

# **CLEAN HANDS ARE HEALING HANDS**

**A presentation created by Northeast Ohio Neighborhood Health Services, Inc. for NEON Clinical Staff to promote good hand hygiene in patient care.**



Feel Good.

# Good Hand Hygiene

- **To ensure compliance with Joint Commission National Patient Safety Goal 7a, before and after patient contact, we must:**
  - Wash our hands; or
  - Use alcohol-based hand sanitizers

*because*

**"Clean Hands Are Healing Hands"**



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# Goals of this Presentation

- Educate NEON clinical staff as to when to wash hands
- Educate as to correct hand hygiene technique
- Test proficiency in proper hand hygiene practice
- Promote consistency in hand hygiene practice for NEON staff

# Facts about Hand Hygiene

- Improved adherence to hand hygiene (i.e. handwashing or use of alcohol-based hand rubs) has been shown to terminate outbreaks of infection in healthcare facilities
- Reduces the transmission of antimicrobial resistant organisms (e.g., methicillin-resistant *Staphylococcus aureus*)
- Reduces overall infection rates

# Infection Control Hand Sanitizing

- A waterless hand sanitizer can clean a healthcare worker's hands in a fraction of the time it takes to wash them with soap and water.
- According to the CDC, studies have shown that these products can reduce the number of bacteria on the hands as well as, if not more effectively than, handwashing.

# Hand Hygiene

## When:

- Before and after direct patient contact (e.g., taking blood pressures)
- When hands have been potentially soiled with moist body substances
- Whenever a clinical policy/procedure requires handwashing
- After handling potentially contaminated articles
- Following personal hygiene (e.g., blowing nose, use of toilet)

# Hand Hygiene

## When:

- Before preparing/handling sterile objects
- Before and after eating
- After glove removal, if gloves contacted moist body substances
- Before use of gloves if contact with mucous membranes, non-intact skin or sterile body sites is anticipated

# How to Wash Hands

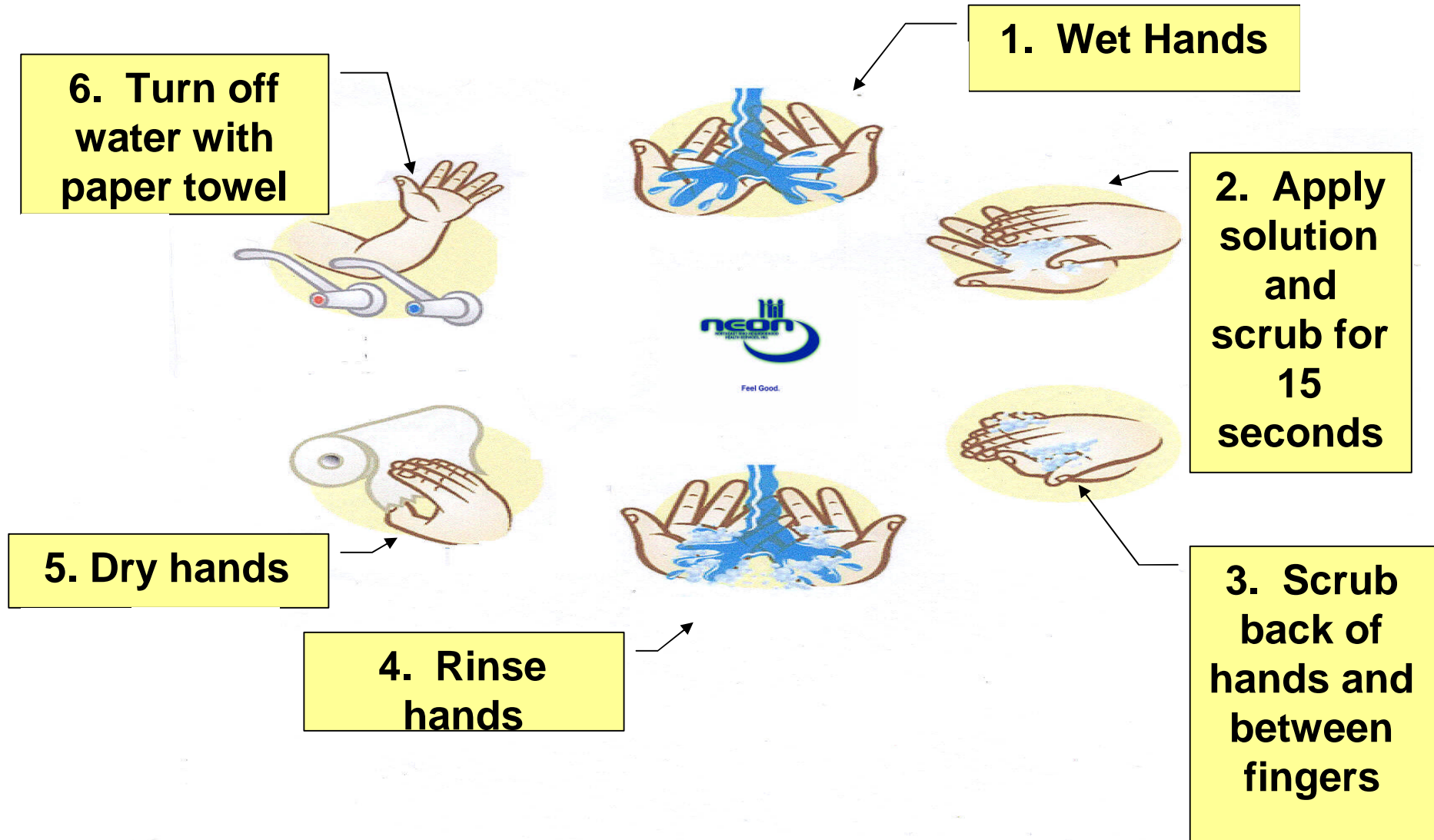
- **When time and soap and water are available:**
  - Wash hands with friction for a total of at least **15 seconds** (pay particular attention to under fingernails and between fingers)
  - Rinse well
  - Blot hands dry with paper towel
  - Use a dry paper towel to turn off hand operated faucet
  - Apply hand lotion periodically throughout the day, as needed



# How to Sanitize Hands

- When using alcohol-based handrub (if hands **not** visibly contaminated):
  - Apply enough product in palm to thoroughly cover hands
  - Rub hands together briskly until dry
  - No rinsing required. No towels needed.

# Handwashing Steps



# 1. Wet Your Hands



## **2. Apply solution and scrub for at least 15 seconds**



### **3. Scrub back of hands, wrists, between fingers & under fingernails**



## 4. Rinse hands thoroughly



## 5. Dry With Paper Towel



## 6. Turn Off Water with Paper Towel or Foot Control





# Use Foot Control if Available



# Use of Hand Sanitizer



# Use of Hand Sanitizer

- Apply solution to palm of one hand and rub hands together
- Thoroughly wet hands with solution.
- Allow hands to dry completely before gloving
- Wash with soap and water after 5 uses of alcohol based sanitizer.
- Alcohol based handrubs reduce the number of organisms on the skin, are fast acting and cause less irritation.

**CDC says: natural nails must be less than 1/4 inch! no artificial nails! no jewelry!**



# Demonstrating Consistency

- Periodic random surveys will be performed on patients quarterly
  - Patients will be asked if they observed the staff person wash their hands at the appropriate times
- Joint Commission style tracers will be performed at random intervals
- Sanitizer and soap supply consumption will be monitored.
- Feedback on how WE are doing will emphasize our low level of tolerance for inconsistency or non compliance.



Feel Good.

# Test

## 1. Hand hygiene refers to...

- A. Handwashing using plain soap and water
- B. Using an antiseptic hand rub
- C. Handwashing using antimicrobial soap and water
- D. All of the above

## **2. Hands should be washed with soap and water after...**

- a. Two uses of alcohol based hand sanitizer
- b. Five uses of alcohol based hand sanitizer
- c. Each use of alcohol based hand sanitizer
- d. None of the above

**3. Alcohol hand sanitizer may be used if hands are not visibly soiled...**

True

False



#### 4. Fingernails should be less than...

- a. 1/8 inch in length
- b. 1/4 inch in length
- c. 1/2 inch in length
- c. none of the above

## 5. Which is not true of improved hand hygiene...

- a. has been shown to terminate outbreaks of infection in healthcare facilities
- b. reduces the transmission of antimicrobial organisms ( e.g. methicillin resistant *Staphylococcus aureus*)
- c. reduces overall infection rates
- d. is practiced only after direct patient contact

**6. Hands should be washed after taking a patients blood pressure...**

True

False

**7. Hands should be dried before gloving following washing with soap and water...**

True

False

## **8. When using alcohol hand sanitizer...**

- a. rub hands briskly
- b. allow hands to completely air dry before gloving
- c. thoroughly wet hands with solution
- d. all of the above

**9. Improved hand hygiene is a Joint Commission National Patient Safety Goal...**

True

False

**10. Artificial nails are acceptable if kept under  $\frac{1}{2}$  inches in length...**

True

False

# Hand Hygiene Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Department: \_\_\_\_\_

You can print this page to serve as your answer sheet.

Please circle correct answers.

1. a b c d	6. True False
2. a b c d	7. True False
9. True False	8. a b c d
4. a b c d	9. True False
5. a b c d	10. True False

Name of Staff Observer, who witnessed you performing hand-washing

technique: \_\_\_\_\_



# Proof of Competency

In order to show competency in Hand Hygiene, providers are to do the following:

- Complete the test and send (or fax or inter office mail) it to your respective Clinical Director
- Name of Staff Observer, who witnessed you performing proper hand washing technique
  - (Please note that a Staff Observer can be any other person on our clinical staff who will attest that you performed the 6 Steps described in this presentation)

# Resources

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

## Questions?

Please contact your Clinical Director.



Feel Good.

**Thank You for being part of our healing process.**

**“Clean Hands are Healing Hands”**