



Ieteikumi ārstniecības iestādēm

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Higiēniskā un pretepidēmiskā režīma paraugplāns

Slimību profilakses un kontroles centrs informē, ka, sadarbībā ar Veselības inspekciju, ir sagatavoti ieteikumi ārstniecības iestādēm par higiēniskā un pretepidēmiskā režīma plānu izstrādi (turpmāk - Paraugplāns). 2016.gada 16.februārī Ministru kabinetā ir apstiprināti noteikumi Nr. 104 „Noteikumi par higiēniskā un pretepidēmiskā režīma pamatprasībām ārstniecības iestādē” (<http://likumi.lv/doc.php?id=280360>), turpmāk – Noteikumi. Noteikumos ir ietverta prasība ārstniecības iestādēm izstrādāt ārstniecības iestādes higiēniskā un pretepidēmiskā režīma plānu (turpmāk – Plāns), precizējot plāna saturu un nosakot trīs papildus sadaļas jau esošajiem Plāniem. Uzlabotie Plāni ārstniecības iestādēm ir jāievieš līdz **2016. gada 1. jūlijam**.



Ieteikumi ārstniecības iestāžu higiēniskā un pretepidēmiskā režīma plānu izstrādei (Paugplāns)

Šobrīd pieejamais Paraugplāns izstrādāts, lai skaidrotu Noteikumu prasības un tie ir izmantojami ārstniecības iestāžu Plānu pilnveidošanā. Ārstniecības iestādes Plānu papildina, balstoties uz Noteikumu prasībām un ņemot vērā ārstniecības iestādes darbību, sniegtos pakalpojumus, procedūras un darba apstākļus. Tāpēc ne visi Paraugplāna skaidrojumi būs piemērojami visām ārstniecības iestādēm un Paraugplāns nav izmantojams kā iestādes Plāna aizvietotājs.

Šeit pieejama Paraugplāna pirmā versija, un tiks papildināta, jo higiēniskā un pretepidēmiskā režīma nodrošināšana var ietvert ļoti plašu pasākumu klāstu un ieteikumi var mainīties. Tiks izvērtēti saņemtie ieteikumi un integrēti Paraugplāna nākamajās versijās.

Ieteikumi gripas profilaksei ārstniecības personām

Paediatrician confesses: "I lined up for my shot long before flu season"



"Not perfect, but still the best we got."

It's time for the annual flu shot. Nurses and doctors are lining up...

Good thing our hospital manager is letting us have the flu shot for free. I don't want to end up sick in bed for two weeks, like last year.

Hi Sandy, what are you doing here?

Hi Carmel! I'm queuing up to receive my flu shot. The hospital manager said that everyone should get one.

Did you get vaccinated already?

No, not really.

Seriously? Why not??

This may sound strange coming from a person who gives injections all the time.

I am listening.

But I don't like having needles put into my body. I don't like how it feels. I just hate it. I am afraid of the whole thing.

Yeah! It's your responsibility as a healthcare worker to do what you can to stay healthy. Or do you want the babies and young children in the ward to get sick?

Are you kidding? Of course not! But I heard that the vaccine is not perfect.

Yeah!

Me, Me, Good and I can't remember, as they say. Oh, I'll join you in the queue!

You know as well as me that the vaccine is perfectly safe. The benefits are much greater than any side effects.

Yeah.

Gettin' vaccinated against the flu may not be perfect, but it's still the best shot we got.

Even if the flu vaccination doesn't provide 100% protection, it substantially reduces the chances of getting it. Plus it prevents spread of you stay healthy, so will the kids you take care of.

I am actually afraid it will make me sick and you never know what side effects you might get.

There's one way of looking at it.

Protect yourself and others. Get vaccinated for influenza.

The sick doctor who didn't want to go home



"I was contagious, but refused to go home."

Hey Pete, what's the matter? You're looking really unwell.

Up, I definitely don't feel great today. I might have the flu.

You know what, why don't you let me do a quick check-up?

I know, I know, but it will only take a second.

How are you with the waiting room? There must be 20 people out there waiting to see me.

Why don't we do a rapid test to find out for sure?

Abhhhh

Just what I thought: sore throat and a fever. Looks like you have the flu.

One night there! My Peter!! The old lady with the bad hip! She's in her late 70s! People 65 years or older are at increased risk for developing flu-related complications.

You are know your public health guidelines! I guess you are right. I should stay away from people even if this turns out to be nothing but a cold.

I am glad you agree. The fever must've temporarily cleared your mind. Now go home and get some rest. I'll take care of business.

Thanks. And about that test, I don't think I need it. I'll stay home, no matter what the results.

Get well soon!

Get vaccinated and protect yourself and the people around you. As a healthcare worker, there's a lot you can do against the flu:

- Get vaccinated each year
- Wash your hands
- Stay home when sick

