

# Patient Protection System

## A. Entering hospital and settling in

### **Be prepared**

Clean dry items of clothing to be taken into hospital only. Bathe with a shower/body wash before leaving home. On entering hospital use an alcohol-based gel with a disinfectant on hands, rub in well and allow to air dry. Remember good common sense hygiene by staff, visitors and yourself is the key.

### **Your personal environment**

Wipe hard surfaces around bed with damp cloth. Lightly spray with a disinfectant hard surface spray if you feel it is necessary then allow to dry. Repeat twice daily. Spray bedding with a fabric disinfectant then allow to dry as before. Use a safe effective broad spectrum product that is proven against bacteria, fungi and viruses.

## B. Daily hospital routine, pre- and post-operation

### **Daily routine**

Request any person to use an alcohol-based hand gel before touching you if they have not already washed hands. If medical staff are dressing a wound, request they also wear a fresh mask. Any hard surface you may come into contact with e.g. in bathrooms, spray with a hard surface disinfectant that is safe to use but effective as above.

### **Pre-operation**

Follow directions above. With the approval of your surgeon, spray whole body with an approved safe disinfectant and allow to dry. With your doctor's agreement, prepare to assist your immune system using the correct homoeopathic preparation following the instructions provided by a homoeopath.

### **Post-operation**

Apply biocidal body spray twice daily and allow to air dry. Ask for nursing assistance if necessary. When wounds are being dressed, request that procedures are followed and ask that staff either wear fresh coveralls or spray clothing with bedding and clothing spray. Request that masks are worn by all personnel to reduce the risk of airborne pathogens and globule carried pathogens coming into contact with broken skin. If your doctor has agreed, apply homoeopathic drops on tongue twice daily for three days.

This protocol is based on the Patient Protection System recommended by Pearson & Black.  
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N.B. Antibacterial products: "Wherever possible use products that are proven to be environmentally friendly. Avoid bacteriocides such as triclosan which may convert into dioxin (extremely harmful to the environment and yourself)." Chris Pearson GNP.

Ref: BBC News