

Hand Hygiene



Improving Hand Hygiene Practice Why?

- Bacteria that cause hospital-acquired infections most commonly transmitted via HCW's hands
- Studies have shown that washing hands between patients reduces spread of bacteria in health care
- HCW handwashing compliance rate 40%



Many personnel don't realize when they have germs on their hands

Simple tasks can contaminate hands

- Taking a patient's vital signs
- Touching the patient's clothing or linens
- Touching equipment and furniture nearby



HCW hands @ 24 hours

Specific Indications for Hand Hygiene

Before:

Patient contact

Before donning gloves for procedures such as insertion of central lines, urinary catheters, peripheral IVs

After:

Contact with a patient's skin

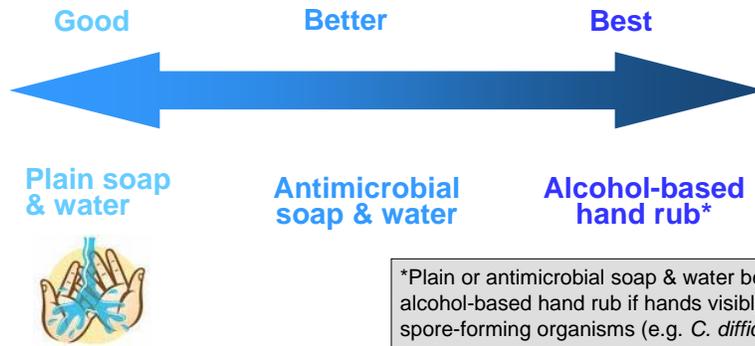
Contact with body fluids or excretions, non-intact skin, wound dressings

Removing gloves



Guideline for Hand Hygiene in Health-care Settings.
MMWR 2002; Vol. 51, No. RR-16.

Efficacy of Hand Hygiene Preparations in Killing Bacteria Health Care Settings



*Plain or antimicrobial soap & water better than alcohol-based hand rub if hands visibly soiled, or for spore-forming organisms (e.g. *C. difficile*, anthrax), Antimicrobial soap recommended over plain soap in health care settings.



Soap & Water vs. Alcohol Hand Rub in Health Care Settings



Soap & Water

- Heavy workloads
- Sinks not conveniently located
- No soap and paper towels available
- Skin irritation from frequent soap/water
- Takes too long
- Use soap & water for visibly dirty hands, spores such as *C. difficile* & anthrax

Alcohol Hand Rub

- Heavy workloads
- ✓ Easier to locate nearby
- Requires stock maintenance
- ✓ Less irritating to skin
- ✓ Saves time (56 min vs. 18 min in 8 h)
- Alcohol hand rub more effective at reducing bacterial counts on hands compared with soap & water



Finger Nails and Bling



Keep natural nail tips < 1/4 inch in length

No artificial nails or extenders when having direct contact with high-risk patients (e.g., ICU, OR)

Recommendations on rings, unresolved



Guideline for Hand Hygiene in Health-care Settings. *MMWR* 2002; Vol. 51, No. RR-16.

Handwashing How?

Exercise

- 3 Volunteers: Apply glo-germ to hands of volunteers and examine black light box
- Volunteer 1: Send for usual handwashing
 - Volunteers 2: Watch next slide (CDC method) send for handwashing
 - Volunteer 3: Watch WHO method, send for handwashing

CDC Hand Hygiene Technique



- Alcohol-Based Hand Rubs
 - Apply to palm of one hand, rub hands together covering all surfaces until dry
 - Volume: based on manufacturer
- Handwashing
 - Wet hands with water, apply soap, rub hands together for at least 15 seconds (Happy Birthday song twice or the Alphabet song)
 - Rinse and dry with disposable towel
 - Use towel to turn off faucet

Guideline for Hand Hygiene in Health-care Settings. *MMWR* 2002; Vol. 51, No. RR-16. <http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>

WHO Recommended Hand Hygiene Technique

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds

⌚ Duration of the entire procedure: 40-60 seconds



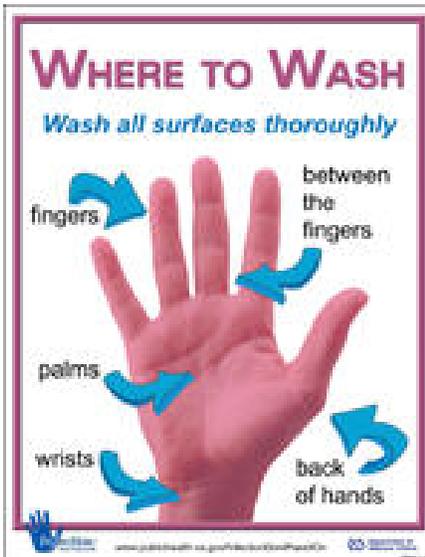
Hand rub/handwash
15-20 seconds
(Happy Birthday song twice)

[http://www.who.int/gpsc/5may/Hand Hygiene Why How and When Brochure.pdf](http://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf)

MISSED SPOTS WHEN HAND-WASHING



- MOST FREQUENTLY MISSED
- LESS FREQUENTLY MISSED
- NOT MISSED



www.publichealth.va.gov/infectiondontpassiton/index.asp



Thank you!

