



**Infection.
Prevention.
Control.**
You're in safe hands



Community Infection Prevention and Control Policy for Care Home settings

SICPs and TBPs (Standard infection control precautions and Transmission based precautions)

**Version 4.00
May 2025**

This guidance document has been adopted as a policy document by:

Organisation:	Cumberland Council
Signed:	
Name:	Alison Glanville
Job Title:	Assistant Director
Directorate:	Adult Social Care and Housing
Date Adopted:	1 st June, 2023
Review Date:	31 st May, 2025

For further information and advice regarding infection prevention and control please contact:

Jane Mastin Public Health Manager (Health Protection) Public Health and Communities Cumberland Council Cumbria House 107-117 Botchergate Carlisle CA1 1RZ Jane Mastin Mob: 07919 058855 Email: jane.mastin@cumberland.gov.uk	Sarah Todd and Naomi Harvey IPC Practitioners Public Health and Communities Cumberland Council Cumbria House 107-117 Botchergate Carlisle CA1 1RZ Sarah Todd Mob: 07384 241462 Email: sarah.todd@cumberland.gov.uk Naomi Harvey Mob: 07919 398953 Email: naomi.harvey@cumberland.gov.uk
---	--

Your local UK Health Security Agency Team:

UKHSA	Tel: 0344 225 0562
-------	--------------------

Community Infection Prevention and Control
Harrogate and District NHS Foundation Trust
Gibraltar House, Thurston Road
Northallerton, North Yorkshire. DL6 2NA
Tel: 01423 557340
email: infectionprevention.control@nhs.net
www.infectionpreventioncontrol.co.uk

These Policies contain public sector information licensed under the [Open Government Licence v3.0](https://www.nationalarchives.gov.uk/open-government-licence/).

Legal disclaimer

This Policy produced by Harrogate and District NHS Foundation Trust is provided 'as is', without any representation endorsement made and without warranty of any kind whether express or implied, including but not limited to the implied warranties of satisfactory quality, fitness for a particular purpose, non-infringement, compatibility, security and accuracy.

These terms and conditions shall be governed by and construed in accordance with the laws of England and Wales. Any dispute arising under these terms and conditions shall be subject to the exclusive jurisdiction of the courts of England and Wales.

Contents

Page

1. Introduction.....	4
2. Hand hygiene	4
3. Patient placement and assessment for infection risk	4
4. Personal protective equipment	5
5. Respiratory and cough hygiene	5
6. Safe disposal of waste, including sharps	5
7. Safe management of blood and body fluid spillages	5
8. Safe management of care equipment	6
9. Safe management of linen, including uniforms and workwear	6
10. Safe management of sharps and inoculation injuries	6
11. Safe management of the care environment	7
12. Transmission based precautions	7
13. Infection Prevention and Control resources, education and training.....	8
14. References	8

SICPs AND TBPs (STANDARD INFECTION CONTROL PRECAUTIONS AND TRANSMISSION BASED PRECAUTIONS)

1. Introduction

NHS England recommends that organisations adopt the *National infection prevention and control manual (NIPCM) for England*, complemented by care setting specific Policies. This Policy has been produced in accordance with this recommendation and incorporates the *NIPCM* version as referenced in this Policy with detailed care home specific guidance.

'Standard infection control precautions' (SICPs) must be used by all care staff in all situations for contact with all residents, their care equipment or environment. SICPs are the foundation for safe practice and protect residents, visitors and staff, from infection. There is often no way of knowing who is infected, so by applying SICPs to all people at all times, best practice becomes second nature and the risk of infection is minimised.

SICPs may be insufficient to prevent cross-transmission of specific infectious agents. Therefore, additional 'Transmission based precautions' (TBPs) are required when caring for residents with a confirmed or suspected infection.

When caring for residents in relation to any new or emerging infections, staff should refer to national infection prevention and control guidance.

2. Hand hygiene

Hand hygiene is considered one of the most important ways to reduce the transmission of infectious agents that cause healthcare associated infections (HCAI). Good hand hygiene should be undertaken by all staff, residents and visitors.

Please refer to the 'Hand hygiene Policy for Care Home settings'.

3. Patient placement and assessment for infection risk

Residents must be promptly assessed for infection risk on arrival at the care home (if possible, prior to accepting the resident from another care area) and should be continuously reviewed throughout their stay.

This assessment should influence placement decisions in accordance with care needs.

Please refer to the 'Patient placement and assessment for infection risk Policy for Care Home settings'.

4. Personal protective equipment

Before undertaking any procedure, staff should assess any likely exposure to blood and/or other body fluids, non-intact skin or mucous membranes and wear personal protective equipment (PPE) that protects adequately against the risks associated with the procedure. It is important to ensure that PPE is used correctly to ensure resident and staff safety. Avoiding overuse or inappropriate use of PPE is a key principle that ensures this is risk-based and minimises its environmental impact. Where appropriate, consideration should be given to the environmental impact of sustainable or reusable PPE options versus single use PPE.

Please refer to the 'PPE Policy for Care Home settings'.

5. Respiratory and cough hygiene

Respiratory and cough hygiene is designed to minimise the risk of cross transmission of confirmed or suspected respiratory illness (pathogens).

Staff should promote respiratory and cough hygiene helping those who need assistance with this, e.g. providing residents with tissues, a dedicated receptacle, i.e. waste bag for used tissues and hand hygiene facilities as necessary.

Please refer to the 'Respiratory and cough hygiene Policy for Care Home settings'.

6. Safe disposal of waste, including sharps

All staff are responsible for the safe management and disposal of waste, including sharps. All contaminated waste and used sharps in a care home should be correctly segregated and disposed of appropriately to prevent injury or infection.

Health Technical Memorandum 07-01: Safe and sustainable management of healthcare waste, contains the regulatory waste management guidance for all health and care settings (NHS and non-NHS) in England and Wales including waste classification, segregation, storage, packaging, transport, treatment and disposal.

Please refer to the 'Safe disposal of waste, including sharps Policy for Care Home settings'.

7. Safe management of blood and body fluid spillages

- Spillages of blood and other body fluids may transmit blood-borne viruses.
- Spillages must be treated immediately by staff trained to undertake this safely.
- Responsibilities for the management of blood/body fluid spillages must be clear.

Refer to the 'Safe management of blood and body fluid spillages Policy for Care Home settings'.

8. Safe management of care equipment

Care equipment is easily contaminated with blood, other body fluids, secretions, excretions and infectious agents. Consequently, it is easy to transfer infectious agents from communal care equipment during care delivery.

Please refer to the 'Safe management of care equipment Policy for Care Home settings'.

9. Safe management of linen, including uniforms and workwear

Care should be taken when handling and storing linen to reduce the risk of spreading infection.

Healthcare laundry must be managed and segregated in accordance with *Health Technical Memorandum 01-04: Decontamination of linen for health and social care*.

Please refer to the 'Safe management of linen, including uniforms and workwear Policy for Care Home settings'.

10. Safe management of sharps and inoculation injuries

This is referred to as 'Occupational safety/managing prevention of exposure (including sharps injuries)' by NHS England.

The *Health and Safety (Sharp Instruments in Healthcare) Regulations 2013* outline the regulatory requirements for employers and contractors in the healthcare sector in relation to arrangements for the safe use and disposal of sharps, the provision of information and training to employees, and investigations and actions required in response to work related sharps injuries.

There is a potential risk of transmission of a blood-borne virus (BBV) from a significant occupational exposure and staff must understand the actions they should take when a significant occupational exposure incident takes place. **There is a legal requirement to report all sharps injuries and near misses to line managers/employers.**

Please refer to the 'Safe management of sharps and inoculation injuries Policy for Care Home settings'.

11. Safe management of the care environment

The care environment must be:

- Visibly clean, free from non-essential items and equipment to facilitate effective cleaning
- Well maintained, in a good state of repair and with adequate ventilation

Always adhere to Care of Substances Hazardous to Health (COSHH) risk assessments for product use and processes for decontamination of the care environment.

Please refer to the 'Safe management of the care environment Policy for Care Home settings'.

12. Transmission based precautions

SICPs may be insufficient to prevent transmission of specific infections. Therefore, additional 'Transmission based precautions' (TBPs) may need to be taken by staff when caring for residents with a confirmed or suspected infection or colonisation. TBPs are categorised by the route of transmission of the infectious agent (some can be transmitted by more than one route). Application of TBPs may differ depending on the confirmed or suspected infectious agent.

Decisions on the need for TBPs must be based on the:

- Confirmed or suspected infectious agent
- Severity of the illness caused
- Transmission route of the infectious agent
- Procedures undertaken

Contact precautions

These are utilised to prevent and control infections which are spread via direct contact with the resident, or indirectly from the resident's immediate care environment and care equipment. This is the most common route of infection transmission.

Droplet precautions

These are utilised to prevent and control infections which are spread over short distances (approximately 1 metre) predominately via droplets from the respiratory tract of one individual directly onto a mucous membrane, e.g. nose, eyes, mouth, of another individual. Droplets can enter the respiratory system, travelling into the lungs as far as the bronchioles, which is the last passageway leading onto to the alveoli (the endpoint of the respiratory system).

Airborne precautions

These are utilised to prevent and control infections which are spread without necessarily having close resident contact via aerosols from the respiratory tract of one individual

directly onto a mucous membrane of another individual. Aerosols can travel deeper into the respiratory system than droplets, to the endpoint (alveoli).

Please refer to the 'Isolation Policy for Care Home settings'

13. Infection Prevention and Control resources, education and training

The Community Infection Prevention and Control (IPC) Team have produced a wide range of innovative educational and IPC resources designed to assist your Care Home in achieving compliance with the *Health and Social Care Act 2008: code of practice on the prevention and control of infections and related resources* and CQC registration requirements.

These resources are either free to download from the website or available at a minimal cost covering administration and printing:

- 30 IPC Policy documents for Care Home settings
- Preventing Infection Workbook: Guidance for Care Homes
- IPC CQC inspection preparation Pack for Care Homes
- IPC audit tools, posters, leaflets and factsheets
- IPC Bulletin for Care Homes

In addition, we hold IPC educational training events in North Yorkshire.

Further information on these high quality evidence-based resources is available at www.infectionpreventioncontrol.co.uk.

14. References

Department of Health and Social Care (Updated December 2022) *Health and Social Care Act 2008: code of practice on the prevention and control of infections and related guidance*

National Institute for Health and Care Excellence (Updated February 2017) *Healthcare-associated infections: prevention and control in primary and community care Clinical Guideline 139*

NHS England (Updated 2025) *National infection prevention and control manual (NIPCM) for England*