

Infection Control Practices Among Nursing and Allied Health Workers

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Abstract

In order to avoid infections linked to healthcare and guarantee patient safety, infection control procedures are crucial. In healthcare settings, nurses and other allied health professionals are essential to upholding infection prevention standards. Key elements of infection control include sterilization, wearing personal protective equipment, practicing good hand hygiene, and following standard procedures. There are still gaps in knowledge and practice despite established norms because of things like workload, inadequate training, and scarce resources. In order to lower infection rates and enhance healthcare outcomes, this study underscores the significance of infection control practices among healthcare workers and stresses the necessity of ongoing education, monitoring, and protocol adherence.

Keywords: Infection control, hand hygiene, healthcare workers, nosocomial infections, standard precautions

INTRODUCTION

In order to prevent healthcare-associated infections (HAIs) and ensure patient safety, infection control is an essential part of healthcare systems. HAIs are a major cause of morbidity, death, and higher healthcare expenditures globally.¹

Because they work closely with patients, healthcare workers—especially nurses and allied health professionals—are very susceptible to infectious agent exposure. They play a critical role in reducing the transmission of infections through the implementation of infection control procedures.²

In hospital settings, hand cleanliness is seen to be the most straightforward and efficient way to stop the spread of illnesses. Microbial

contamination can be considerably decreased by using alcohol-based hand massages and proper handwashing practices.³

To prevent infection, healthcare personnel and patients must use personal protective equipment (PPE), such as gloves, masks, gowns, and eye protection. An essential part of infection control is the appropriate use and disposal of personal protective equipment.⁴

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How to cite this article: Jangir R, Srivastava S, Kumar V, Kumar NPR, Katiyar S, Kumar M. Infection Control Practices Among Nursing and Allied Health Workers. Indian J Health Allied Sci. 2026;1(1):04-06.

Received: 24/03/2026 **Accepted:** 30/03/2026 **Published:** 31/03/2026

Access this article online

Quick Response Code



Website:

<https://ijhas.varnavpublishers.com/>

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To avoid cross-infection, standard precautions are required, such as safe injection procedures, appropriate waste disposal, and environmental cleaning. Adherence to these practices is vital in all healthcare settings.⁵

Studies have revealed that healthcare professionals' adherence to infection control procedures is frequently less than ideal, despite the availability of guidelines. Poor adherence is caused by a number of factors, including a lack of resources, a severe workload, and ignorance.⁶

To increase healthcare personnel' knowledge and compliance, ongoing education and training initiatives are crucial. Adherence to infection control procedures can be further improved by routine monitoring and supervision.⁷

Therefore, increasing patient outcomes and healthcare quality requires nurses and other allied health professionals to understand and develop infection control methods.⁸

Key Areas

• Hand Hygiene Practices

The foundation of infection prevention is good hand hygiene. Proper handwashing and use of alcohol-based hand rubs reduce the transmission of pathogens significantly.⁹

• Use of Personal Protective Equipment (PPE)

Exposure to infectious materials can be avoided by using PPE appropriately. It is crucial to receive training on appropriate donning and doffing practices.¹⁰

• Standard Precautions

Hand cleanliness, PPE use, respiratory hygiene, and safe injection techniques are examples of standard precautions.¹¹

• Waste Management and Environmental Hygiene

To stop the spread of infections and environmental contamination, biological waste must be properly separated and disposed of.¹²

• Factors Affecting Compliance

Workload, lack of training, limited resources, and poor supervision are major barrier to helpful infection control practices¹³.

CONCLUSION

In order to avoid infections linked to healthcare and to guarantee the safety of patients and healthcare personnel, infection control procedures are essential. When it comes to putting these strategies into effect, nurses and other allied health professionals are essential. Infection control outcomes can be greatly enhanced by bolstering training programs, guaranteeing resource availability, and encouraging adherence to guidelines.

RECOMMENDATION

- Frequent infection control training and seminars
- Strict oversight and monitoring of procedures
- Availability of sufficient resources and PPE
- Putting hospital infection control procedures into practice
- Programs for ongoing education and awareness

FINANCIAL SUPPORT AND SPONSORSHIP :

Nil

CONFLICT OF INTEREST: None

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