



CONSUMER FACTSHEET

Healthcare Associated Infection Presentation

What are healthcare associated infections?

Healthcare associated infections (HAIs) are infections that occur as a result of visiting or receiving treatment in a healthcare facility.

Many HAIs are preventable and can occur from treatment provided at a range of healthcare facilities, including hospitals, general practitioner clinics, dental clinics, podiatry clinics, nursing homes or other places where healthcare is delivered.

How do they happen?

While the risk of getting a healthcare associated infection is low in a chiropractic healthcare setting, exposure to commonly circulating viruses may occur.

The risks of getting these infections depend on several factors including:

- How healthy you are
- The type of healthcare facility you are in and the length
- The medical care received

Can HAIs be prevented?

Your Chiropractor(s) use a range of infection prevention strategies to reduce your risk of acquiring a HAI. These include:

- Washing hands with soap and water or using alcohol based hand rubs
- Maintaining a clean environment.
- Using regularly cleaned or sterilised equipment.
- Our chiropractors undertake the Australian Government Infection Control Training.
- Active COVID safe plan is in place.



What can I do?

There are a number of things you can do to reduce your risk of getting or spreading HAIs:

- Everyone should wash their hands or use an alcohol based hand rub before entering and when leaving the building and or room (i.e the bathroom).
- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you have any wounds, please make sure they are covered before laying down on the chiropractic table.
- Advise you chiropractor of any infections or viruses you may have had
- Do not attend the practice if you have vomiting and or diarrhoea.

For further information

- Speak with the Chiropractor looking after you.
- Contact your local practice, contact details can be found on our website at <https://chiropracticlife.com.au/locations/>

For more information

- For consumer guides on specific healthcare associated infections visit the NHMRC website at www.nhmrc.gov.au.

References

<https://www.safetyandquality.gov.au>

<https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/>

<https://www.nhmrc.gov.au>