

# 11 Hygiene

## Scrub up

Test your knowledge of hygiene by doing this quiz.



**1 What is MRSA?**

- a a virus
- b a bacterium
- c an antibiotic

**2 How do you catch MRSA?**

- a by eating from dirty plates
- b from poor hospital hygiene
- c by drinking bad water

**3 Which of these things has nothing to do with bacteria?**

- a wine making
- b yoghurt
- c the common cold
- d bad smells

**4 In an operating theatre, which of these things breaks hygiene rules?**

- a wearing your mask over your nose
- b wearing your hair loose
- c wearing make-up

**5 Which of these things is most important in stopping the spread of MRSA?**

- a Hospital staff should wash their hands between patients
- b Cleaners should disinfect door handles
- c Visitors should wear masks

**6 Where do staphylococcus bacteria live?**

- a in noses
- b in soil
- c in toilets

**7 When Florence Nightingale, founder of modern nursing, worked in a hospital during the Crimean war (1854-1856), the death rate dropped from 60% to 2.2%. Why?**

- a She made nurses wash their hands
- b She gave her patients fruit and vegetables to eat
- c The ventilation was improved

**8 How long should you wash your hands in hot water to be sure they are clean?**

- a 15 seconds
- b half a minute
- c one minute



## Vocabulary

### Hygiene equipment

**1** Match each of these items of hygiene equipment to a picture.

- bin f      clinical waste disposal bag \_\_\_\_\_  
 bucket \_\_\_\_\_      detergent \_\_\_\_\_  
 cloth \_\_\_\_\_      disposable gloves \_\_\_\_\_  
 mop \_\_\_\_\_      paper towels \_\_\_\_\_  
 sink \_\_\_\_\_      soap dispenser \_\_\_\_\_





**2** Complete the sentences with the words below.

|                     |              |
|---------------------|--------------|
| contamination       | disinfectant |
| antimicrobial agent | susceptible  |
| pathogens           | resistant    |
| swab                | spotless     |

- 1 An \_\_\_\_\_ will kill microorganisms.
- 2 Use a sterile \_\_\_\_\_ to get a sample from the back of the throat.
- 3 Our bodies have ways to kill \_\_\_\_\_ such as viruses and bacteria.
- 4 The old, the young and the very ill are most \_\_\_\_\_ to hospital infection.
- 5 Staphylococcus is \_\_\_\_\_ to most antibiotics.
- 6 There is a risk of \_\_\_\_\_ from urine and blood.
- 7 Wash floors and door handles with \_\_\_\_\_.
- 8 A home doesn't have to be \_\_\_\_\_ but it does have to be clean.

**Listening 1****A hygiene report**

- 1  Listen to a hospital administrator talking to the ward nurse about the hygiene report for her ward and answer the questions
  - Did the ward get a good or a bad score?
  - What reasons does the sister give for the ward's score?
- 2  Read through the sentences from the report. Then listen again and underline the correct version.
  - 1 The door handles *are / are not* regularly cleaned.
  - 2 Beds *are / are not* always cleaned between patients.
  - 3 The toilets are cleaned with disinfectant *three times / twice / once* daily.
  - 4 Floors are cleaned *four times / twice / once* daily.
  - 5 The average time for cleaning up spillages of bodily fluids is *5 / 10 / 10–30 / more than 30* minutes.
  - 6 Nurses' knowledge of MRSA is *good / fair / poor*.
  - 7 Nurses *always / do not always* wear gloves.

**In this unit**

- hospital hygiene quiz
- talking about the spread of infections
- understanding a hygiene inspection report
- talking about obligation
- MRSA
- Path. lab report

**It's my job**

- 1 Before you read, discuss these questions with a partner.
  - In the hospitals and clinics you know, how much time do nurses spend cleaning?
  - What is the best way to make sure staff follow hygiene procedures?
- 2 Read about Harriet Banks and answer the questions.
  - 1 What is the ward matron's rank?
  - 2 What type of hygiene is Harriet Banks especially strict about?
  - 3 Why does Harriet have real power in the hospital?
  - 4 How does Harriet encourage nurses to follow hygiene procedures?

**Harriet Banks**

I wear a blue uniform because I am a sister, and I am responsible for ward hygiene and the quality of patients' food.

My job is to do everything necessary to prevent and control infection. Because a lot of infection spreads by hand, I make sure that everyone follows the cleanliness procedures. For example, hands must be washed before and after patient contact, before and after taking off gloves, and after helping a patient use the toilet.

I am in charge of ward budgets, and controlling the money means I have real power. Sometimes I refuse to pay cleaning and catering companies if I'm not happy with standards.

But I don't like to be strict all the time. I like to encourage staff to think about infection and the spread of disease, and to lead by setting a good example.

