Hospital-Acquired Infection

What is hospital-acquired infection?

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- WHO reports, over 1.4 million people across the globe suffer from nosocomial or hospital-acquired infection (HAI). It account for over 2 million cases and 80,000 deaths a year.
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- The most common types of HAIs are bloodstream infection, pneumonia, urinary tract infection and surgical site infections.
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Why people acquire HAIs?

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- HAIs are caused mainly due to **lack of compliance with infection control guidelines,** such as hand hygiene and usage of outdated technology.
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- Also, in India, adherence to structured practicing ways are irregular and hospital accreditation is not mandatory.
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- This situation is further aggravated by the fact that public hospitals receive insufficient funds, which results in low nurse-to-patient ratios. This proved to be directly connected to high HAI rates in ICUs.
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What can be done to combat HAIs?

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- The first step will be to **improve hygiene practices** and implement standard operating procedures in all the process of a hospital.
- Having one nurse for three beds in an ICU is an important risk factor. With limited resources, providing good service is getting severely hampered.
- The excessive use of antibiotics increases resistance. Therefore, the approach must be to prevent infections and in the process, we can bring down the HAI rate together.

Source: The Hindu