

Hand Hygiene



Hand Hygiene

- ▶ Infections can be transmitted from surfaces to personnel to the patient or from those surfaces directly to the patient. Our goal is to prevent the spread of these infections.



Hand Hygiene

- ▶ Benjamin Franklin said, “in this world nothing can be certain, except for death and taxes.”
- ▶ But ... he was wrong.
- ▶ The other thing you can be certain of are germs!

Hand Hygiene

- ▶ Skin care does not get much attention but is very important because poor hand hygiene can lead to the spread of infections. The basic elements of hand hygiene are hand washing, disinfection, and skin care.



Hand Hygiene

- ▶ The good news is that germs only have the power to make people sick if we let them.
- ▶ Germs need people to get from place to place.
- ▶ If you take the time to wash your hands at the right times throughout the day, you will deny many of those germs the “vehicle” your hands that they need to spread from person to person.

Hand Hygiene

- ▶ Hand washing is the single most important thing you can do to stop the spread of germs.



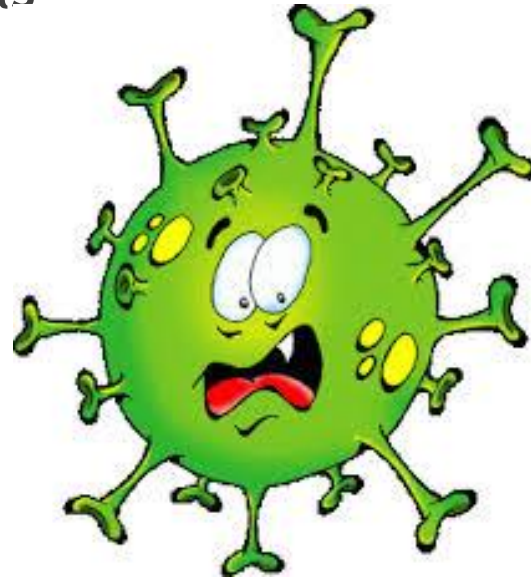
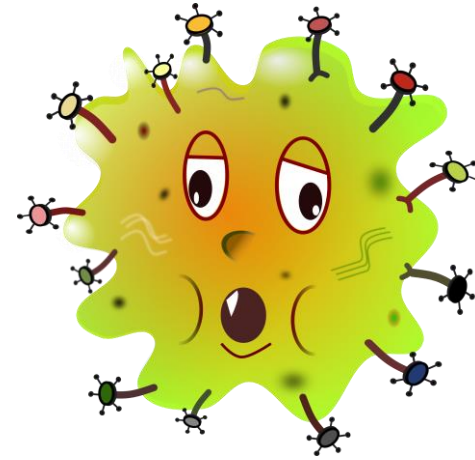
Hand Hygiene

- ▶ There are germs on your hands; YOU have to make the choice to wash them away before they make you or someone else sick.



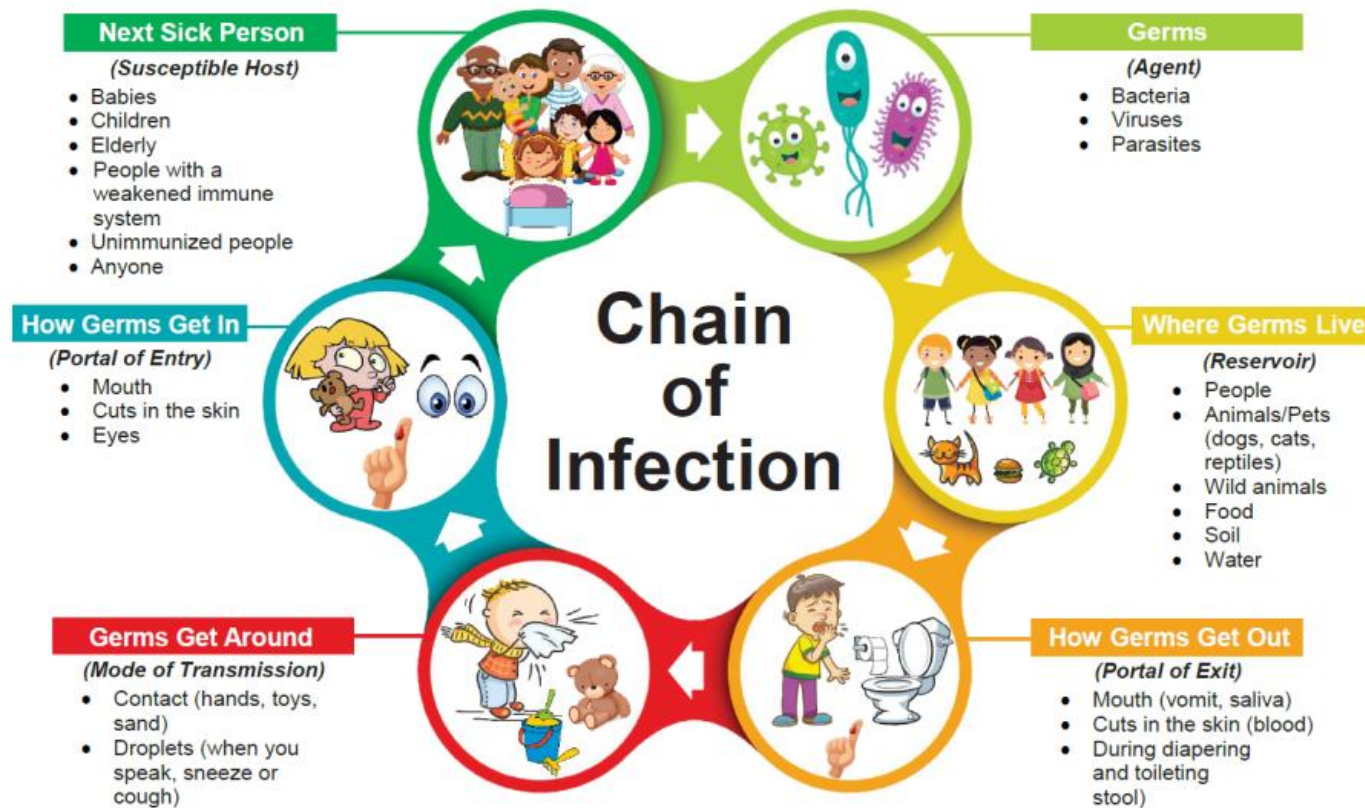
Hand Hygiene

- ▶ Studies show that less than half of all healthcare workers actually wash their hands as often, or as well, as they should.
- ▶ This makes germs happy!



Hand Hygiene

Chain of Infection



Hand Hygiene

6 Steps to Hand Hygiene



Hand Hygiene

6 Steps to Hand Hygiene cont.

- ▶ **Water** - wet each hand thoroughly using warm or cold water.
- ▶ **Soap** - use antibacterial soap.
- ▶ **Rub** - Rub your hands together for at least 20 seconds. Sing Happy Birthday if it helps you.
- ▶ **Rinse** - Rinse your hands using either cool or warm water; using very warm water can harm your skin.
- ▶ **Dry** - Dry hands thoroughly using paper or cloth.
- ▶ Turn off water with towel.

Hand Hygiene

Gloves

- ▶ No Glove, no matter how tough, is completely resistant to infectious diseases.
- ▶ Gloves can protect the wearer, but microorganisms can still be passed from the gloves to the client.
- ▶ Wearing gloves constantly can irritate your skin.
- ▶ Wash your hands after removing gloves.
- ▶ Gloves and waterless hand sanitizers do not take the place of proper hand washing.



Hand Hygiene

What about Gloves?

- ▶ You should wear gloves whenever you are likely to come into contact with any bodily fluids, blood, mucous membranes, contaminated materials or broken skin.

Hand Hygiene

Waterless Hand Cleaners

- ▶ Alcohol-based hands rubs are faster because you can rub your hands while moving.
- ▶ Hand rubs are gentler and do not cause the irritation, drying and cracking that soap causes.
- ▶ Only use waterless hand rubs when your hands are not visibly soiled.
- ▶ If hands are visibly soiled always wash with soap and water.

Hand Hygiene

Preventing Skin Irritation

- ▶ Use mild, antibacterial soap.
- ▶ Rinse hands thoroughly.
- ▶ Apply moisturizers to your hands frequently.
- ▶ If you feel you are developing an allergy to latex, be sure to tell your supervisor right away about an alternate type of glove.

Hand Hygiene

Protect Your Skin

