



HAND HYGIENE BASICS

Hand Hygiene Is Key for Prevention

Hand Hygiene

- Is a critical practice for preventing the transmission of pathogens in health care settings.
- Reduces harmful microorganisms on the hands.
- Compliance with hand hygiene practices is routinely used as a clinical performance indicator in healthcare settings.
- Is expected by patients to be performed by all health care personnel.

Why Is Hand Hygiene Important?

Hand Hygiene

- Hands are the most common mode of pathogen transmission.
- Reduce spread of antimicrobial resistance.
 - Prevent health care-associated infections.



Hand Hygiene

- The term “hand hygiene” includes both handwashing with either plain soap or antimicrobial soap and use of alcohol-based hand rubs that do not require the use of water.



Key Recommendations for Hand Hygiene

- Perform hand hygiene:
 - Immediately before touching a patient
 - Before applying gloves
 - Before performing an aseptic task (e.g., placing an indwelling device) or handling invasive medical devices
 - Before moving from work on a soiled body site to a clean body site on the same patient
 - After touching a patient or the patient's immediate environment
 - After contact with blood, body fluids, or contaminated surfaces
 - When hands are visibly soiled.
 - Immediately after removing gloves.
- Use soap and water when hands are visibly soiled (e.g., blood, body fluids). Otherwise, an alcohol-based hand rub may be used.


Hand Washing Technique

- Wet hands with water, apply soap, and rub hands together for at least 20 seconds.
- Rinse hands and dry with a disposable towel.
- Use towel to turn off faucet.



HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



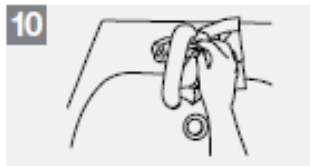
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

Using an Alcohol-Based Hand Rub

- Apply to palm of one hand and rub hands together covering all surfaces until dry.
- Use amount recommended by manufacturer's instructions.
- Do not use if hands are visibly soiled.



HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

🕒 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all 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;



Once dry, your hands are safe.

Alcohol-Based Preparations



Benefits

- Rapid and effective antimicrobial action.
- Improved skin condition.
- More accessible than sinks



Limitations

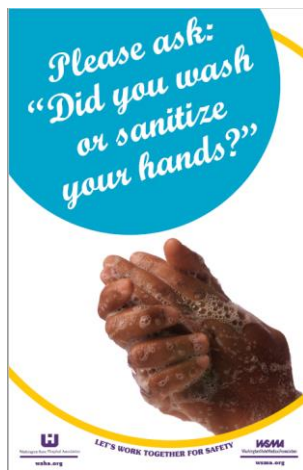
- Cannot be used if hands are visibly soiled.
- Must be stored away from high temperatures or flames.

Special Hand Hygiene Considerations

- Use hand lotions to prevent skin dryness.
- Consider compatibility of hand care products with gloves (e.g., mineral oils and petroleum bases may cause early glove failure).
- Keep fingernails short (< 1/4 inch).
- Avoid artificial nails.
- Avoid hand jewelry that may tear gloves.

Reminders in the Workplace

- Reminders can be used to prompt staff about the importance of hand hygiene.
- Reminders also inform patients about the standard of care they should expect.



Gloves

- Prevent contamination of healthcare Provider's hands when touching mucous membranes, blood, saliva, or other potentially infectious materials.
- Reduce the likelihood that microorganisms present on the hands of Healthcare Provider will be transmitted to patients during patient care.
- Do not eliminate or replace the need for handwashing.



Glove Recommendations

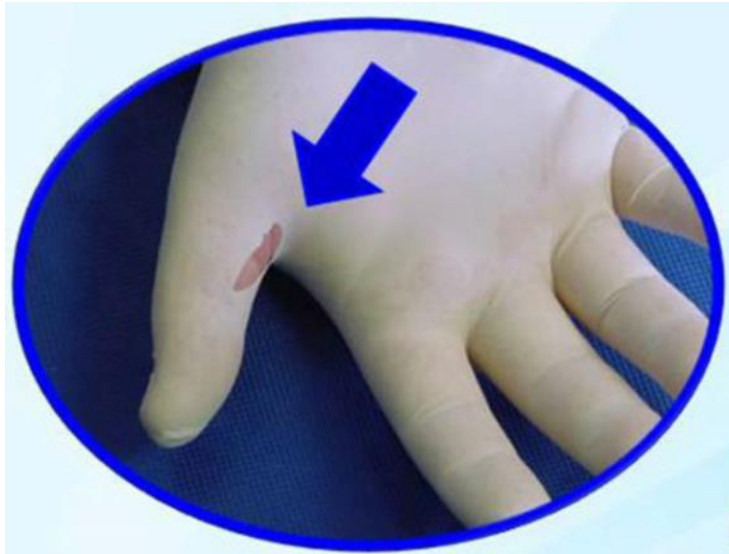
- Wear gloves when contact with blood, saliva, body fluids mucous membranes or other potentially infectious material is possible.
- Wear a new pair of gloves for each patient.
- Remove gloves after patient care **and** perform hand hygiene immediately.



Glove Recommendations



Remove gloves that are torn, cut, or punctured.



Do not wash, disinfect, or sterilize medical gloves for reuse



Hand Hygiene Competency Validation

Soap & Water

Alcohol Based Hand Rub (ABHR) (60% - 95% alcohol content)

Employee Name:

Job Title:

Hand Hygiene with Soap & Water	Competent	
	YES	NO
1. Checks that sink areas are supplied with soap and paper towels	<input type="checkbox"/>	<input type="checkbox"/>
2. Turns on faucet and regulates water temperature	<input type="checkbox"/>	<input type="checkbox"/>
3. Wets hands and applies enough soap to cover all surfaces of hands	<input type="checkbox"/>	<input type="checkbox"/>
4. Vigorously rubs hands for at least 20 seconds including palms, back of hands, between fingers, and wrists	<input type="checkbox"/>	<input type="checkbox"/>
5. Rinses thoroughly keeping fingertips pointed down	<input type="checkbox"/>	<input type="checkbox"/>
6. Dries hands and wrists thoroughly with paper towels	<input type="checkbox"/>	<input type="checkbox"/>
7. Discards paper towel in wastebasket	<input type="checkbox"/>	<input type="checkbox"/>
8. Uses paper towel to turn off faucet to prevent contamination to clean hands	<input type="checkbox"/>	<input type="checkbox"/>
Hand Hygiene with ABHR		
9. Applies enough product to adequately cover all surfaces of hands	<input type="checkbox"/>	<input type="checkbox"/>
10. Rubs hands including palms, back of hands, between fingers until all surfaces dry	<input type="checkbox"/>	<input type="checkbox"/>
General Observations		
11. Direct care providers—no artificial nails or enhancements	<input type="checkbox"/>	<input type="checkbox"/>
12. Natural nails are clean, well groomed, and tips less than ¼ inch long	<input type="checkbox"/>	<input type="checkbox"/>
13. Skin is intact without open wounds or rashes	<input type="checkbox"/>	<input type="checkbox"/>
Comments or follow up actions:		
<input type="text"/>		

Resources

<https://www.cdc.gov/handhygiene/campaign/index.html>

<https://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>

<https://www.cdc.gov/handhygiene/providers/guideline.html>

https://www.who.int/gpsc/tools/Five_moments/en/

<https://apic.org/resources/topic-specific-infection-prevention/>

Questions?



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