



15 STEPS YOU CAN TAKE TO REDUCE YOUR RISK OF GETTING A HOSPITAL INFECTION

By Joanne McEvoy-Samborn

This is a repeat article written many years ago (2007) but is still important in light of the article in a medical journal recently from Denmark on drug resistant E Coli found in hospital patients there.

1. Ask that hospital staff clean their hands before treating you, and ask your visitors to do the same
2. Before your Doctor uses a stethoscope, ask that the diaphragm be wiped with alcohol
3. If you need a "central line" catheter, ask your Doctor about the benefits of one that is antibiotic-impregnated or antiseptic-coated to reduce infections
4. If you need surgery, choose a surgeon with a low infection rate
5. Beginning 3-5 days before surgery, shower or bathe daily with chlorhexidine soap
6. Ask your surgeon to have you tested for MRSA at least one week before coming to the hospital.
7. Stop smoking weeks in advance of surgery
8. Remind your Doctor that you may need an antibiotic

one hour before the first incision

9. Ask your Doctor about keeping you warm during surgery
10. Do not shave the surgical site
11. Wash your hands frequently, avoid touching your hands to your mouth or eyes, and do not set food or utensils on furniture or bed sheets
12. Avoid a urinary catheter if possible. It is a common cause of infection.
13. Ask your Doctor about monitoring your glucose levels continuously during and after surgery, especially if you are having cardiac surgery
14. If you must have an I.V., make sure that it is inserted and removed under clean conditions and changed every 3-4 days
15. If you are planning to have your baby by Cesarean, follow the steps listed above

Source: "Better Hygiene and New Technologies Make Infection Prevention Possible" by Betsy McCaughey, RID Chairwoman

Membership Committee Report

Welcoming 11 New Members!

By Estelle Gellman and Joanne McEvoy-Samborn

The Membership Committee is delighted to welcome 11 new members who have joined us in 2015. They are: Rosemary Barber; Anne Cassels, Liz Corker, Rita Diggs, Nancy Harley, Victoria Kahn, Rita Karyo, Marcia Morgenstern, Sharon Olender, Margaret Stevenson and Suzanne Sylvor. We look forward to working with our new members on committees and hope they will join us at our upcoming consensus meeting, at the Blahs Luncheon, at special events and at our Public Information Meetings.

The League's Special Events and Public Information Meetings have served as our introduction to many of our new members. We encourage all our members to invite prospective members to these events and to discuss the benefits of League membership with them. And we remind all our continuing members who haven't yet done so to renew their membership; if your dues renewal letter is still sitting under a pile of papers, now is the time to find it and remit your dues. We invite all interested members, old and new, to join the committee. If interested, contact membership@lwvhamptons.com.