



Infection Prevention & Control Hand Hygiene Education



Hand Hygiene



CDC Facts and Data:

- Healthcare-acquired infections (HAIs) affect an estimated 1.7 million patients in US hospitals annually
- This results in approximately 99,000 deaths annually
- This also adds an estimated \$20 billion in healthcare costs
- Hands of healthcare workers remain the number one cause of the spread of HAI

Hand Hygiene is the SINGLE most important action you can take to prevent infection!

Hand Hygiene: Points to Ponder

- ✓ **Know when to cleanse your hands**
- ✓ **Know how to cleanse your hands**
- ✓ **Know when to use Soap & Water vs. Alcohol Sanitizer**
- ✓ **Education of Others**
- ✓ **Encouragement and Accountability for Missed Opportunities**
- ✓ **Artificial nails or nail applications**
- ✓ **Skin Moisturizer (or hand lotion)**

Hand Hygiene: Soap and Water vs. Hand Sanitizer

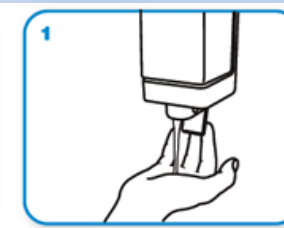
- **When to use Soap and Water:**
 - Hands are visibly, physically soiled, or feel soiled
 - Working with *C. difficile* or Norovirus
- **When to use Hand Sanitizer:**
 - Hands are not visibly dirty or feel soiled but need germ removal
- **How to lather properly?**
 - Must be at least 15 seconds duration AND
 - Must cover all surfaces of hands and wrists

Technique for Hand Cleansing with Soap and Water

1. Wet hands with water
2. Place product in palm of hand
3. Rub hands, palm to palm
4. Rub laced fingers of right hand over back of left hand
5. Rub laced fingers of left hand over back of right hand
6. Rub laced fingers palm to palm
7. Interlock backs of fingers to opposite hand
8. All surfaces of thumbs
9. Finger tips in opposite palm, both hands
10. Rinse hands with water
11. Turn off faucet with paper towel
12. Use same process with alcohol based sanitizer and follow steps until product is dry



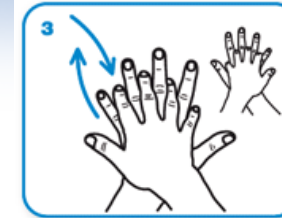
Wet hands with water



apply enough soap to cover all hand surfaces.



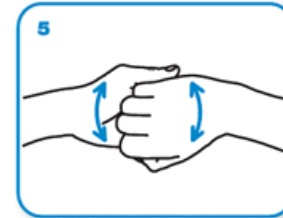
Rub hands palm to palm



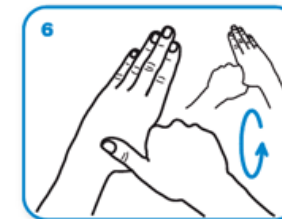
right palm over left dorsum with interlaced fingers and vice versa



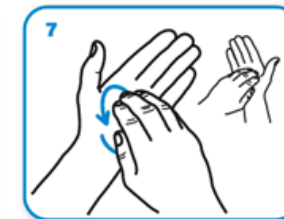
palm to palm with fingers interlaced



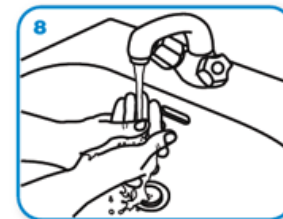
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



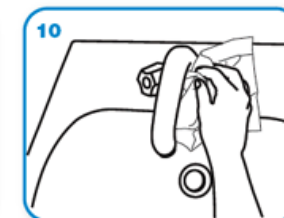
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



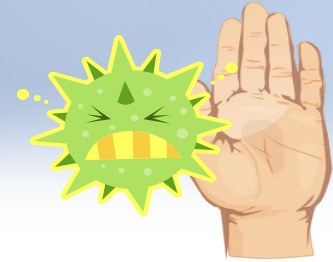
use towel to turn off faucet



...and your hands are safe.

Hand Hygiene: Know When to Cleanse (1/3)

1. Before and After Patient Contact or Encounter



2. Between TWO Procedures on Same Patient

- Example: Change your gloves AFTER emptying a urinary catheter and then BEFORE delivering meal trays

3. Between Dirty and Clean Portion of Single Procedure

- Example: Change your gloves AFTER removing an old wound dressing and BEFORE placing a new dressing

4. Before and After Contact with Environmental Surfaces or Equipment

- Example: Bed rails, furniture, patient's IV pump, sink or toilet repair

Hand Hygiene: Know When to Cleanse (2/3)

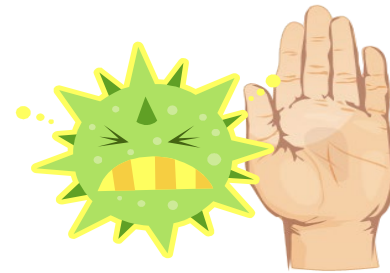
5. After Glove Use

- Example: After examining a patient or cleaning the patient's room and your gloves are removed

6. After contact with C. diff Patient or their Environment

- Clostridium difficile (C. diff) is a spore based bacteria
- *ALWAYS* wash with soap and water to remove the c. diff spores
- Alcohol sanitizer is *NOT* sufficient after contact with a C. diff patient or environment

7. After contact with Norovirus Patient or their Environment (Soap & water)



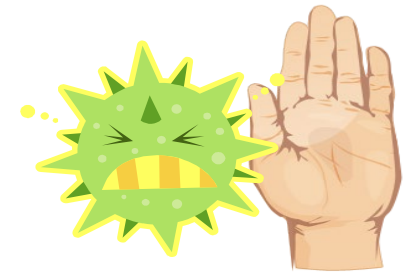
Hand Hygiene: Know When to Cleanse (3/3)

6. After Bathroom Use or Toileting

- Example: After assisting a patient to the bathroom, use of a bedpan, urinal or bedside commode, AND after personal use of the bathroom

7. Before Handling Food

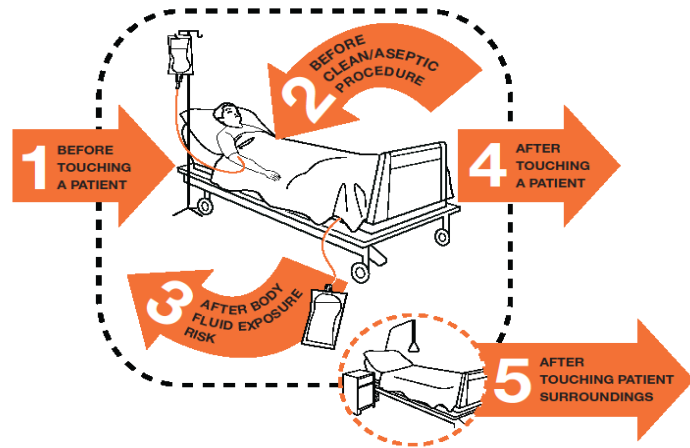
6. After Coughing, Sneezing, Blowing Nose



W.H.O. 5 Moments for Hand Hygiene

Identifies 5 essential times hand hygiene is needed *at the point of care*

Your 5 Moments for Hand Hygiene



1	BEFORE TOUCHING A PATIENT	WHEN? Clean your hands before touching a patient when approaching him/her. WHY? To protect the patient against harmful germs carried on your hands.
2	BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN? Clean your hands immediately before performing a clean/aseptic procedure. WHY? To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3	AFTER BODY FLUID EXPOSURE RISK	WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal). WHY? To protect yourself and the health-care environment from harmful patient germs.
4	AFTER TOUCHING A PATIENT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side. WHY? To protect yourself and the health-care environment from harmful patient germs.
5	AFTER TOUCHING PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched. WHY? To protect yourself and the health-care environment from harmful patient germs.



World Health Organization

Patient Safety
A World Alliance for Better Health Care

SAVE LIVES
Clean Your Hands

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May 2009

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BEFORE TOUCHING
A PATIENT

2

BEFORE CLEAN/
ASEPTIC PROCEDURE

3

AFTER BODY FLUID
EXPOSURE RISK

4

AFTER TOUCHING
A PATIENT

5

AFTER
TOUCHING PATIENT
SURROUNDINGS

Hand Hygiene: Educate Others

- *Communicate positive intent* to our patients, their family and their caregivers
 - What we do to promote hand hygiene
 - What they can do to help promote hand hygiene
 - Let them see you cleansing your hands
 - Do not be offended if they ask to see you cleanse your hands

Hand Hygiene: Encouragement and Accountability

- In an effort to promote a culture of High Reliability, we are encouraging our staff to provide prompting and encouragement to other staff members for missed hand hygiene opportunities
 - Should you see a staff member who has missed a hand hygiene opportunity simply say: **“Give me Five!”**
 - There are **FIVE** moments of hand hygiene, so please HELP our team maintain a safe environment for our patients

Hand Hygiene: Artificial Nails and Nail Applications

- All staff, care/service providers, volunteers and contract staff **having direct patient contact, and/or those who contact the patient's environment**, to include food service staff and those who prepare, package, or handle patient care products, the following applies:
 - Fingernails are clean, presentable, and well-groomed
 - Nail polish that is **not** chipped, cracked, or lifting **is permitted**
 - Artificial nails, tip extenders, acrylic gels, charms, and decals **are not permitted**
 - **Must comply with any division or department policy related to fingernails** (Example: Surgery, NICU, etc.)

Hand Hygiene: Moisturizers (or lotions)

- **Use hospital approved skin moisturizer (or lotion) only**
 - Moisturizer (or lotion) formulated for use by healthcare personnel is used for the safety of patients and staff
 - Use of other moisturizers (or lotion) may interfere with effectiveness of antimicrobial cleansers and gloves
- Apply hospital approved skin moisturizer (or lotion) *after* hand hygiene has been completed

Questions



- **Please direct all questions to the Infection Control Office**