

5 Diamond Patient Safety Program

Hand Hygiene Basics

(Infection Control)

2008

** This presentation was collaboratively developed by the Mid-Atlantic Renal Coalition (MARC) and the ESRD Network of New England for the 5-Diamond Patient Safety Program.*

The 5-Diamond Patient Safety Program is endorsed by the Renal Physicians Association (RPA) and American Nephrology Nurses' Association (ANNA).

Hand Hygiene

- Simplest and MOST effective way to stop spreading infections
- Breaks the chain of spreading infections from person to person
- Kills or stops the growth of many organisms
- Removes bacteria from the skin

Dangers of NOT Cleaning Your Hands

- Germs accumulate on your hands from:
 - Direct contact with people
 - Touching contaminated surfaces and food
 - Touching animals and animal wastes
- You infect yourself by touching your eyes, nose or mouth
- You infect others and spread germs by touch

Why Hand Hygiene is IMPORTANT

- 2 million patients develop hospital-related infections yearly
- 90,000 die from their infection
- Many infections are transmitted on the hands of healthcare workers
- Hand Hygiene is part of Standard Precautions
 - It can reduce the transmission of infections to you and to your patients

Contact Transmission

- Physical transmission of microorganisms from one person's body to another
- Most common mode of transmission
- Primary Examples:
 - Healthcare worker's hands to patients
 - Patient to patient
 - Patient to Healthcare giver

Hand Washing-Hand Hygiene

- Hand Hygiene with waterless antiseptics
 - Alcohol based hand gel
 - Rub for 15-30 seconds – until hands are dry
 - NOT for soiled hands
 - NOT a replacement for regular hand washing
- Don't use alcohol rub, use soap and water for:
 - Visible soiling
 - Patients with *C. difficile* or other spore forming organisms
 - Regular daily washing in addition to hand gels

Notes on Alcohol Antiseptics

- Alcohol rubs must contain between 60 – 90% alcohol to be effective
- Alcohol hand-rubs are appropriate for rapid hand decontamination between patient contacts
- Hands soiled with blood, body fluids or visible dirt CANNOT be cleaned with Alcohol hand-rubs

Notes on Soap and Water Use

- Wash for 10-15 seconds
- Use either regular or antimicrobial soaps
- Bar soaps (not the best choice)
 - Store on racks that drain
 - Do not allow to sit in puddle of water as this encourages bacterial growth
- Dispensers (should be disposable)
 - Must be cleaned daily if refillable
 - Dispose and replace when empty
- Use a clean sink dedicated to hand washing

When to Wear Gloves

- Always, when caring for a patient
- When touching any machine, equipment, bloodlines, or medical device
- When to CHANGE gloves
 - Whenever dirty
 - When moving from contaminated areas to clean areas
 - When moving between patients

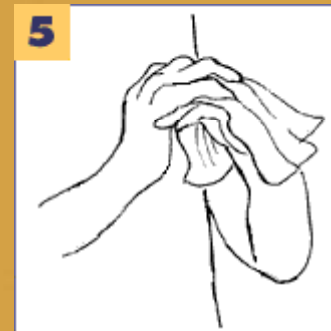
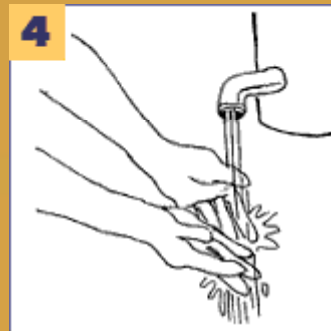
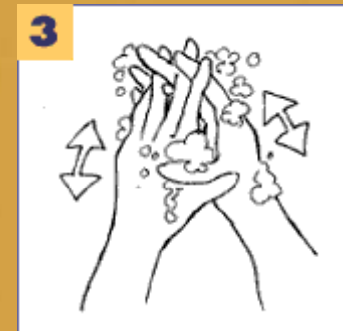
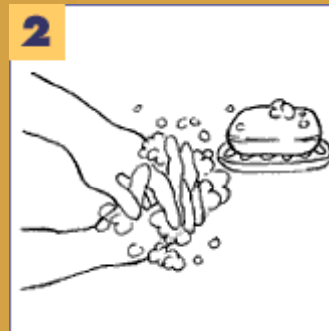
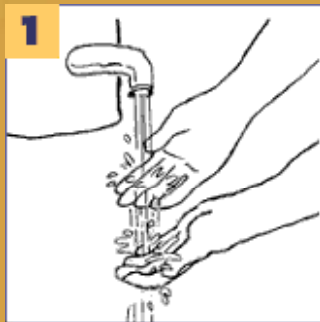
When to Clean Hands

- Before putting on and after removing gloves
- Gloves are not a replacement for Hand Hygiene
- Before, After and Between patient contacts
- After exposure to blood, body fluids, secretions, excretions or contaminated items
- Before entering and on exiting the dialysis treatment area

The Steps of Proper Hand Washing

1. Wet hands with running water
2. Rub hands together with soap and lather well, covering all surfaces
3. Weave fingers and thumbs together and vigorously rub all surfaces of lathered hands for 15 seconds. Wash around and under rings, cuticles and fingernails
4. Rinse hands under a stream of clean, running water until all soap is gone. Remember to point fingers down so water and contaminants won't drip towards elbow
5. Blot hands dry with a clean towel
6. Use a dry paper towel to turn off faucet

Hand Washing Technique



Hand Hygiene Technique with Waterless Cleanser

- Apply foam or gel to the palm of one hand
- Rub hands together, covering all surfaces
- Focus on fingertips and fingernails
- Rub until dry
- Use enough cleanser to require rubbing for 15 seconds (minimum)

Problems

- Dirty equipment in the “clean” sink
- Artificial nails
- Dipping hands in a basin to rinse them
- Touching faucets and trash containers after cleaning hands
- Common use towels
- Depending solely on waterless cleaners
- NOT washing hands

Be a Role Model

- Research shows the action of Clinicians influences the behavior of others, especially co-workers and patients
- Practice hand Hygiene and show you are serious about your health, the health of your co-workers and the health of your patients