



Personal hygiene

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Statement of the standard

High personal hygiene standard is ensured to reduce the risk of nosocomial infections.



For parents and family

- Parents and family are informed and instructed by healthcare professionals about personal hygiene, personal clothing, and use of electronic personal devices to reduce the risk of nosocomial infections.
- Parents are asked to instruct the own family and relatives to apply NICU hygiene guidelines.
- Fingernails are kept clean and short and artificial nails are not used.
- Strict adherence to local infections control politics (such as proper hand hygiene) practices are followed when electronic devices are handled.



For neonatal unit

- A unit guideline on personal hygiene, uniforms, jewellery and use of personal electronic devices is available and regularly updated.
- Local uniform regulations are applied (indoor washable shoes, short sleeved uniform changed daily and when soiled, hair short or kept away from the patient).



For hospital

- The NICU is incorporated alongside each individual hospital's infection control guidelines and the products they choose to use.
- Access to showers in the NICU is ensured for parents, family, and staff.

Benefits

Short-term benefits

- Generally reduced risk of infection
- Facilitated parental presence and kangaroo care



For healthcare professionals

- Healthcare professionals are informed and instructed about personal hygiene, personal clothing, and use of electronic personal devices to reduce the risk of nosocomial infections.
- A unit guideline on personal hygiene is adhered to by all healthcare professionals.
- Healthcare professionals are encouraged to identify poor practice.
- Fingernails are kept clean and short and artificial nails are not used.
- Strict adherence to local infections control politics (such as proper hand hygiene) practices are followed when electronic devices are handled.
- Single use of non-sterile gloves, gown, and mask is ensured:
 - in case of infectious diseases
 - non-sterile gloves are worn when in contact with blood, mucous membranes, non-intact skin or other potentially infectious materials. Gloves are worn and changed according to the WHO "5 moments of handy hygiene".



For health service

- A national guideline on personal hygiene including hand hygiene, washing and shower facilities, uniforms is available and regularly updated.

