

# 5 KEYS WAYS TO REDUCE HOSPITAL-ASSOCIATED PNEUMONIA (HAP)



Effective Hand Hygiene

- Can reduce respiratory infections by up to 21%
- Follow WHO 5 moments for hand hygiene
- Can stop the transmission of bacteria/viruses on healthcare workers hands
- Do you change your hand hygiene routine when being watched?



Personal Protective Equipment

- Personal Protective Equipment includes Gloves, aprons, masks and goggles/visors
- Use should be risk assessed dependent on the infectious agent, please see Infection Prevention Precautions policy
- Will only be protective when put on, used, removed and disposed of correctly



Effective Environmental Cleaning

- Is essential to stop the spread of bacteria from the environment/equipment
- Can remove infectious agents found in faeces, urine, vomit, sputum and blood
- It is essential that hospitals provide a clean and safe environment



Oral Hygiene

- 'Mouth Care Matters'
- Can reduce HAP by up to 60%
- 1 in 10 deaths could be prevented
- Ensure all patients are offered mouth care if they are unable to do so for themselves

## DID YOU KNOW?

Healthcare-associated infections cost the NHS over £1 billion annually  
HAP accounts for approx. 20% of all healthcare-associated infections

Serious complications can occur in 50% of patients and has a high mortality rate of up to 47%

Increases length of stay by an average of 8 days  
Involves increased testing including x-rays  
Increased need for antibiotics, increasing the risk of antimicrobial resistance



Early Mobilisation

- Bedrest or reduced mobility affects the patients lung due to inability to cough and clear secretions which can harbour bacteria
- 'End PJ Paralysis' campaign
- Can have a significant reduction in patients developing HAP