of the nursing assistant in this situation is very great.

Bins should not be overcrowded with instruments. There should be space inside for the water vapour to move freely inside the bins. Instruments can be covered with cloth, paper, cotton etc.

After autoclaving, the bins should be closed and transported to the specified areas for storage. Instruments, towels, gowns etc should not be transferred from a big bin to a smaller bin for transportation.

The bin should not be opened immediately after autoclaving. We should wait till the moisture has evaporated and the contents have become dry. Autoclaved instruments should be reautoclaved after one week even if they have not been used.

Ward Sterilizer

In the absence of an autoclave or in some special situations, instruments can be sterilized by boiling. In such situations, one must take care to see that the instruments are fully immersed in water. There is no point in filling the sterilizer with too many instruments so that it can't even be closed properly and then boiling the water. Do not use the sterilizer for just heating water. Dirty instruments should be washed first and then only put in the sterilizer (photo 7)

Some instruments may be kept in an antiseptic lotion for a stipulated period of time for sterilizing. After the stipulated time has elapsed, the instruments can be taken out, washed with sterile water and used. Instruments which have been immersed in cidex solution for 20 minutes should be washed with sterile water before using (photo 8).

Bleach Solution (Chlorine Solution)

An effective disinfectant solution to clean surfaces is bleach solution. The preparation of bleach solution is as follows:

1 tablespoon bleaching powder (15gm) is first made into a paste with water and then dissolved in 1 litre of water in a plastic bucket. Then we get a 0.5% solution. Bleach solutions corrode metal buckets and instruments if kept for long periods.

Preparation before surgery

The nursing assistants are the personnel who prepare the patients for surgery. For this, they may have to shave off the hair in various parts of the body. This should be done just before surgery. Otherwise, microorganisms can enter and multiply in the small injuries caused on the skin while shaving. The same blade should not be used for more than one patient. The hair can also be cut short with scissors. If the patient can bathe herself/ himself, ask him/her to do so before surgery. Otherwise give a sponge bath before surgery. Make them wear clean clothes. In the case of ladies, scalp hair should be combed, and tied so that it won't be seen outside the cap.

Labour room & Theatre

Labour room and operating theatre have the same status & should be kept equally clean

1. It should be washed and mopped once a week.
2. Clean the walls, fan, light, A/C filter etc.
3. Don't store useless articles like empty bottles inside theatre or labour room as they are potential sources of dust collection.
4. As soon as the operation/ delivery is over, waste matter, secretions, linen, cotton etc, should be removed and the OT table / labour cot and floor should be wiped clean.
5. If the floor or walls have blood splashed on them, it must be cleaned immediately with a disinfectant solution. Otherwise, germs will multiply there.
6. Pregnant ladies must be made to wash their feet and made to wear clean clothes before entering the labor room. This practice should be followed in the operation theatre also.
7. Personnel working in the OT/ labour room should wear cap and mask.
8. Use only sterile instruments and dressings.
9. Personnel should wear gloves while handling contaminated items. Sterile precautions should be taken as and when the situation demands. Do not touch unsterile surfaces while wearing sterile gloves.
10. Rexine sheets, suction bottles, oxygen mask etc. should be washed after use and dried before reuse.
11. The needle used on the vial of the local anesthesia bottle should be removed after the drug is drawn out. Do not use old medicines and needles. If a multi use vial has been

opened, date should be marked when it was first used. Ordinarily it should not be kept beyond 24 hours.

12. Use clean pad / cloth.
13. Use disposable sterile catheter when catheterizing a patient. Wear sterile gloves, clean with sterile swab and then insert the catheter. The part which goes inside the urethra should not be touched with the gloved hand. For male catheterization, a sterile artery forceps is required to do this.
14. Enema can and tube should be kept clean.
15. When the antiseptic lotion is prepared, the date should be written on it. This is to make sure that it is not used for too many days. All such solutions should be labelled.
17. Bed pans should be cleaned immediately after use.

Waste disposal

Two types of waste materials are seen in hospitals

a. Non infective waste

- Paper, ground waste, food waste

b. Infective waste

1. Waste suspected of harbouring infection: e.g.:- waste from wards, tissue, stool, urine, fomites
2. Pathological waste: e.g. :- body parts, blood, stillborn babies, placenta etc
3. Sharps : e.g. :- needles, infusion sets, scalpel blades etc
4. Others: e.g.:- drugs past expiry date, chemical waste, radioactive waste

The segregation and disposal of these wastes are very important. These should be sorted according to the colour code fixed by the government. Sharps should be put in puncture proof containers. Always wear gloves while handling waste.

While handling liquid waste one must see to it that it doesn't splash or spill. Waste disposal is as important to the society as nursing care. Hence it should be properly sorted and disposed off in order to prevent infections and epidemics. (Photos 12, 15, 16)

Self protection

Health workers are always exposed to infections. So they must make sure that they do not contract infections from the patients or fomites. Some important guidelines to ensure this are given below.

1. Keep hands clean
2. Use antiseptic lotions in the correct proportion.
3. Sterilize all instruments and gloves properly.
4. Hospital waste should be disposed off scientifically.

Keep hands clean

A lot of micro organisms are present on the skin. It is not possible to remove all of them with the usual washing. Immediately after examining or nursing a patient one should wash hands thoroughly with soap. The areas between fingers, back of the hand and forearm should be cleaned before drying with a clean towel. Running water should be used for this.

The commonly used method of keeping antiseptic lotion in a basin and dipping hands in it after seeing each patient is wrong.

Bangles, rings etc are to be removed before washing hands

Gloves

Use thick rubber utility gloves while cleaning dirty surfaces, instruments etc. After that, remove the dirt from the gloves, wash and dry them. While washing, make sure that there are no holes in them.

Disposable gloves are not to be re used. Gloves should be worn in the proper manner. If you do things like opening doors, attending phone calls, sweeping floors etc while wearing gloves you are transmitting infection rather than preventing it.

Slippers

The slippers used in the Operation Theatre and labour room should not be used in the bathroom. A pair of slippers should be kept in front of the bathroom for exclusive use there (photo17).

Points to be remembered

- Use gloves while coming in contact with secretions
 - Personnel attending deliveries should wear slippers which cover the toes
 - Wear masks which cover the nose and mouth
 - Use disposable syringes and needles
 - Use glasses/goggles in addition to gloves while coming in contact with hepatitis B or HIV positive patients.
 - Do not recap needles. Avoid self pricks.
 - Avoid injury to yourself while breaking ampoules or giving injections.
 - Burn the remnants of dressings.
 - Body parts, tissue, secretions etc should be immersed in bleach solution and then buried.
 - Handle placenta only with gloves. Bury after adding bleaching powder.
 - Clothes should be immersed in bleach solution and then washed and sterilized.
 - Make sure that the gloves do not have even minute holes. Consider double gloving.
- Immunize yourself against hepatitis B.

Conclusions

Modern medicine is growing at a fast pace. Though we have been able to conquer many diseases new ones are appearing as fresh challenges to the medical profession. The nursing assistants are also responsible health professionals like doctors and nurses. These people who have more opportunities for interaction with the patients as well as their relatives require proper training to be more efficient in their work.

Hospitals are growing exponentially, and so is the hospital waste. The proper disposal of the waste as well as infection prevention practices belong to the domain of the nursing assistants. The need of the hour is a unified action plan to implement proper infection prevention practices. Effective training of nursing assistants is an essential part of this action plan.

The professional excellence of doctors and nurses depends on team work which includes nursing assistants also. The nursing assistants should also be involved in raising the standards of practice. Their words and actions should encourage the doctors and nurses to fight against diseases. The patient should feel that “I will fight against the disease, not succumb to it”. The nursing assistant has a positive role in developing this attitude. The government and the public should also ensure that they do not have to suffer indignities in the course of their work.

New hospitals, new instruments and new diseases may come. The only thing that should not change is the love with which patient care is given. The trust which the patients have bestowed on us should not be forsaken. Let this book be a small step in the right direction.



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