**Infection Control**

The National Patient Safety Goals (NPSGs) program was established by The Joint Commission to give licensed health institutions guidance regarding particular areas of concern in patient safety. The NPSGs goal number seven is to minimise the possibility of patients acquiring health care-related diseases (Frank, 2013). This discussion focuses on the recommendations for the achievement of this goal.

**Hand Sanitation**

Conforming to the CDC and WHO hygiene requirements have shown a reduction of outbreaks and infection rates in health facilities. The requirements include the use of alcohol-based hand rubs instead of the standard soap and water technique, use of different gloves for different patients and the personnel to avoid artificial nails and keep short nails when handling patients at risk of acquiring infections. Hands should be sanitised before and after handling each patient (Frank, 2013).

**Implementation of Evidence-Based Practices (EBPs) to Prevent Infections**

In prevention of infections linked to multidrug-resistant organisms, practices include educating staff, affected patients and their kin on these infections, drug-resistant microorganisms and prevention plans. Regular risk assessments and execution of strategies that achieve the regulatory standards of the evidence-based practices is vital in achieving NPSGs goal number seven (Frank, 2013).

Other health care related infections include surgical site infections, central line-related blood infections and catheter-related urinary tract infections. For these infections, staff and patient education are essential. Also, an adaption of evidence-based practices guidelines that meet the regulatory standards, regular risk assessments, providing data about these infections to healthcare personnel and maintaining high hygiene standards are vital in achieving patient safety (Frank, 2013).

**Conclusion**

Healthcare-related infections reflect poorly on the safety of the patients and their quality of life. Hygiene and staff and patient education play a huge role in the prevention of these infections. It is, therefore, necessary for healthcare personnel to meet the WHO and CDC sanitation standards and to implement evidence-based practices in the reduction of these infections. Reduction and prevention of these infections meet the patient safety goals of The Joint Commission.

**References**

Frank, J. T. (Director). (2013). *National Patient Safety Goals 2014-2016* [Motion Picture]. Retrieved from The Joint Commission.