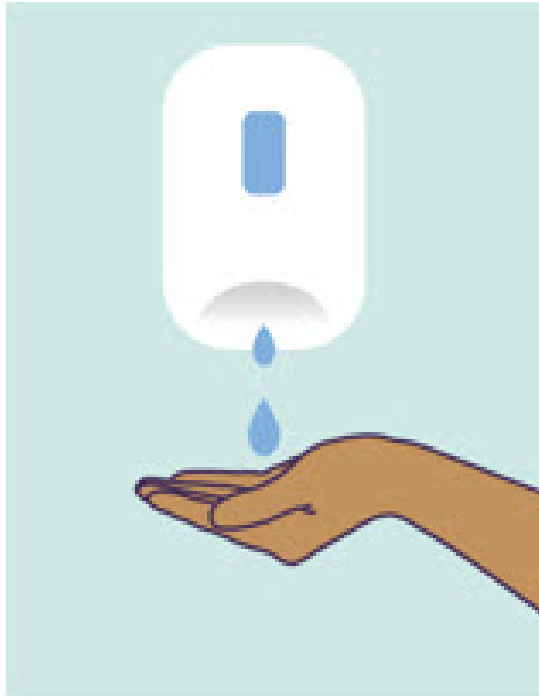


Hand Hygiene Staff Training

Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health

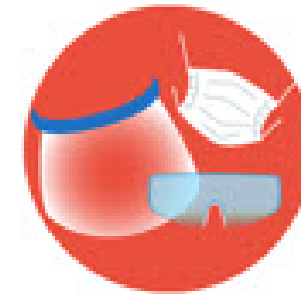
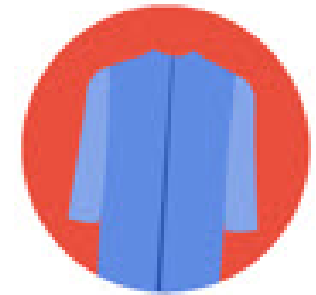
Infection Prevention Strategies: Back to Basics



Hand Hygiene



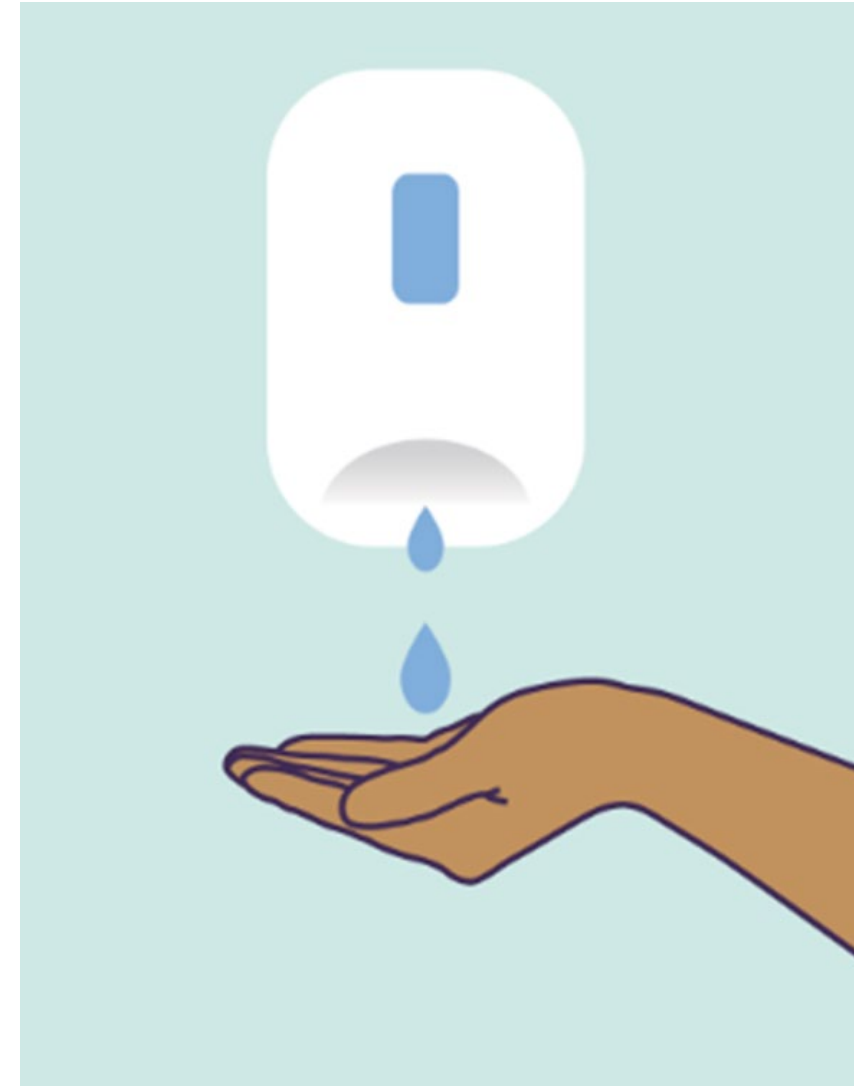
**Cleaning and
Disinfection**



**Personal Protective
Equipment and
Precautions**

Hand Hygiene Terminology

- **Hand hygiene includes:**
 - **Handwashing:** Washing hands with plain soap and water
 - **Antiseptic hand wash:** Washing hands with water and soap containing an antiseptic agent
 - **Alcohol Based Hand Rub (ABHR):** Rubbing hands with an alcohol-containing agent

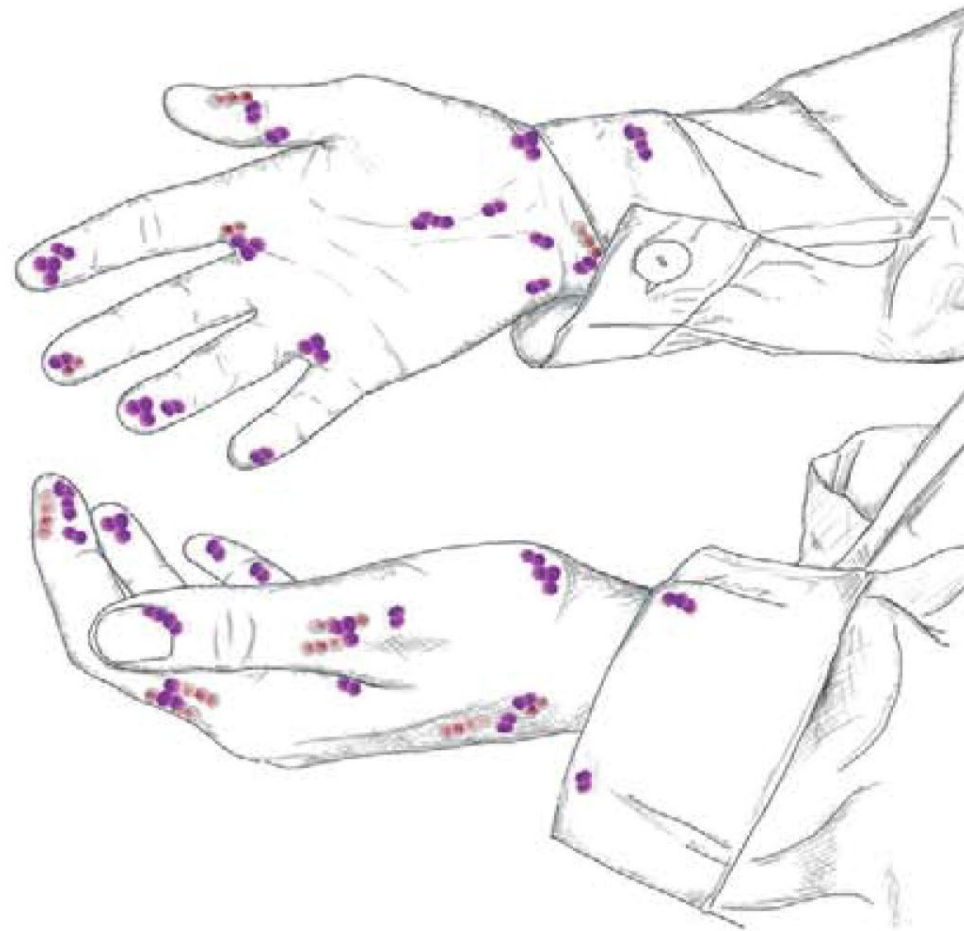


Efficacy of Hand Hygiene Products

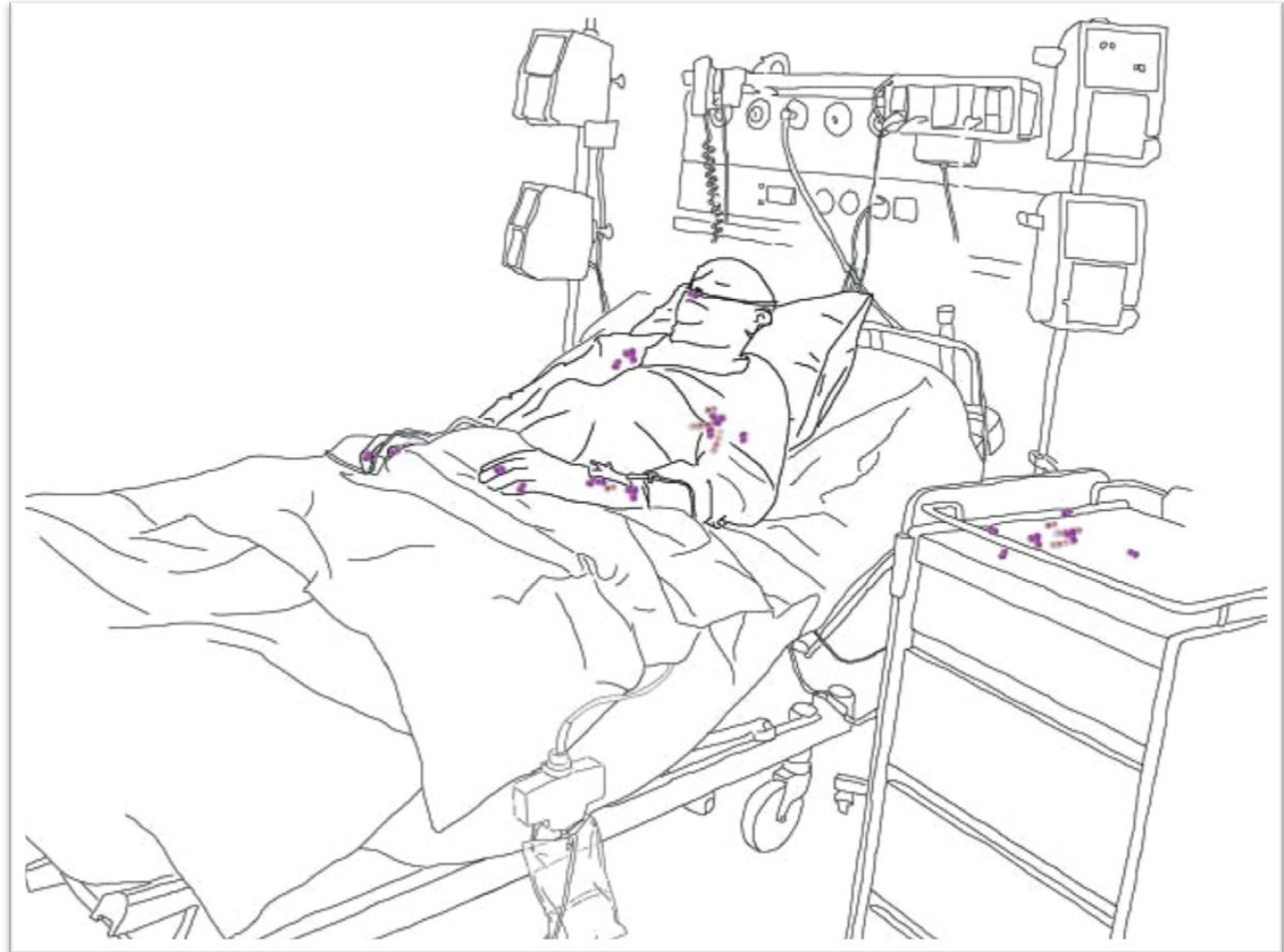


*less effective in presence of organic material

Transmission Can Occur via Healthcare Worker Hands

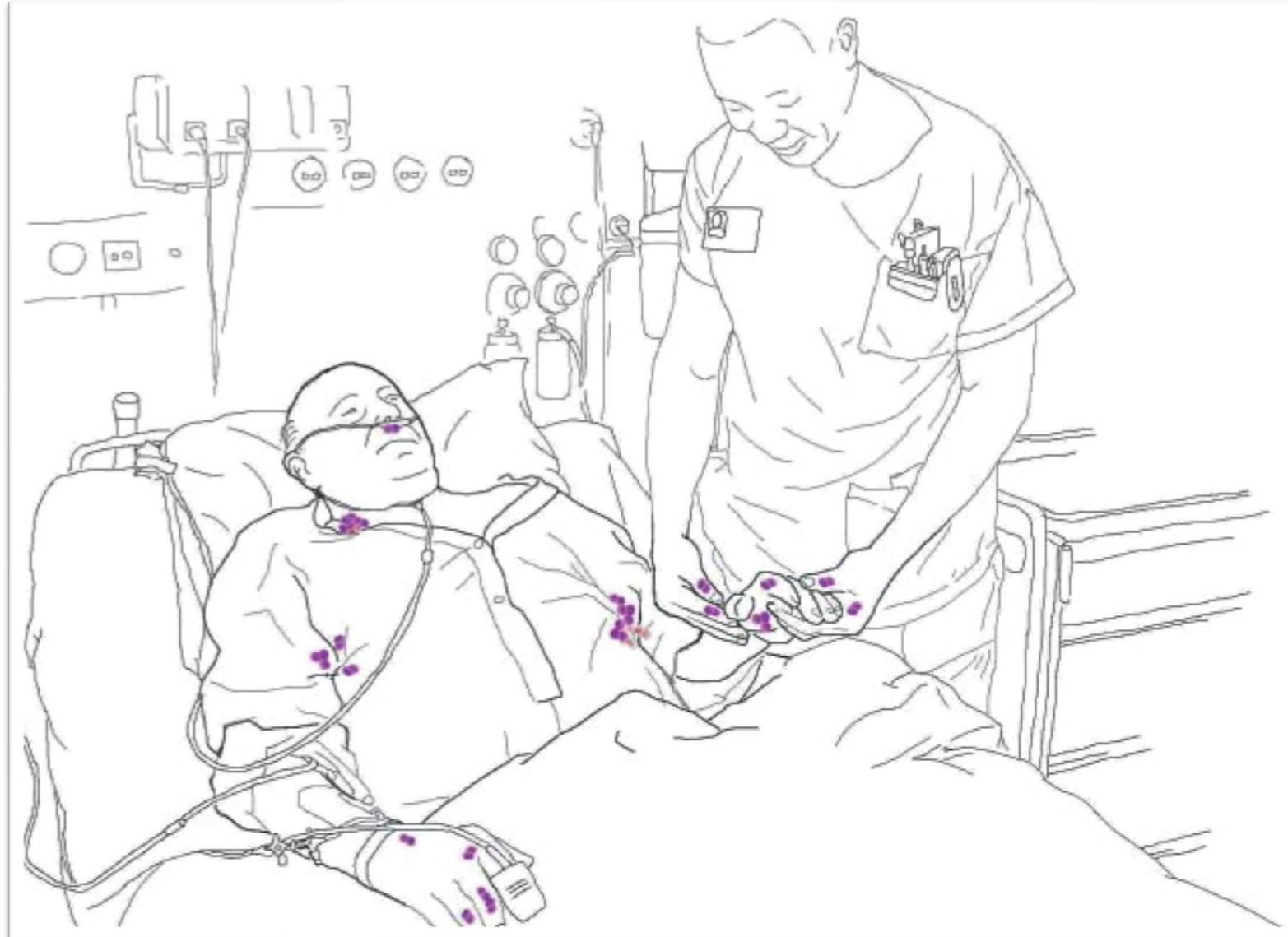


Step 1: Germs on Patient Skin and Environment

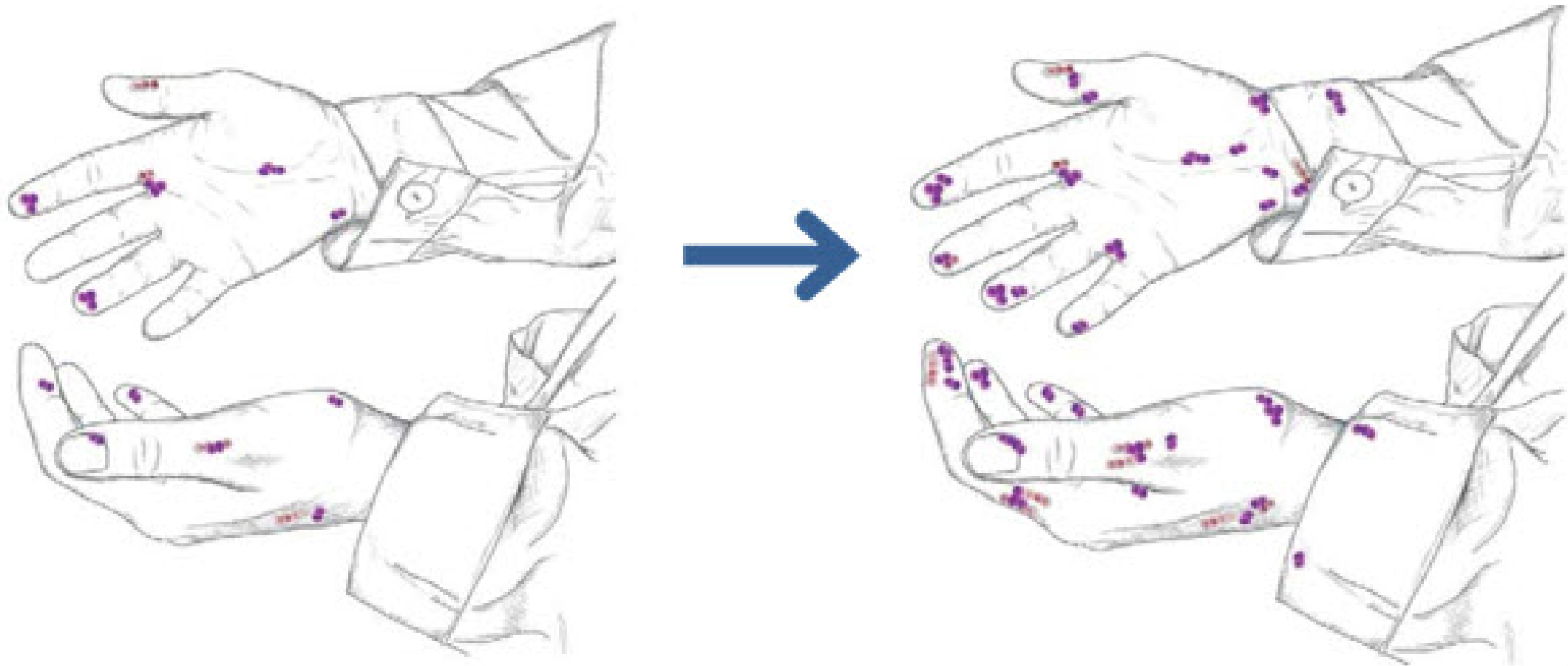


Step 2: Healthcare Worker Hand Contamination

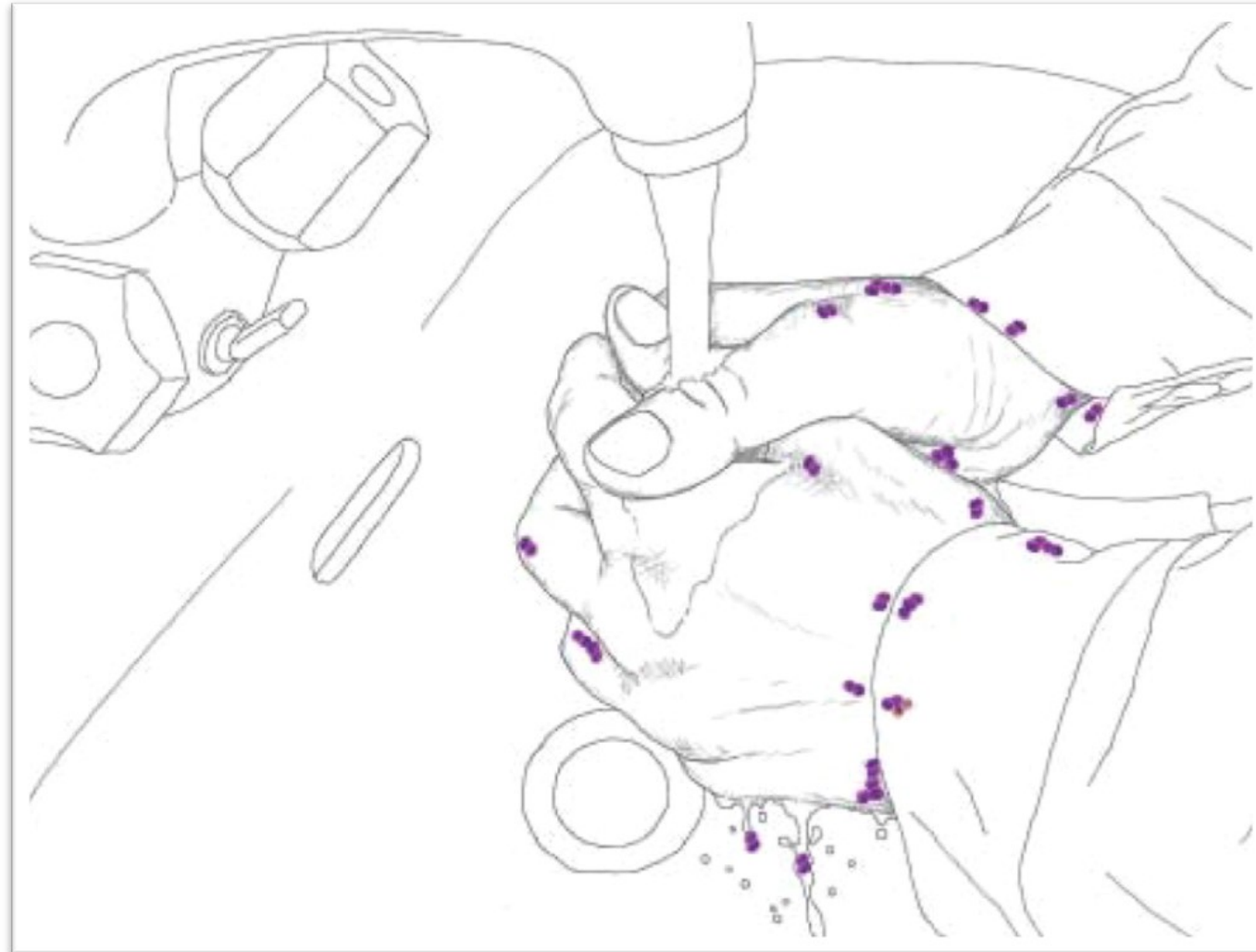
By direct and indirect contact, patient germs contaminate healthcare worker hands.



Step 3: Germs Survive and Multiply on Healthcare Worker Hands



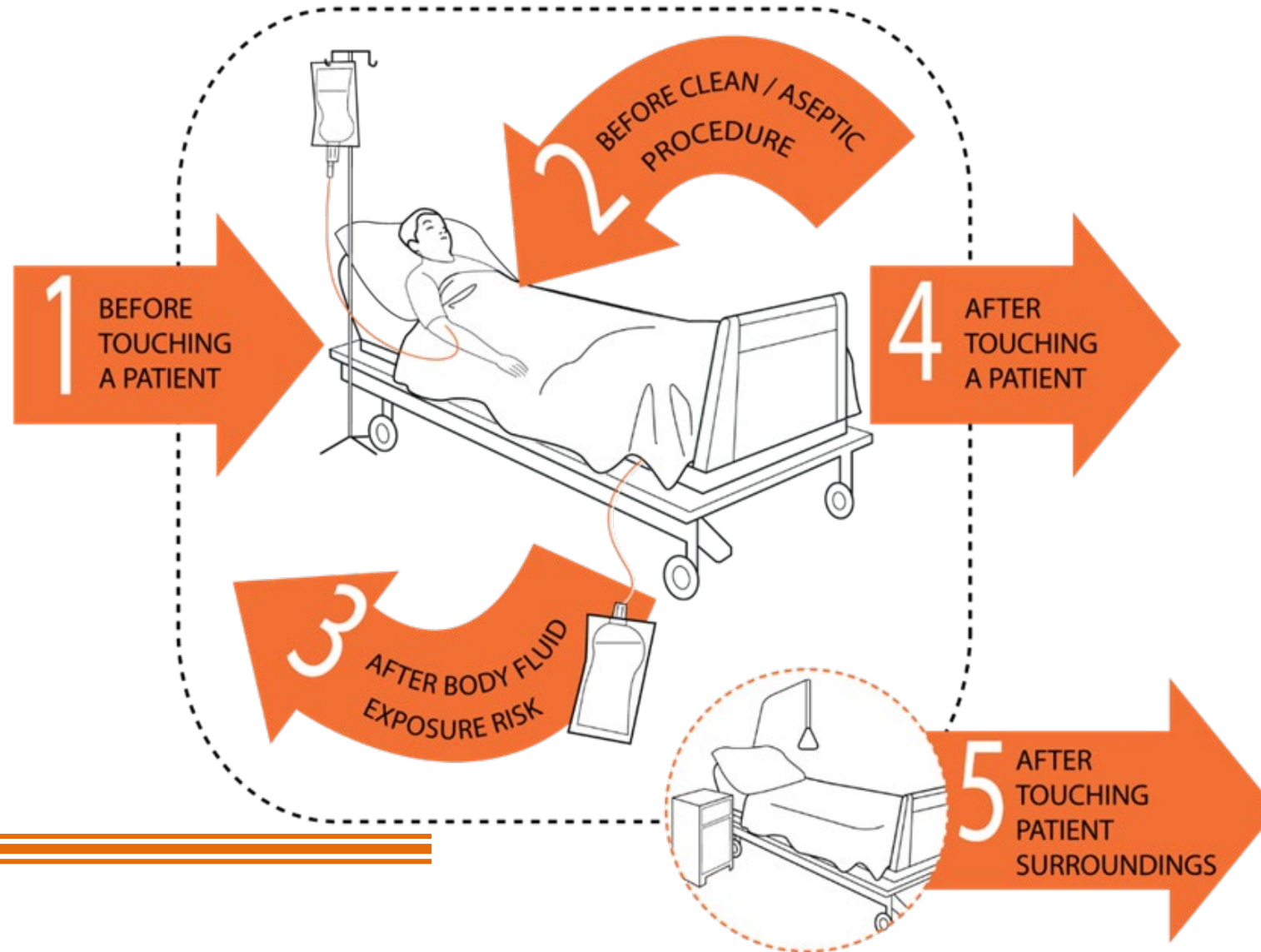
Step 4: Hands Remain Contaminated if Hand Hygiene is Missed or Poorly Performed



Step 5: Transmission from One Patient to Another via Healthcare Worker Hands

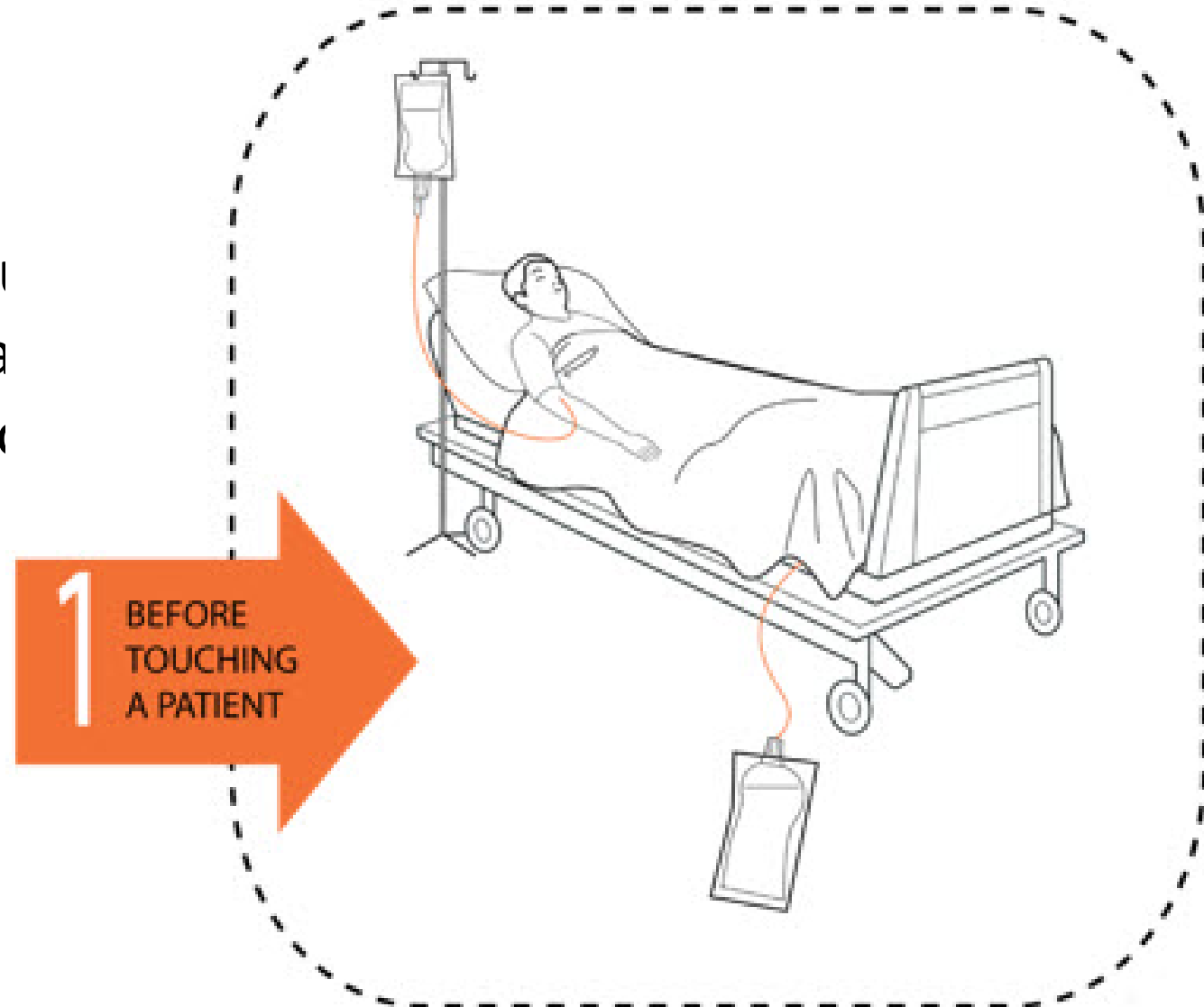


My 5 Moments for Hand Hygiene



Perform Hand Hygiene Before Touching a Patient

Clean your hands before touching a patient to protect them against harmful germs carried on your hands.



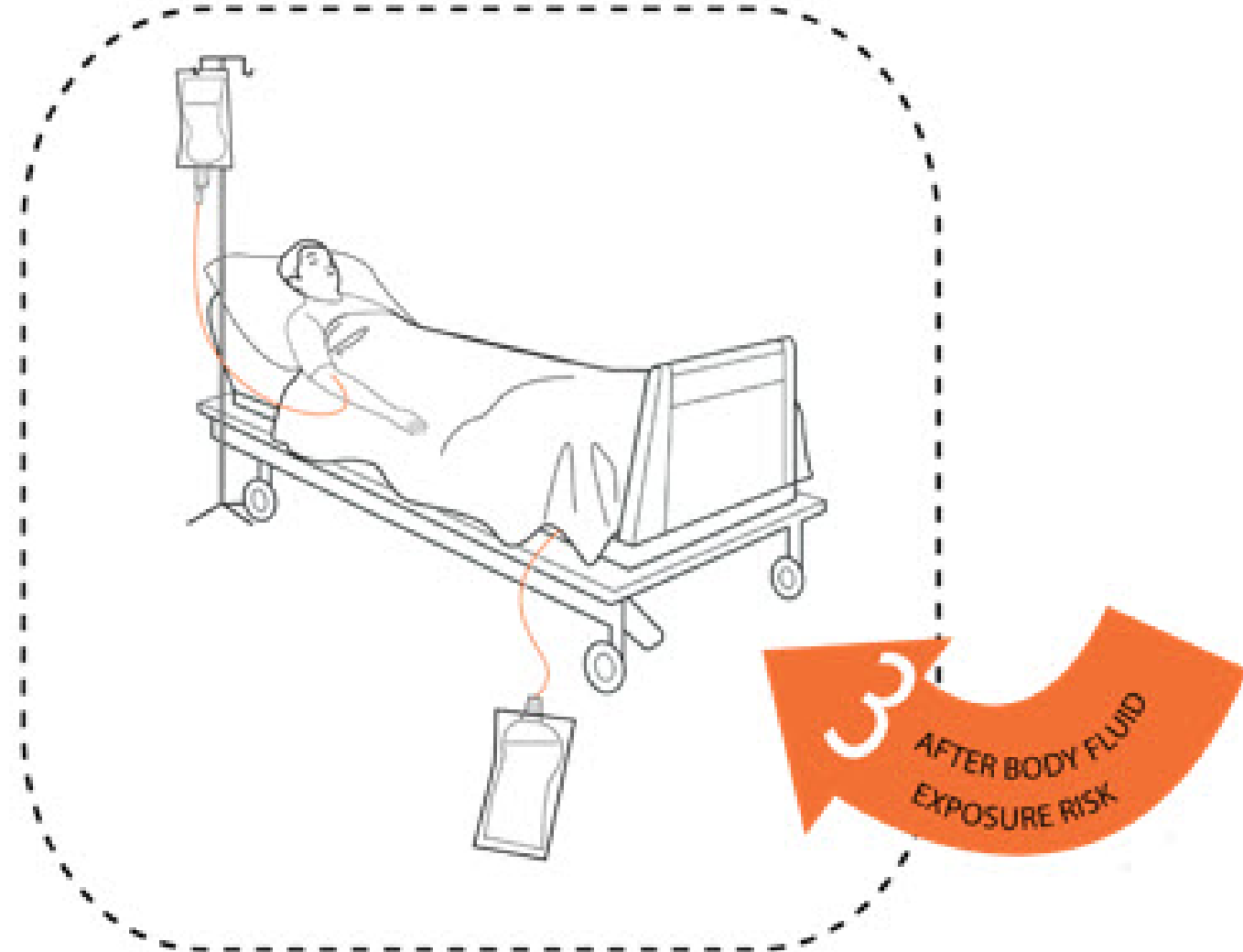
Perform Hand Hygiene Before Clean / Aseptic Proc

Clean your hands before accessing critical sites to protect the patient against harmful germs.



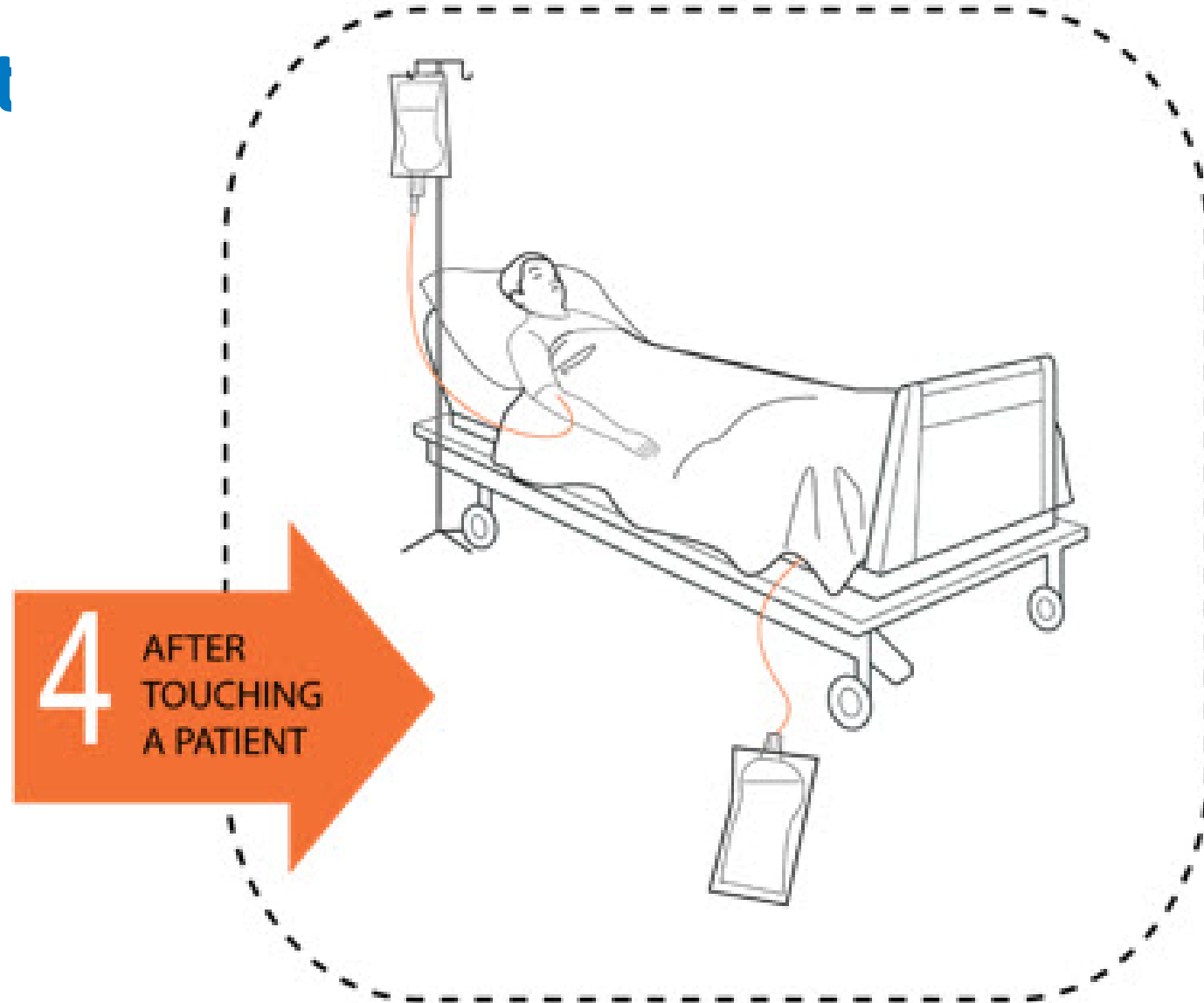
Perform Hand Hygiene After Body Fluid Exposure Risk

Clean your hands after body fluids exposure risk to protect yourself and the healthcare environment from harmful germs.



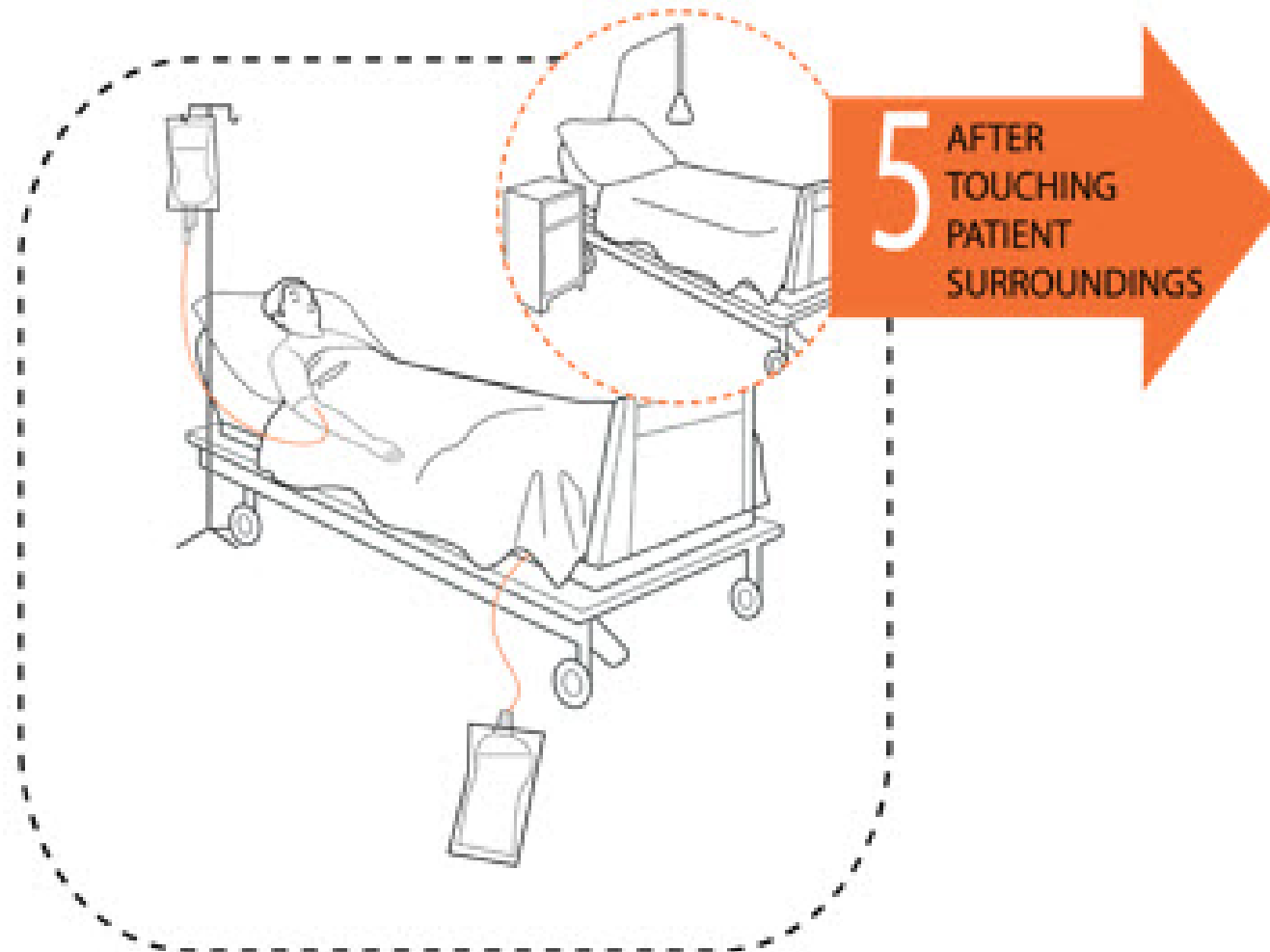
Perform Hand Hygiene After Touching a Patient

Clean your hands after touching a patient to protect yourself and the healthcare environment from harmful germs.



Perform Hand Hygiene After Touching Patient Surroundings

Clean your hands after touching any object or furniture in patient surroundings, even if you haven't touched the patient.

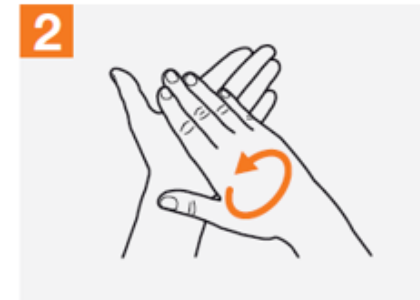
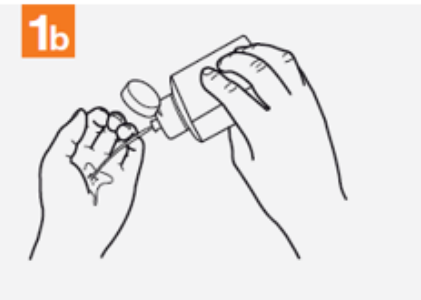


Correct Hand Hygiene Technique: How to Handrub

This takes 20–30 seconds.



1a Apply a palmful of the product in a cupped hand, covering all 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;



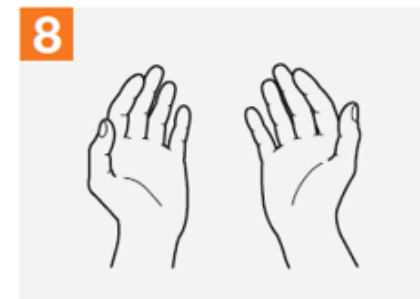
5 Backs of fingers to opposing palms with fingers interlocked;



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



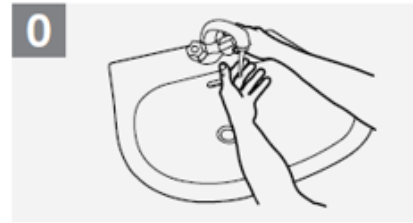
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.

Correct Hand Hygiene Technique: How to Handwash

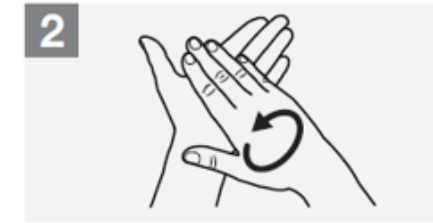
This takes 40–60 seconds.



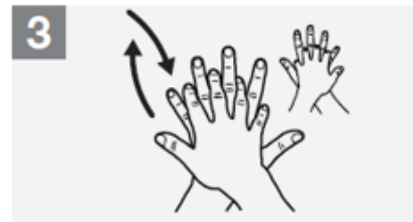
Wet hands with water;



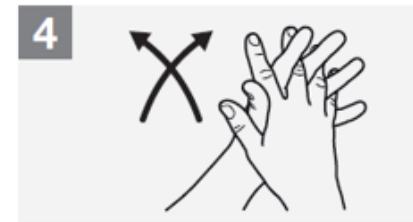
Apply enough soap to cover all hand surfaces;



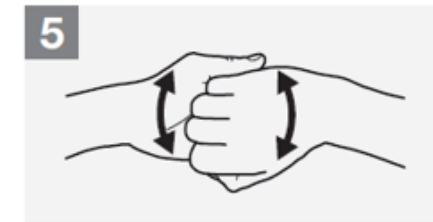
Rub hands palm to palm;



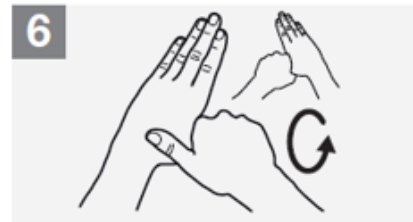
Right palm over left dorsum with interlaced fingers and vice versa;



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;



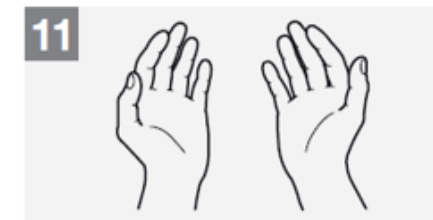
Rinse hands with water;



Dry hands thoroughly with a single use towel;



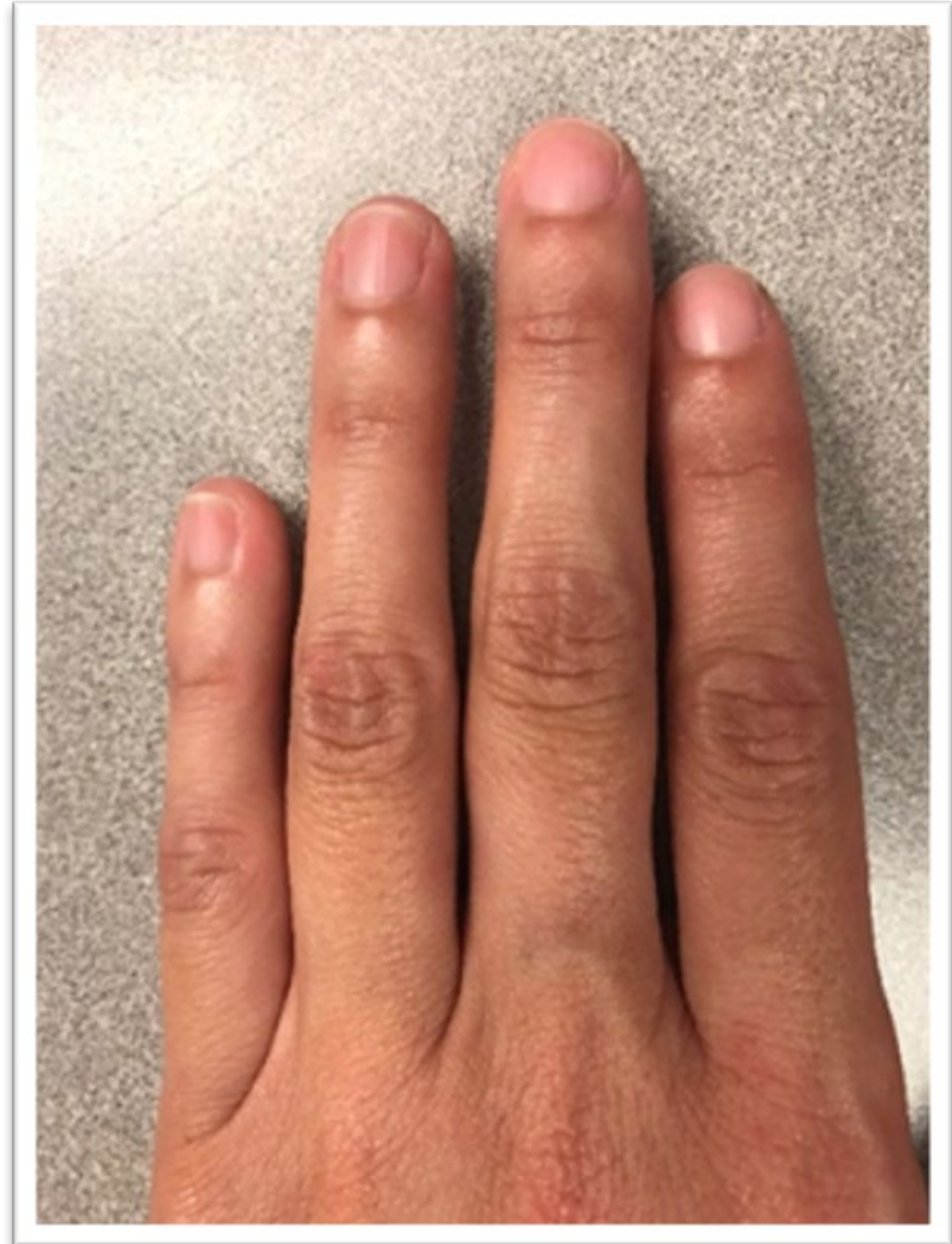
Use towel to turn off faucet;



Your hands are now safe.

Nails

- Artificial nails and gel polishes should **not** be worn by healthcare workers
- Polish may be worn but must be intact (not chipped)
- Nail tips should be kept to ¼ inch in length



Hand Hygiene and Glove Use

- Glove use does not replace hand hygiene
- Always perform **hand hygiene before putting on and after taking off gloves**
- Gloves must be removed to perform hand hygiene as required, and changed as needed



Summary

- Hand hygiene reduces the incidence of healthcare-associated infections (HAI)
- Remember your “5 Moments” of hand hygiene
- Follow proper technique when performing hand hygiene
- ABHR is the preferred method for hand hygiene