

Immune deficiency and keeping healthy



A business card for Dr Gerhard de Bruin. The card has a teal header and a white body with a cloud-like border. On the left is a cartoon teddy bear. On the right is a cartoon girl in a yellow dress. The text in the center reads: "Dr Gerhard de Bruin", "MBChB (UFS); FCPaed (SA); MMed (Paed)", "Pr. No 0559458", "Tel: 021 981 1200 | Fax: 086 566 3521", and "Suite 604, Cape Gate Medclinic, Brackenfell, 7560 | www.drdebruin.co.za".

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Remember



- Safe patient environment is very important...you cannot see germs with the naked eye
- Protecting yourself from getting sick and from infecting someone else is very important



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Infection prevention and control

- How germs are spread
- Prevention and control guidelines
- How patients can help prevent infection
- Visiting a hospital patient



How germs are spread

- Touch
- Coughing or sneezing



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Prevention and control guidelines

- Hand hygiene is the single most important means of preventing infection. This includes washing hands with soap and water, or using waterless hand sanitizers
- Clean, disinfect and or sterilize all equipment, instruments and surfaces on a regular basis
- In the case of known or suspected infections, place patient in isolation. May be necessary for protective clothing for staff and or visitors. Patient may be restricted leaving the room for a while – until contagious period has passed.



How patients can help prevent infections

- Hand hygiene. Clean hands before eating, after using bathroom or changing a diaper, after touching surfaces that is soiled and before leaving the room.
- It is okay to ask your caregivers for assistance in doing hand hygiene before they care for you or your child. Visitors must also clean their hands before entering or when they leave.
- Keep skin around wounds clean and dry
- Check wounds for any signs of redness or swelling, or if wound becomes painful and report it to the nursing staff or your doctor
- If you or your child is suffering from diabetes, be sure to control blood sugar levels
- Tell visitors to keep away if they have a cold or fever



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Visiting a hospital patient

- Stay at home if you are sick, or not feeling well
- Perform hand hygiene when you arrive and when you leave
- Check before you bring flowers, food or small children to the hospital. It may not be allowed
- If the patient you are visiting is in isolation, check with the nursing staff with regards to what you may or may not do
- Do not sit on the patient beds or handle any equipment
- If you visit more than one patient clean your hands before and after seeing each patient



13 Tips to prevent infection

1. Wash your hands frequently
2. Make sure health care providers clean their hands and wear gloves when there will be contamination with body fluids
3. Don't share personal items
4. Cover your mouth when you cough or sneeze
5. Get vaccinated. Check with your doctor on what you need when and what is appropriate
6. Use safe cooking practices
7. Be a smart traveller (bottled water, no raw food if source is questionable)
8. Don't pick your nose, mouth or eyes
9. Exercise caution with animals. Animals must be vaccinated and clean. Wash hands after playing with animals
10. Watch the news for any outbreaks of specific diseases
11. Stay away from people who are sick
12. Good personal hygiene is very important
13. Healthy diet, and add supplements if needed. Get your doctors advice on the best supplements suited for you or your family



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7 ways to prevent infection at home

1. Wash your hands
2. Clean and disinfect objects
3. Handle food safely
4. Get immunized
5. Don't overuse antibiotics
6. Keep pets healthy
7. Stay away from wild animals



7 ways to prevent infection at home

1. Wash your hands

- Before, during and after you prepare food
- Before you eat and after you use the bathroom or handle a diaper
- After handling/ touching animals or animal waste
- When your hands are visibly dirty
- Wash your hands more often when someone is sick at home
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing or sneezing
- After touching garbage



2. Clean and disinfect

- Scrubbing with soap and warm water removes dirt and most germs
- Using household disinfectants kills additional germs on surfaces and provides extra protection against infection
- Kitchens and bathrooms are the most likely breeding ground for germs



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- Kitchen: Bacteria live on raw and undercooked food. Clean and disinfect counters and other surfaces before, during and after food preparation. Follow instructions on product labels. Wipe counters with a paper towel or cloths that can be washed after use
- Bathroom: routine cleaning and disinfecting, more often is someone in your home is sick



3. Handle food safely

- Grocery shopping:
 - Separate raw meat, poultry and seafood from other foods.
 - Buy refrigerated and frozen foods last, and freeze promptly when you get home.
 - Check food for expiry and best before dates. Only buy pasteurized dairy products
 - If using reusable grocery bags or bins, pack raw meat, poultry and fish separate from other food items purchased. Wash bags after use



- Refrigeration
 - Put meat, seafood, poultry and eggs on bottom shelf of refrigerator
 - Don't allow juices from perishable foods to drip onto other foods
 - Use tightly sealed containers to prevent cross-contamination
 - Don't leave foods that can spoil out of the refrigerator for more than two hours



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- Preparing food
 - Wash hands and disinfect surfaces before, during, and after handling, cooking and serving food
 - Wash raw fruits and vegetables with water
 - Defrost food on a plate in the refrigerator or in the microwave, but not on the counter
 - Cook food immediately after defrosting
 - Use different dishes and utensils for raw foods than you use for cooked foods



- Cooking food
- Assume that all raw foods of animal origin are contaminated with bacteria. High temperatures kill bacteria.
- Make sure food is cooked properly
- Don't eat undercooked eggs



- Storing leftovers
 - Throw away cooked food that has been at room temperature for more than two hours
 - Place leftovers in clean food-grade container, or in a leak proof plastic bag
 - Refrigerate food at temperature of 4°C or lower and freeze at -18°C
 - Eat refrigerated leftovers within two to three days or freeze them for later
 - Clean and sanitize your refrigerator and freezers regularly



4. Get immunized

- Flu and COVID immunizations
- Immunization as recommended by the State immunization program (schedule)
- Extra immunisations if needed and as recommended by your doctor
- Keep record of all immunizations



5. Don't over use antibiotics

- Antibiotics does not kill viruses
- If using improperly or when not needed, you increase your chances of developing drug resistant bacteria, which antibiotics cannot fight.
- Complete your full course of antibiotics, even if you feel better and do not share your antibiotics with someone else



6. Keep pets healthy

- Take to a veterinarian regularly for check-ups, required shots and deworming
- Give your pet a balanced diet, don't allow him to drink out of the toilet or eat raw food
- Clean your garden regularly, and don't let children play outside if it is still contaminated with faeces
- Use gloves when changing litter boxes, and cover them when not in use
- Wash hands after digging in dirt, or handling and touching your pet



7. Stay away from wild animals

- Do not leave food and garbage out
- Keep yard clean and free of nesting sites
- Seal cracks and holes on the inside and outside of your home



Correct way to wash your hands

- Wet your hands with clean, running water (warm or cold), turn off tap and apply soap
- Lather your hands by rubbing them together with soap. Be sure to lather the backs of your hands, in between your fingers and under your nails
- Scrub your hands for at least 20 seconds (sing happy birthday from beginning to end twice)
- Rinse your hands well under clean, running water
- Dry your hands using a clean towel or air dry them
- If you have no running water, use hand sanitizer and follow the same steps



8 Steps Of Hand Washing



Be 100% Sure.

1



Wash your palms.

2



Scrub each finger and between fingers.

3



Rub back of hands and between fingers.

4



Rub the base of the thumbs

5



Back of Fingers

6



Scrub your nails on palms.

7



Wash your wrist

8



Dry hands with clean towel or tissue.



Daniel and Friends Fund

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Your immune deficient child

*Credit Monika Esser, M Med Paed. Article Approach to the child with recurrent infections – presentation and investigation of primary immunodeficiency - Current Allergy and Clinical Immunology, March 2008, Vol 21. No 1

- Background
 - Infants and children will experience and survive many infections as part of the normal “growing up” process (part of the normal development of their own immune system). By the time the child reaches school going age, their immune system is should be developed well enough to help them fight off infections.
 - When a child experiences an abnormal number and severity of infections (recurrent, prolonged, severe and or unusual infections), which would not normally cause problems in healthy individuals, it could be a sign that the child has an immune deficiency.
 - **Normal** is accepted as 6 – 10 upper respiratory tract infections per year, resolving quickly with treatment.
 - For a child to be diagnosed with an immune deficiency, there is a defined set of clinical and laboratory investigations. Speak to your doctor if you are worried about your child and the amount of times they are getting sick.



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What is unacceptable/abnormal for a child in terms of recurrent infections

- Skin infections that is severe e.g. ulcerating BCG marks.
- Recurrent pneumococcal infections (e.g. recurrent pneumonia with an unusual organism being the cause)
- Recurrence of meningococcal meningitis
- Recurrence of infections at one specific site – e.g. ears, tonsils
- Recurrent fevers in an otherwise healthy child, with no apparent cause



Contributing factors for recurrent infections

- Increased exposure to germs (e.g. crowded households and day care)
- Second hand smoke exposure
- Atopy (meaning you have a stronger than normal reaction to allergens) / Asthma
- Presence of a foreign body (something in the body that doesn't belong there)
- Cystic fibrosis
- Anatomical obstructions in the body (e.g. intestinal obstruction)
- Gastro-oesophageal reflux disease
- Prematurity (babies born too early)
- Not having been breastfed



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Diagnoses



- Make a doctors appointment
 - Doctor will do a proper medical history of the child and the family
 - Examination of the child
- Laboratory tests to confirm diagnoses



Porto Cath

- If your child has been diagnosed with an immune deficiency, chances are that they will need a Porto Cath inserted for immune therapy on a regular basis (Polygam)

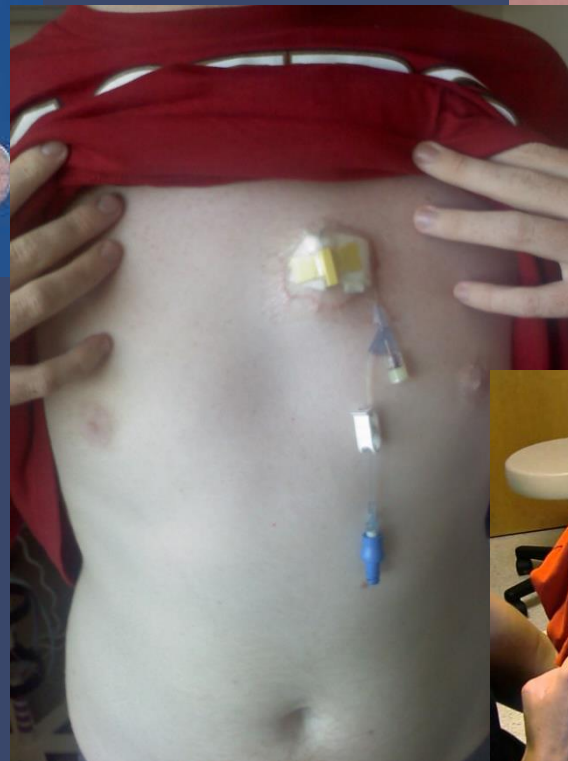
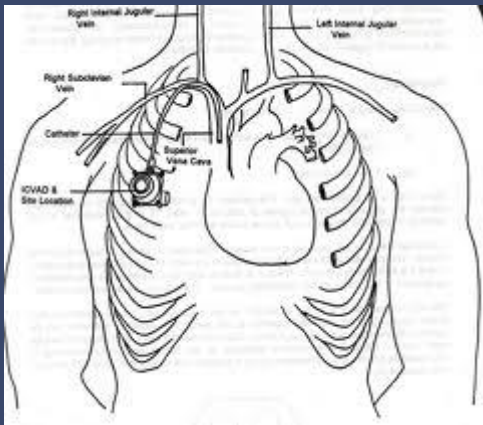


- Handling of the Porto Cath
 - No need to be scared
 - You won't even know that it is there – it is inserted underneath the skin
 - For ultimate treatment of your child
 - Do not let anyone other than your doctor or a trained medical professional activate the Porto Cath for fluids, or for blood to be drawn.



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