

DON'T BE A VICTIM OF NEEDLESTICK INJURIES



BEST PRACTICE

Prevention

- Always take responsibility for disposal of your own sharps, use a mobile sharps bin if necessary.
- Always practice universal precautions.
- Never rush, you are just as important as your patient.
- Avoid disposing of sharps used by your colleagues.
- Never re-sheath or detach needles from syringes.

What to do if an injury occurs

- **SQUEEZE** the wound immediately encouraging bleeding.
- **WASH IT** thoroughly with soap and water, then cover. If a splash is to the eyes, nose or mouth, flush with running water only.
- **INFORM** manager immediately.
- **ATTEND OCCUPATIONAL HEALTH (OH)** (Ext: 1131) Mon-Fri 08:30-16:30 -if outside these hours go to A/E and leave OH an answer phone message..

The Shrewsbury and Telford Hospital **NHS**
NHS Trust

Team Prevent—Occupational Health

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**OH NO...I'VE HAD
A SHARPS INJURY!**



What is the risk?

Unfortunately you have been involved in an incident that may have exposed you to blood borne viruses. The injury may have been caused by a sharp instrument, (needle, stitch-cutter, human bite or scratch injury) or through a blood or high risk body fluid splash.

The main virus risks are Hepatitis B, Hepatitis C and HIV.

The chances of developing them, if the source of the injury is carrying the disease, is:

Hepatitis B	1:3
Hepatitis C	1:30
HIV	1:300



Your injury needs to be assessed by Occupational health or the on-call microbiologist for the risk of infection. Treatment and follow-up appointments are necessary and it is important that you attend.

Due to the possible risk of infection it is recommended that you do not give blood or have unprotected sex, until all blood tests are negative. This can take up to six months.

THOSE WHOSE WORK INVOLVES EXPOSURE PRONE PROCEDURES (EPP)

Some workers are involved in EPP, such as doctors, midwives or if you work in certain areas e.g. dentistry, theatres, critical care, trauma or obstetrics.

You are an EPP worker if the procedures you perform involve your hands coming into contact with sharp instruments inside a patient open body cavity or wound where fingertips cannot be seen.

It is important that EPP workers are free from infectious blood borne viruses. Therefore following a sharps incident it is mandatory for EPP workers to attend occupational health for follow-up testing.

This is to ensure a blood borne virus is not acquired. EPP's are not restricted unless, in the unlikely event, a positive result is received.



POST EXPOSURE PROPHYLAXIS TREATMENT FOR HIV (PEP)

PEP will usually only be offered if the source patient of the injury is known HIV positive or is assessed as very high risk for HIV.

PEP treatment is a course of tablets usually taken for 4 weeks. You will be offered weekly appointments in occupational health for support and advice, repeat prescriptions, monitoring of side effects and taking of blood samples as necessary.

PEP is available at both sites and is kept in Pharmacy and Accident and Emergency.

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