

Refs: Effective cleaning of Vesticam goggles

1. Instilling a culture of cleaning: Effectiveness of decontamination practices on non-disposable sphygmomanometer cuffs

Zimmerman P, Browne M, Rowland D. *Journal of Infection Prevention*, Volume: 19 issue: 6, page(s): 294-299

This recent study from Australia tested whether disinfection of blood pressure cuffs using disinfectant wipes was an effective (and cost saving) option. A sample of 54 non-disposable sphygmomanometer cuffs were collected from a rural emergency department and tested for bacterial contamination before and after decontamination using Clinell Universal Wipes. Levels of contamination were significantly lower following decontamination with the wipes; 29% of the cuffs had no growth before decontamination compared with 98% after decontamination. The authors concluded that using wipes to decontaminate non-disposable cuffs would be clinically effective, environmentally friendly, and cost-saving compared with using disposable cuffs.

“Decontamination of non-disposable sphygmomanometer cuffs decreases microbial load and risk of HAI, providing evidence to negate arguments for disposable cuffs while being environmentally sensitive and supportive of a culture of patient safety and infection control”.

2. Contamination of blood pressure cuffs by methicillin-resistant staphylococcus aureus and preventive measures.

Matsuo M, Oie S, Furukawa H. *Ir J Med Sci*. 2013;182(4):707-709.

This study sampled pressure cuffs in wards and outpatient clinics at an acute-care hospital in Japan. The cuffs were sampled on the inside (skin-contact side) using gauzes. Of the 30 cuffs sampled, 11 (31.4%) were contaminated with MRSA! The team also evaluated two different methods of disinfection: an outsourced washing process and wiping with 80% ethanol. No cuffs were found to be contaminated following either disinfection process.

Only a small number of cuffs were included in the disinfection study, and they weren't sampled before and after treatment, but these findings reinforce that blood pressure cuff disinfection is an option.

3. Effectiveness and feasibility of using a physical barrier device in reducing rates of microbial contamination of sphygmomanometer cuffs

Nitin Bhanot et al., *Journal of Infection Prevention*, 2011

“Sphygmomanometers are frequently contaminated with bacteria and are implicated in the transmission of microbes. A pilot study was conducted to determine the effectiveness and feasibility of using a physical barrier device in reducing rates of microbial contamination of sphygmomanometer cuffs. A disposable plastic device acting as a physical barrier may not reduce surface contamination of sphygmomanometer cuffs.”

4. Infection control guidelines for optometrists 2016†

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First published:09 June 2017

Downloaded 27/3/2020 <https://onlinelibrary.wiley.com/doi/full/10.1111/cxo.12544>

Infection control guidelines for Optometrists 2016 recommends the use of 70% alcohol swab and air drying in non-critical reusable equipment, if infection is suspected.