

ALWAYS PRACTICE HAND HYGIENE
TECHNIQUES –

IN FRONT OF THE PATIENT

IF THEY DID NOT SEE YOU – YOU DID NOT DO IT!

HOW LONG SHOULD I WASH?



- Washing of the hands should be done for 15 seconds – with soap and water.

HOW DO I WASH?

How to wash your hands

Follow these simple steps:

- ▶ **IN FRONT OF THE PATIENT** proceed to do the following:
- ▶ Wet your hands with running water.
- ▶ Apply soap.
- ▶ Lather well.
- ▶ Rub your hands vigorously for at least 15 seconds, outside of the water. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- ▶ Rinse well.
- ▶ Dry your hands with a clean or disposable towel or air dryer.
- ▶ If possible, use your towel to turn off the faucet.

USING THE GEL

How to use an alcohol-based hand sanitizer

- ▶ **IN FRONT OF THE PATIENT** proceed to do the following:
- ▶ Alcohol-based hand sanitizers, which don't require water, are an acceptable alternative when soap and water aren't available.
- ▶ Apply enough of the product to the palm of your hand to wet your hands completely.
- ▶ Rub your hands together, covering all surfaces, until your hands are dry.
- ▶ Gel should be used until dry, and hands washed after 7 – 10 uses.

GLOVE USAGE

- ▶ **IN FRONT OF THE PATIENT** proceed to do the following:
- ▶ Hands need to be washed/gelled prior to putting on the gloves.
- ▶ Hands need to be washed/gelled after taking off the gloves.



MYTHS AND BARRIERS

Myth: Handwashing does not really make that much of a difference.

- ▶ **Fact:** The evidence has been described as ‘completely overpowering’. There are studies dating back to the 1950s and 60s that found hand hygiene to be critical in preventing the spread of microorganisms that cause infection in hospitals. The Institute of Healthcare Improvement reports that in 2012 there were 80,000 healthcare acquired reported. Good Hand Hygiene techniques can help bring that number to Zero.

Myth: Gloves can be used as a substitute for hand hygiene?

- ▶ **Fact:** . No, gloves are not a substitute for hand hygiene. When gloves are removed hand hygiene must be performed. Gloves must be removed and discarded between each patient contact and when changing procedures on the same patient (i.e.: performing personal care and then setting up a food tray).

MYTHS AND BARRIERS (CONT)

- ▶ **Myth:** Alcohol-based hand sanitizers are less effective than soap and water.

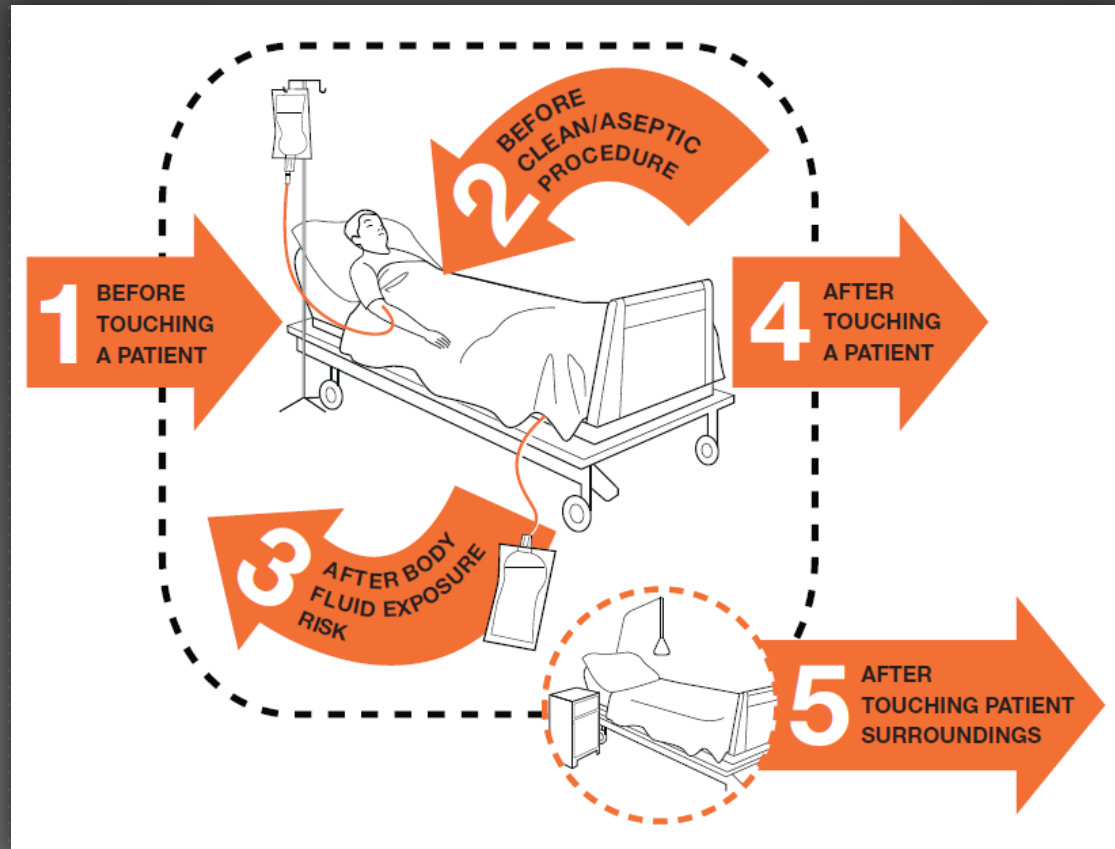
Fact: Alcohol-based hand rubs are more effective at cleaning the hands of health care workers than soap or anti-microbial soaps. They kill a variety of pathogens, including multidrug-resistant pathogens (e.g., MRSA and VRE) and many fungi and viruses (e.g., influenza, HIV and the Hepatitis B virus). However, alcohol-based hand rubs are less effective than soap and water against certain organisms (e.g., *C. difficile*, *Cryptosporidium*).

MYTHS AND BARRIERS (CONT)

- ▶ **Myth:** As long as health care workers wear gloves, they cannot transmit diseases.

Fact: Hand hygiene is required even when gloves are used or changed. If a glove gets punctured, pathogens on the hands can pass through it easily. If health care workers wear the same pair of gloves from one patient contact to another, pathogens can be transmitted among patients. That's why health care workers should frequently change gloves between patient contacts and should perform hand cleaning/sanitizing after each glove removal.

YOUR 5 MOMENTS FOR HAND HYGIENE



(World Health Organization, 2009)

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, 2009)