

## SERIES: “FIP CPD Bites series on targeted hygiene in the home in the combat against antimicrobial resistance (AMR)”

Date of release: 21/11/2024

**PURPOSE:** To provide evidence and updates on targeted hygiene in the home in the combat against antimicrobial resistance.

### KEY POINTS/HIGHLIGHTS

#### Episode 1:

- Targeted hygiene is an evidence-based hygiene policy that is employed to prevent transmission of pathogens and infectious diseases through targeting only sites, surfaces, and practices that are considered high risk for pathogen transmission.
- Targeted hygiene relies on evidence-based strategies, focusing on high-risk areas and critical moments to reduce pathogen exposure effectively.
- Risk assessment and hygienic cleaning methods focus on identifying critical control points (frequently touched surfaces) and applying targeted cleaning at specific times to prevent the spread of infections. This approach contrasts with general or excessive cleaning practices.
- Targeted hygiene highlights nine crucial moments in daily life where intervention is necessary, such as before eating, after handling waste, and after contact with sick individuals.
- Since homes are central hubs for pathogen transmission, implementing targeted hygiene practices at home is vital for community health.
- Targeted hygiene minimises unnecessary antimicrobial use, helping to reduce the risk of antimicrobial resistance by lowering infection rates in the community.

#### Episode 2:

- Excessive use of antimicrobial chemicals, such as disinfectants, can disrupt beneficial microbial communities, foster environments conducive to opportunistic pathogens, and contribute to the rise of AMR.
- Targeted hygiene minimises this risk by reserving antimicrobials for necessary situations.
- Probiotic and microbiome-friendly cleaning systems offer a sustainable alternative to traditional disinfectants by using beneficial bacteria to compete with harmful microbes, supporting microbial balance and reducing the need for harsh chemicals.
- The Centers for Disease Control and Prevention (CDC) recommends prioritising visible dirt removal and disinfecting only high-risk areas in homes to prevent AMR, aligning with targeted hygiene principles.
- By focusing on infection risks, targeted hygiene helps the public understand when and where hygiene practices are most crucial, building community resilience, especially during outbreaks.
- Targeted hygiene supports public health by reducing infection risks, minimising AMR development, and promoting microbial balance in homes and communities.

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### IMPLICATIONS/RECOMMENDATIONS/CALL TO ACTION

- Emphasise targeted hygiene as an evidence-based approach that focuses on reducing pathogen exposure in high-risk areas and during critical moments, rather than broad-spectrum cleaning. This approach helps preserve the natural microbiome while effectively preventing infections.
- Public awareness and education on how targeted hygiene can combat AMR by minimising the need for antimicrobial use and maintaining a balanced microbial environment is crucial.
- Encourage the adoption of the ‘9 moments of hygiene’ in schools, workplaces, and healthcare facilities, emphasising critical times for practicing hygiene to effectively disrupt infection transmission.
- Develop and provide specific household hygiene guidance to prevent pathogen spread, stressing targeted cleaning over excessive use of disinfectants in home.
- Reduce overuse of antimicrobial chemicals and limit broad-spectrum antimicrobial use to high-risk situations only, preserving microbial diversity and reducing the risk of AMR.

### OTHER FIP RESOURCES

- FIP policy statement on mitigating antimicrobial resistance through antimicrobial stewardship: <https://www.fip.org/file/5629>