INFECTION PREVENTION AND CONTROL MANAGEMENT

Introduction

This course is designed to provide participants with a practical and comprehensive understanding of infection prevention and control (IPC) principles, standards, and practices within healthcare and institutional settings. The training introduces participants to the chain of infection, modes of transmission, standard and transmission-based precautions, hand hygiene, personal protective equipment, and the safe reprocessing of medical equipment. It also explores how effective IPC practice reduces healthcare-associated infections, protects patients and staff, and supports regulatory compliance. Participants will gain knowledge on cleaning, disinfection, and sterilization, biomedical waste management, outbreak recognition and response, and occupational health and safety for healthcare workers. The course further examines antimicrobial resistance and stewardship, isolation precautions, IPC programme management, and emerging trends affecting infection control. Through practical examples, case studies, demonstrations, and interactive discussions, participants will strengthen their ability to identify infection risks, apply preventive measures, and support safer care environments within their organisations.

Course Objectives

- Understand the principles and importance of infection prevention and control
- Explain the chain of infection and modes of disease transmission
- Apply standard and transmission-based precautions correctly
- Demonstrate proper hand hygiene and correct use of personal protective equipment
- Understand cleaning, disinfection, and sterilization procedures
- Apply safe biomedical waste management and sharps handling practices
- Recognise, investigate, and respond to infection outbreaks
- Understand antimicrobial resistance and the basics of antimicrobial stewardship
- Strengthen compliance with IPC policies, standards, and regulatory requirements

Course Modules

> Module 1: Introduction to Infection Prevention and Control
- Concept, scope, and importance of IPC
- The chain of infection
- Modes of disease transmission
- Standard precautions and transmission-based precautions
- Roles and responsibilities in IPC
- Overview of healthcare-associated infections (HAIs)

> Module 2: Hand Hygiene and Personal Protective Equipment
- Importance and principles of hand hygiene
- WHO's five moments for hand hygiene
- Hand washing versus alcohol-based hand rubbing techniques
- Types and selection of personal protective equipment (PPE)
- Correct donning and doffing procedures
- Common PPE-related errors and how to avoid them

> Module 3: Cleaning, Disinfection, and Sterilization
- Principles of cleaning, disinfection, and sterilization
- Classification of medical devices (critical, semi-critical, non-critical)
- Selection and safe use of disinfectants
- Sterilization methods and monitoring
- Environmental cleaning protocols
- Reprocessing of reusable medical equipment

> Module 4: Healthcare-Associated Infections
- Common types of HAIs (surgical site, catheter-associated, bloodstream, ventilator-associated)
- Risk factors and infection prevention bundles
- Surveillance and reporting of HAIs
- Antimicrobial resistance and stewardship basics
- Early recognition of infection clusters

> Module 5: Biomedical Waste Management
- Categories of healthcare waste
- Segregation, collection, and storage practices

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- Transportation and disposal methods
- Sharps handling and injection safety
- Regulatory requirements for waste management

> Module 6: Isolation Precautions and Outbreak Management

- Contact, droplet, and airborne precautions
- Isolation room requirements and patient placement
- Outbreak investigation and response procedures
- Case management and contact tracing basics
- Risk communication during outbreaks

> Module 7: Occupational Health and Safety

- Needle-stick and sharps injury management
- Post-exposure prophylaxis procedures
- Immunization requirements for healthcare workers
- Staff health surveillance
- Supporting staff wellbeing during outbreaks

> Module 8: IPC Programme Management and Compliance

- Developing an IPC policy and programme
- Infection prevention and control committees
- Audits, monitoring, and quality improvement
- Regulatory and accreditation standards
- Continuous training and education
- Emerging trends in infection prevention and control