

M5: Unit 2: Understanding Cross Infection & Its Causes

Understanding Cross Infection & Its Causes

Cross infection, also known as cross-contamination, refers to the transmission of harmful micro-organisms (bacteria, viruses, or other pathogens) from one person to another or from one source to another. When it comes to blood, cross infection involves the transfer of blood borne pathogens from an infected individual's blood to another person, potentially leading to infections or diseases. Blood borne pathogens can include viruses like HIV (Human Immunodeficiency Virus), hepatitis B (HBV), and hepatitis C (HCV).

Here are key aspects of cross infection:

Modes of Transmission:

Direct Contact: Person-to-person transmission through physical touch, respiratory droplets, or contact with body fluids.

Indirect Contact: Transfer of pathogens through contaminated surfaces, objects, or equipment.

Preventing Cross Infection:

Hand Hygiene: Regular and thorough handwashing is a primary measure to prevent cross-contamination.

Personal Protective Equipment (PPE): Proper use of PPE, such as gloves, masks, aprons, and eye protection, can help reduce the risk of spreading infections.

Cleaning and Disinfecting: Regular cleaning and disinfecting of surfaces, equipment, and common areas to eliminate pathogens.

Safe Blood Handling: Adhering to proper blood handling and storage practices to prevent blood borne illnesses.

Vaccination: There are recommendations that Hijama professionals are immunised against diseases like Hepatitis to reduce the risk of infection. This is completely your own choice.