



Common Causes of Nosocomial Infection

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DESCRIPTION

A nosocomial infection is one that is acquired as a result of an illness or toxin found in a specific site, such as a hospital. These illnesses can be seen in both developed and underdeveloped countries around the world. In industrialized countries, nosocomial infections account for 7% of all infections, but in impoverished ones, they account for 10%. An infection that develops in a patient while they are being treated in a hospital or other health care facility and was not present or incubating when they were admitted. Inpatients are at danger of contracting an infection while in the hospital. Nosocomial infections are a type of infection that occurs in hospitals. Viral, bacterial, and fungal pathogens cause hospital-acquired illnesses. When pathogens move to a susceptible patient host, infection ensues. When these microbes get you sick within 48 hours of entering the hospital, you have a nosocomial infection. Because these infections arise while in the hospital, they result in a longer stay, incapacity, and financial hardship. Hospital-acquired bacteria are frequently resistant to a wide range of medications.

Antibiotics are frequently used in hospitals, which favors the development of resistant strains. Invasive treatments, including surgery, indwelling medical equipment, and prosthetic devices, are all linked to these infections in modern healthcare. During their stay in the hospital, patients are exposed to infections from a variety of sources, including the environment, healthcare workers, and other infected patients. Surgical wound infections, lung infections, genitourinary infections, and gastrointestinal infections are the most prevalent types of nosocomial infections. If not addressed, these infections can lead to more significant health problems. Urinary tract infections, lung pneumonia, surgical site wound infections, bacteremia, gastrointestinal, and skin infections are all prevalent nosocomial diseases.

Nosocomial Infections come in a variety of forms that are Bacteria, viruses, and fungus is pathogens that cause nosocomial infections. Microorganisms with specific traits encourage specific sorts of illnesses in vulnerable hosts. Bacteria are a type of

bacteria that can come from either an exogenous or endogenous source and are found in the natural flora. The majority of them aren't harmful, but a few of them can cause significant illness. The most common cause of nosocomial infections is bacteria. E. coli and staph are two common microorganisms. Infections in intensive care units are caused by harmful microorganisms. It is found in soil and water and is responsible for 80% of all reported illnesses. In immune-compromised patients and those with indwelling devices such as central lines or urinary catheters, fungal pathogens are commonly associated with opportunistic infections. *Candida* (thrush) and *Aspergillus* are the most frequent fungi that cause nosocomial infections. Viruses are the least common pathogen infections, accounting for only 1–5% of all HAI pathogens. Viruses are microscopic pathogens that replicate your inherent genetic code to proliferate throughout your body. Rhinovirus, CMV, herpes simplex virus, rotavirus, and influenza are examples of viral pathogens.

Pathogens linked to Healthcare-Associated Illness (HAI) can spread through a variety of methods. The organisms are conveyed by direct or indirect touch, which is the most prevalent method of transmission. Urinary catheters are tubes that are put into your bladder through your urethra admittance. *Bacteroides fragilis* is a commensal bacterium that can be found in the intestine and colon. Airborne transmission of the chickenpox virus, tuberculosis, measles, and the new SARS-CoV-2 virus is possible.

Cleaning skin and equipment thoroughly, washing hands on a regular basis, and wearing protective gear such as face masks and gloves are all recommended. Infection control protocol and procedure violations, dirty and non-sterile environmental surfaces, and/or sick hospital employees are all common causes of nosocomial infections. Use of alcohol-based hand sanitizers on a regular basis. Hair removal around a surgical site only prescribing antibiotics when absolutely necessary. Despite being the single most essential factor in preventing cross-transmission and lowering the risk of nosocomial colonization and infection, HCW compliance is unacceptably low throughout the world.

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Received: 29-Apr-2022, Manuscript No. CMO-22-16839; **Editor assigned:** 03-May-2022, Pre QC No. CMO-22-16839 (PQ); **Reviewed:** 17-May-2022, QC No. CMO-22-16839; **Revised:** 23-May-2022, Manuscript No. CMO-22-16839 (R); **Published:** 01-Jun-2022, DOI: 10.35248/2327-5073.22.11.286.

Citation: Brennan D (2022) Common Causes of Nosocomial Infection. Clin Microbiol. 11:286.

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