

## Cleanliness and hygiene initiatives at hospitals

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**Behram Khodaiji, Jt Chief Executive Officer, Masina Hospital gives an insight about what hospitals should do to ensure that hygiene and cleanliness is maintained despite challenges**



A hospital has to pay a lot of attention to ensure that cleanliness and hygiene are maintained across the entire spectrum of medical services. Proper processes are in place so that a continuous improvement programme and seamless flow of efficiency in hygiene and sanitation is enabled. For a hospital, it is an absolute must to have such essential systems in place that oversees the maintenance of cleanliness and hygiene.

A system in place ensures that the internal and external surroundings are regularly cleaned. Sanitisation facilities are installed in most of the hospital areas. Patients and their relatives are educated on cleanliness and hygiene and protocols to ensure the maintenance of set standards by them must be in place.

The need for deep cleaning and disinfection is calculated according to the risk level of environmental surfaces (e.g., bed rails, mattresses, call buttons, chairs) and surfaces of non-critical patient care equipment (e.g., IV poles, stethoscopes). Methods should be in place to ensure that the risk level never goes beyond established benchmarks.

Regular water and air sampling needs to be done as per infection control standards. Monthly internal audits of PPE, hand hygiene, and waste management systems has to be carried out to ensure the utmost care is taken to maintain the equipment so that their usage delivers results as per the set standards.

Drainage cleaning should be carried out periodically to avoid overflow of WC and washrooms etc to prevent any infection. Daily disposal of waste with proper segregation and weighing done, daily laundry for linen and sterilisation for infectious patients should be done on a regular basis.

National standards for hospitals and healthcare need to be followed. Usage of standardised gloves, masks, PPE suits should be carried out as per IPC guidelines and risk management protocol. Training and awareness programmes for usage of various PPE kits, disinfectants etc. should be delivered to staff periodically. Education on hand hygiene techniques used for patient handling, procedures etc must be delivered periodically. Fumigation should be done monthly in non-critical areas and critical areas every week. Staff needs to undergo training for personal hygiene.