Module 7. HAND HYGIENE

Ministry of Health Liberia
Division of Environmental & Occupational Health

WASH & EH Package – Early recovery & Resilience Building from EVD outbreak

This module is an adaptation from the Safe & Quality Health Services (SQS) Package, 2015

Objectives

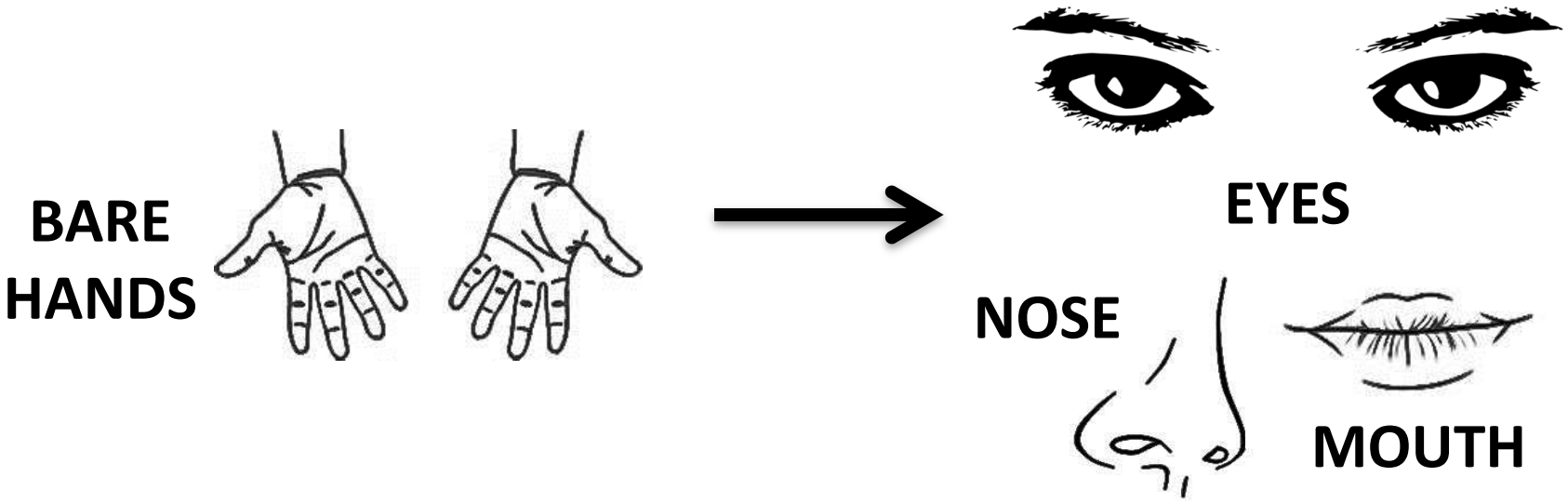
- Explain the importance of hand hygiene
- Identify appropriate hand hygiene methods
- Demonstrate correct hand hygiene technique
- Understand when to use which product for hand hygiene

Hand Hygiene

- Best way to prevent the spread of germs in the healthcare setting and community
- Many HAIs are preventable by hand hygiene
- Protects you, your coworkers your patients and your family

Why do we do it?

- Hand hygiene prevents passing germs to ourselves and others



When do we need to do it?

Always wash hands before:

- Contact with a patient or their environment
- Clean and sterile procedures
- Putting on PPEs
- Eating

Always wash hands after:

- Contact with a patient or their environment
- Cleaning
- Taking off PPEs
- Touching patients' body fluids
- Visiting the toilet

Hand hygiene is essential to protect you when to perform hand hygiene in daily life?

Before , **during** and **after** preparing food

Before eating

After using the toilet

After touching garbage

After touching frequently touched surfaces

After touching an animal, animal feed or animal waste

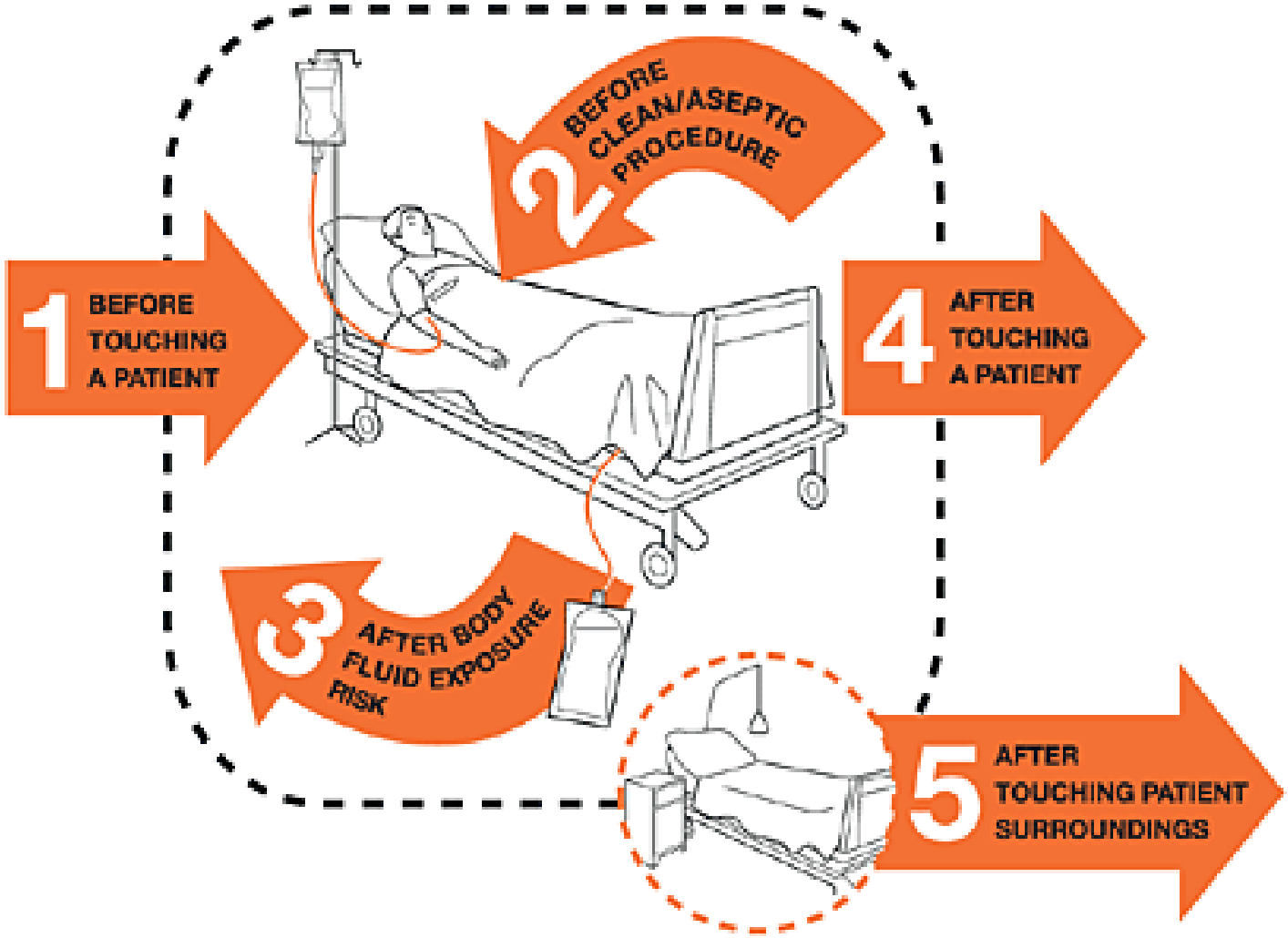
Before and **after** treating your own cut or wound

After blowing your nose, coughing

When in doubt

Avoid touching your face (eyes, nose, mouth) before performing hand hygiene and no nail biting

WHO 5 Moments for Hand Hygiene



Methods of Hand Hygiene

- Cleaning: physically removing germs and dirt,
- Disinfection: chemically killing germs

Washing hands with soap and water

Rubbing hands with alcohol-based hand rub

Alcohol Based Hand Rub

- Preferred method for hand hygiene
- **Never use on hands that are visibly soiled**
- Minimum 60% alcohol concentration
- Rub for 20-30 seconds
- Common names: hand sanitizer, hand rub, hand gel, alcohol gel

Hand Hygiene: Alcohol-based Hand Rub

Duration of the entire procedure: 20-30 seconds

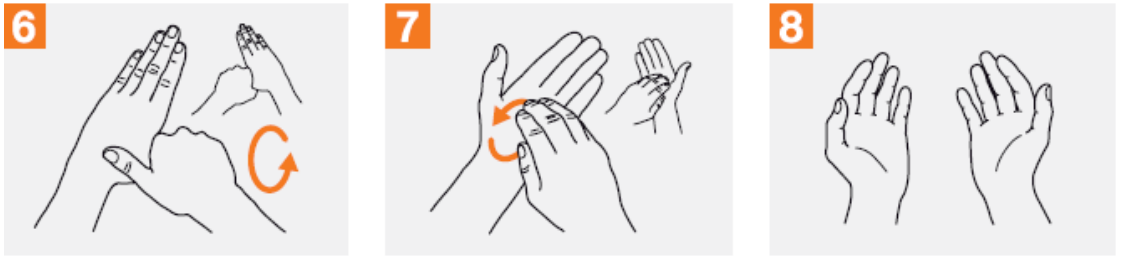
Apply a palmful of the product in a cupped hand, covering all surfaces;

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;

Once dry, your hands are safe.

Be sure to rub both wrists

Rub for <u>20–30 seconds</u>!

Soap and Water

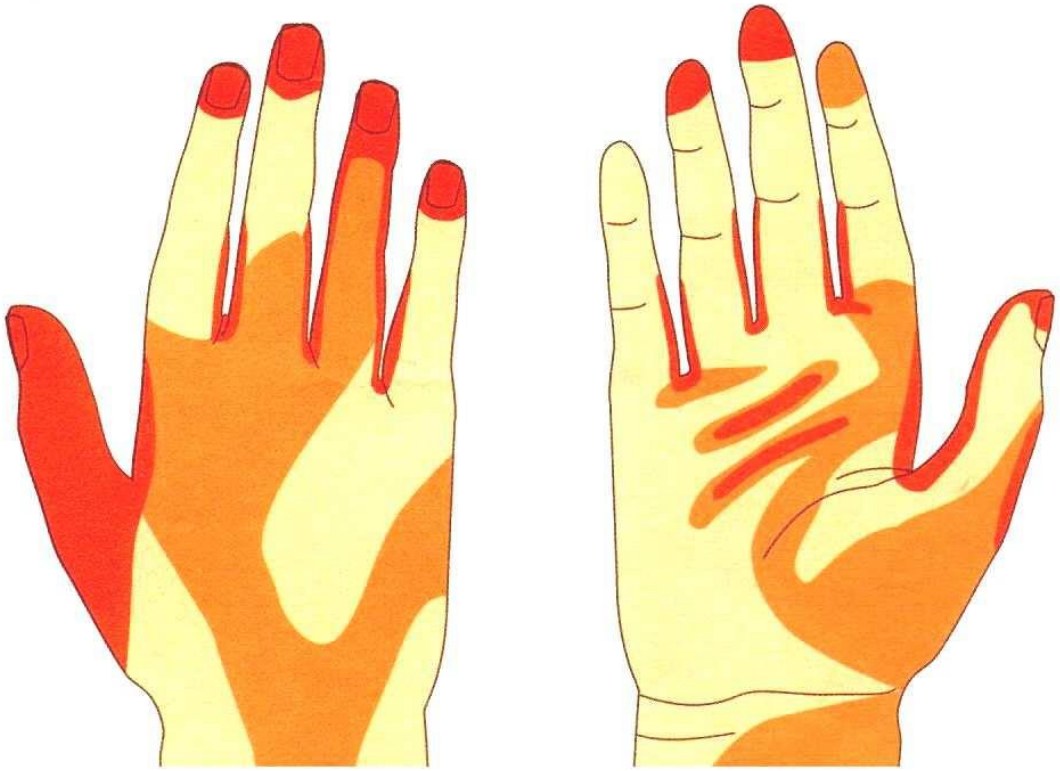
- ***Must*** **be used when hands are visibly soiled**
- Need clean running water
- Use liquid soap OR bar soap
- If using bar soap, be sure its stored correctly for water to drain
- Ensure friction when cleaning hands
- Wash hands for 40-60 seconds

Hand Hygiene: Soap and Water

Be sure to rub both wrists

Wash hands for <u>40–60 seconds</u>!

Hand Hygiene Technique
Parts of Hand Usually Missed



Back of hand

Front of hand

Most frequently missed

Frequently missed

Least frequently missed

The use of gloves **does <u>NOT</u>** replace the need to perform hand hygiene. Hand hygiene <u>must</u> be performed after removing gloves

Placement of Hand Hygiene Stations

- Stations should be placed at all points of entry AND patient care areas to encourage frequent use by:
  - HCWs
  - Patients
  - Visitors

Questions?