

While you are in Isolation

What is isolation?

Sometimes it is necessary to move patients to a single room, (which may have its own toilet and washing facilities) or to a dedicated bay in a ward (sometimes called a cohort bay). This is often referred to as 'isolation'.

Being in isolation allows healthcare workers to reduce the risk of spreading any infection to you or other patients. Staff may wear gloves, aprons and/or masks depending on the reason you are being isolated. The staff will explain this to you.

Please feel free to ask staff if you would like more information about any aspects of your care.

Why do I need to be isolated?

Bacteria and viruses can cause a variety of human infections.

These can sometimes cause problems in hospitals. Therefore, special care is needed to reduce the risk of spreading infections to other patients and staff.

Some patients are also more at risk of infection because of their health condition and need to be in isolation to help protect them from catching infections.

How is infection Spread?

The risk of acquiring or spreading infection can be higher while you are in hospital. This is because of the frequent contact you will have with healthcare workers and hospital equipment. Other patients may also act as a source of infection. Contaminated hands are the most common way that infection is spread. To prevent this, you will see healthcare workers washing their hands; wearing gloves and using alcohol hand rub to reduce the risk of passing on infections. Please ask for our general infection control leaflet for further information on hand hygiene.

Can I have visitors?

Yes you can have visitors. Visitors must wash their hands with soap and water before and after visiting you. Visitors must speak to the nurse looking after you before visiting.

The nurse will advise on any extra care your visitors may need to take before entering your room. If visitors are having close contact with you, for example, helping with washing and dressing, then, they should wear gloves and aprons. Visitors should check with the nurse in charge before bringing children to visit.

Can I leave the isolation Room?

This will depend on why you are in isolation.

The Infection Prevention Control Team will have advised the ward staff of any extra care that is required, should you need to visit any other departments. Being in isolation will not affect the care you receive.

Will My Discharge be Delayed?

Usually there will be no delay if you are returning to your own home.

Being in an isolation room should not usually stop you going into a nursing or residential home, where, although you may have a single room, you should be able to mix freely with other residents.

If you need to be transferred to another hospital, you may experience a slight delay as the hospital may want to place you in a single room and this could take time to organise.

What happens when I get home?

When you go home you should live your life as normally as possible.

It is very unusual that any special care will be required when you go home. However, if any special care is necessary the ward staff will discuss this with you before you are discharged. After you have gone home you can contact your GP for further advice if needed.

It's OK ASK

We take hand hygiene seriously but sometimes when we are really busy, we might not clean our hands as often as we should. So if you're worried that we've forgotten it's OK to remind us!

Further Information

For general information about infection prevention and control refer to: www.nhs.uk

Alternatively you can contact the **Patient Advice and Liaison Service (PALS)**, who can listen to your concerns, suggestions of queries and direct you to further information. They can be contacted on **0118 960 5027** or bht@berkshire.nhs.uk

How to contact us

If you need to contact us or require further information...

Infection Prevention and Control Team

Phone: **01189 605140**

www.berkshirehealthcare.nhs.uk

