

# Hand Hygiene

Understanding Facts and Engaging Staff



# What is Hand Hygiene?



Hand Hygiene means **cleaning your hands** by using either **handwashing** (washing hands with soap and water), **antiseptic hand wash, antiseptic hand rub** (i.e. alcohol-based hand sanitizer including foam or gel), or **surgical hand antiseptics**.



# Why practice Hand Hygiene?

The most common mode of transmission of pathogens is via hands!

Cleaning your hands reduces:

- The spread of potentially deadly germs to patients
- The risk of healthcare provider colonization or infection caused by germs acquired from the patient



# Two Methods for Hand Hygiene:





# Soap and Water or Alcohol Based Hand Rub

Which one is better?

# Soap and Water vs. Alcohol-Based Hand Sanitizer

**Both products are equally effective  
when used appropriately!**

**Unless hands are visibly soiled**, an alcohol-based hand rub is **preferred** over soap and water in most clinical situations.

- More effective because it is easier to use during care activities
- Easily accessible
- Improves compliance because it reduces skin irritation/dryness





# Visibly Soiled Hands?



Hand wash with soap and water







**Unless hands are visibly soiled**, an alcohol-based hand rub is **preferred** over soap and water in most clinical situations.





# Fingernail Care and Jewelry

- It is recommended that healthcare providers do not wear artificial fingernails or extensions when having direct contact with patients at high risk.
- Germs can live under artificial fingernails both before and after using an alcohol-based hand sanitizer and handwashing.



Keep natural nail tips less than  $\frac{1}{4}$  inch long.

Some studies have shown that skin underneath rings contains more germs than comparable areas of skin on fingers without rings.



## Always follow Standard Precautions!



- *Never wear the same pair of gloves in the care of more than one patient.*
- *Carefully remove gloves to prevent hand contamination.*

Gloves are **never a substitute** for hand hygiene.

- **ALWAYS** perform hand hygiene before donning gloves and
- **IMMEDIATELY** after removing gloves.
- Change gloves and perform hand hygiene if
  - gloves become damaged,
  - gloves become visibly soiled with blood or body fluids following a task,
  - moving from work on a soiled body site to a clean body site on the same patient or if another clinical indication for hand hygiene occurs.



# Hand Hygiene Guidelines

Centers for Disease  
Control



# MMWR™

**Morbidity and Mortality Weekly Report**

Recommendations and Reports

October 25, 2002 / Vol. 51 / No. RR-16

## **Guideline for Hand Hygiene in Health-Care Settings**

**Recommendations of the Healthcare Infection Control Practices  
Advisory Committee and the HICPAC/SHEA/APIC/IDSA  
Hand Hygiene Task Force**

**INSIDE: Continuing Education Examination**

**CENTERS FOR DISEASE CONTROL AND PREVENTION  
SAFER • HEALTHIER • PEOPLE™**

<https://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf#page=19>





# Guidelines for Hand Hygiene Opportunities

Healthcare personnel should **wash with soap and water** or use an **alcohol-based hand rub** for the following clinical indications:

- Immediately before touching a patient
- 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, **soap and water is a must.**
- Immediately after glove removal



# Healthcare Facilities must:

An illustration of two hands being washed under a faucet. The hands are covered in white soap suds. Water is being poured from the faucet onto the hands. The background is a light blue color with some water droplets and bubbles.

Ensure that supplies necessary for adherence to hand hygiene are readily accessible in all areas where patient care is being delivered.

**Ensure that healthcare personnel perform hand hygiene with soap and water when hands are visibly soiled.**

Require healthcare personnel to perform hand hygiene in accordance with Centers for Disease Control and Prevention (CDC) recommendations



# Hand Hygiene for others

Residents, Family, and Visitors

**Hand hygiene should be a topic of conversation between healthcare providers and patients.**



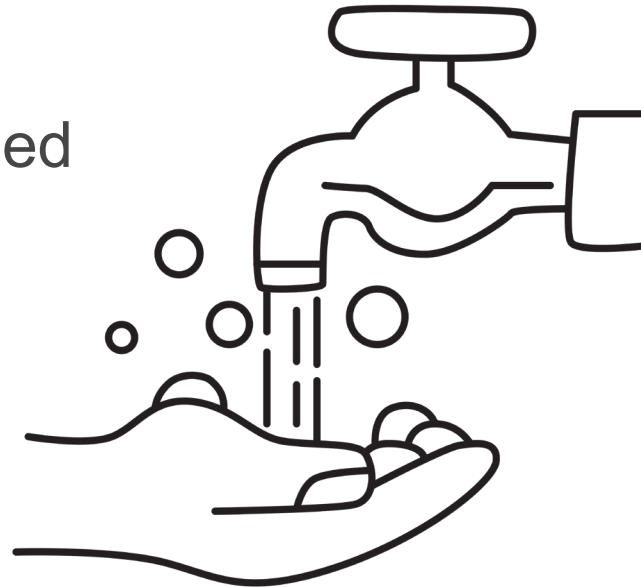


# Encourage and Engage your residents

## Assist your residents when they need help!

Offer assistance with hand hygiene:

- after toileting
- before meals or drinks
- when hands are visibly soiled
- as needed or requested



**HOW TO ENGAGE YOUR RESIDENTS:**

Talk about hand hygiene with your residents.

**ADDRESS HAND HYGIENE BEFORE YOU BEGIN CARE**

Explain how and why you clean your hands before, after, and sometimes during resident care.

**DISCUSS AND ACT**

Let your residents know it's OK to ask you about hand hygiene. They might request that you clean your hands. Put them at ease by showing them your clean hands.

Assist residents with cleaning their hands.

**THANK THEM FOR BEING ENGAGED IN THEIR CARE**

Hand hygiene works better when residents and healthcare providers work together.

A silhouette of a person standing at a sink, washing their hands. The person is holding a bottle of hand sanitizer or soap.

# Skin Care

# Skin Care

Because soaps and detergents can damage skin when applied on a regular basis, HCW's must be better informed regarding adverse effects associated with hand hygiene agents. Information regarding adverse effects can be obtained from manufacturers.

Provide healthcare workers with hand lotions or creams to minimize the occurrence of irritant contact dermatitis associated with handwashing.





# What is the Story on Moisturizers and Lotions?



**ONLY USE facility-approved and supplied lotions**

Because:

- Some lotions may make medicated soaps less effective
- Some lotions cause breakdown of latex gloves
- Lotions can become contaminated with bacteria if dispensers are refilled



*~ Do not refill lotion bottles ~*





**Use of petroleum-based hand lotions or creams may adversely affect the integrity of latex gloves.**

**Solicit information from manufacturers regarding any effects that hand lotions, creams, or alcohol-based hand antiseptics may have on the persistent effects of antimicrobial soaps being used in the facility.**



**Study the possible advantages and eventual interaction of hand-care lotions, creams, and other barriers to help minimize the potential irritation associated with hand-hygiene agents.**

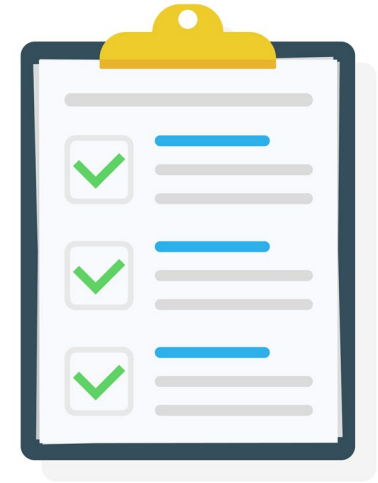


# Monitoring and Improving Hand Hygiene

How to track, share, and  
re-engage staff

# Reasons for observing and measuring hand hygiene adherence

- Reduce healthcare-associated infection rates
- Regulatory requirements
- Determine if performance needs improvement
- Demonstrates effective improvement efforts




# How to track observations:

Types of available tools



# Surveillance Tools

V.a. Hand Hygiene 		
Elements to be assessed	Assessment	Notes/Areas for Improvement
A. All HCP are educated regarding appropriate indications for hand hygiene: i. Upon hire, prior to provision of care ii. Annually	<input type="radio"/> Yes <input type="radio"/> No  <input type="radio"/> Yes <input type="radio"/> No	
B. HCP are required to demonstrate competency with hand hygiene following each training	<input type="radio"/> Yes <input type="radio"/> No	
C. Facility routinely audits (monitors and documents) adherence to hand hygiene.	<input type="radio"/> Yes <input type="radio"/> No	
D. Facility provides feedback from audits to personnel regarding their hand hygiene performance.	<input type="radio"/> Yes <input type="radio"/> No	
E. Hand hygiene policies promote preferential use of alcohol-based hand rub (ABHR) over soap and water in most clinical situations.  <i>Note: Soap and water should be used when hands are visibly soiled (e.g., blood, body fluids) and is also preferred after caring for a patient with known or suspected C. difficile or norovirus during an outbreak.</i>	<input type="radio"/> Yes <input type="radio"/> No	

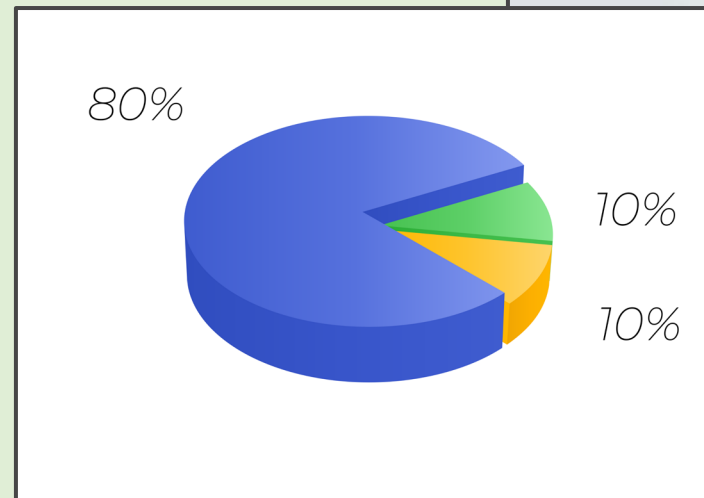
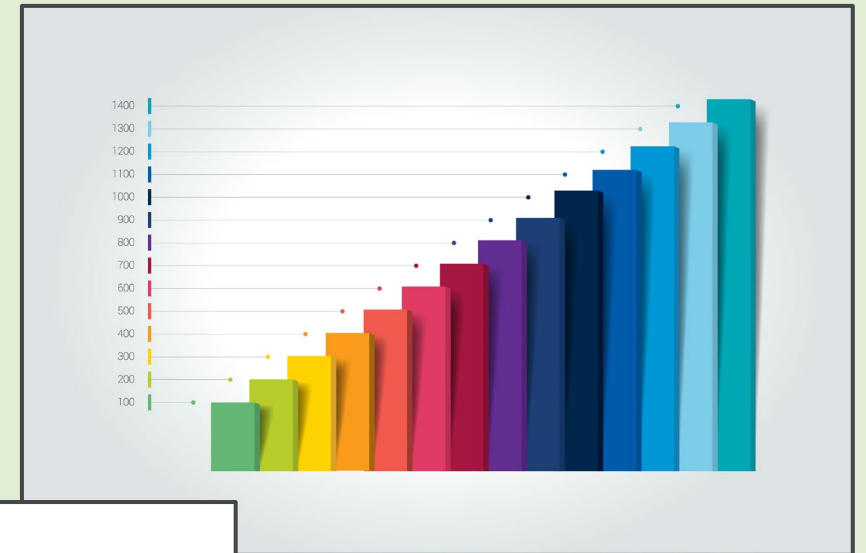
# SpeedyAudit




# Sharing Observations

How to make everyone aware

# Creating a Friendly Competition



# Staff Engagement

Hand Hygiene Improvement  
Strategies



# Ribbit Ribbit, don't get a Ticket!

## Remember...

- Friction
- Rubs
- Out
- Germs



# Potty Notes are great reminders!





# World Hand Hygiene Day – May 5<sup>th</sup>

## Clean Hands Count Campaign:



[www.cdc.gov/HandHygiene](http://www.cdc.gov/HandHygiene)

The Clean Hands Count campaign aims to:

- Improve healthcare provider adherence to CDC hand hygiene recommendations
- Address the myths and misperceptions about hand hygiene
- Empower patients to play a role in their care by asking or reminding healthcare providers to clean their hands





**Handwashing with soap and water is one of the simplest, most effective ways to stop the spread of germs and stay healthy. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as the common cold or flu.**

**Each year on **October 15**, CDC works with global partners and colleagues to highlight Global Handwashing Day and raise awareness about the importance of handwashing with soap and water.**

**Global Handwashing Day is a yearly reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others.**





# Education Courses

## Hand Hygiene, Glove Use, and Preventing Transmission of *C. difficile*

A supplemental training course for healthcare providers

<https://www.cdc.gov/handhygiene>

This material was developed by CDC. The Clean Hands Count Campaign is made possible through support by GOJO to the CDC Foundation.



**CLEAN HANDS  
COUNT**



<https://www.cdc.gov/clean-hands/hcp/training/Cdiff-Course.html>

**HAND HYGIENE  
RESOURCE WEB PAGE**

**WELCOME**

to the CDC Hand Hygiene Resource web page.  
This course reviews key concepts of hand hygiene and Standard Precautions.

**LAUNCH THE COURSE**

CDC  
USA.gov

<https://www.cdc.gov/clean-hands/hcp/training/HAls-Course.html>



# Resources:

CDC – Hand Hygiene in Healthcare Settings

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

CDC – Clinical Safety: Hand Hygiene for Healthcare Workers

<https://www.cdc.gov/clean-hands/hcp/clinical-safety/index.html>

MMWR - Guideline for Hand Hygiene in Health-Care Settings

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

CDC Educational Slide set “Hand Hygiene in Healthcare Settings”

[www.cdc.gov/clean-hands/media/pdfs/hand-hygiene-core-P.pdf](http://www.cdc.gov/clean-hands/media/pdfs/hand-hygiene-core-P.pdf)

CDC – ICAR Tool

<https://www.cdc.gov/healthcare-associated-infections/php/toolkit/icar.html>

Speedy Audit App

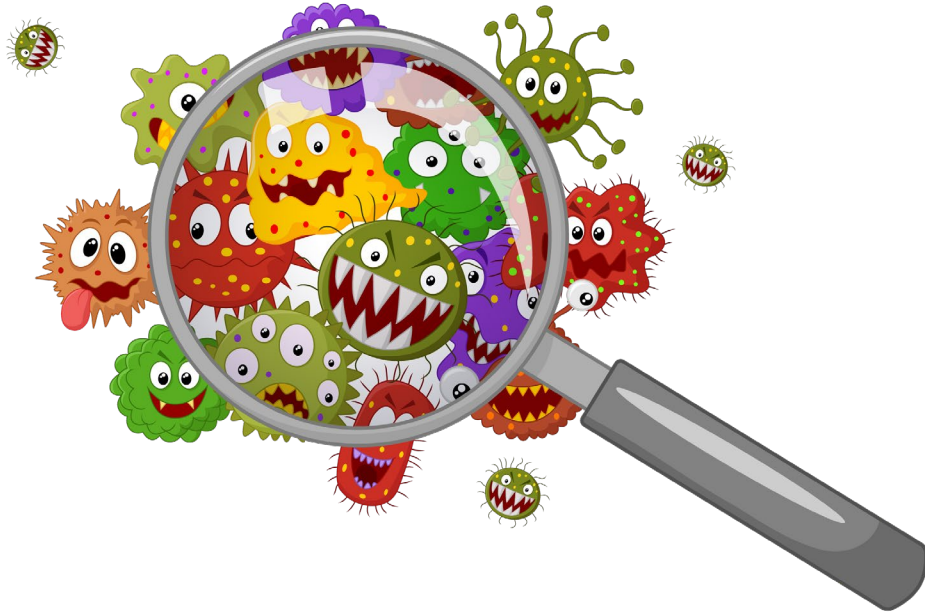
<https://www.speedyaudit.com/>





# Questions?





## HAI / AR Program

Email:

[HAI@health.ok.gov](mailto:HAI@health.ok.gov)

Phone: 405-426-8710

# Thank You!

