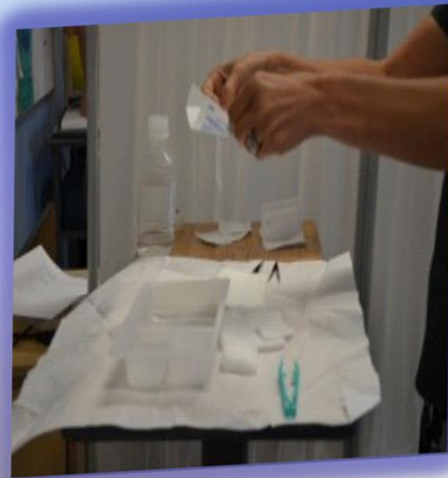


# Hand Hygiene



# Objectives

To raise awareness of the importance of Hand Hygiene



# History

- 1840's Europe - Dr. Ignaz Semmelweis observed increased mortality rate in a delivery room staffed by training doctors
- Three times higher than in a second delivery room staffed by midwives.
- Postulated infection carried from the mortuary to birthing mothers.



# Resident Flora

- Protects skin from invasion of harmful bacteria
- Lives in deep crevices, hair follicles and sebaceous glands
- Not easily removed, tend not to be transmissible and cause infection.



# Transient Flora

- Micro-organisms acquired by touch and easily passed on!
- Easily removed by washing with soap and water or destroyed by other treatments i.e. alcohol.



# Hand Hygiene

*“Hand Hygiene is the single most effective infection control measure for preventing infection.”*



# Effective Hand Hygiene

- Nails are short, no nail extensions
- Wrist watches removed, consider fob type
- No stoned rings, only one smooth band
- No nail varnish is used (even clear)
- Bare Below Elbows.



# How & When to Clean Hands

## Wash hands with soap and water

- at the beginning and end of each shift
- if visibly soiled or likely to have been soiled
- after removal of gloves





# Alcohol Hand Rub Caution and Limitations

**Clean hands with alcohol gel  
between every patient contact**

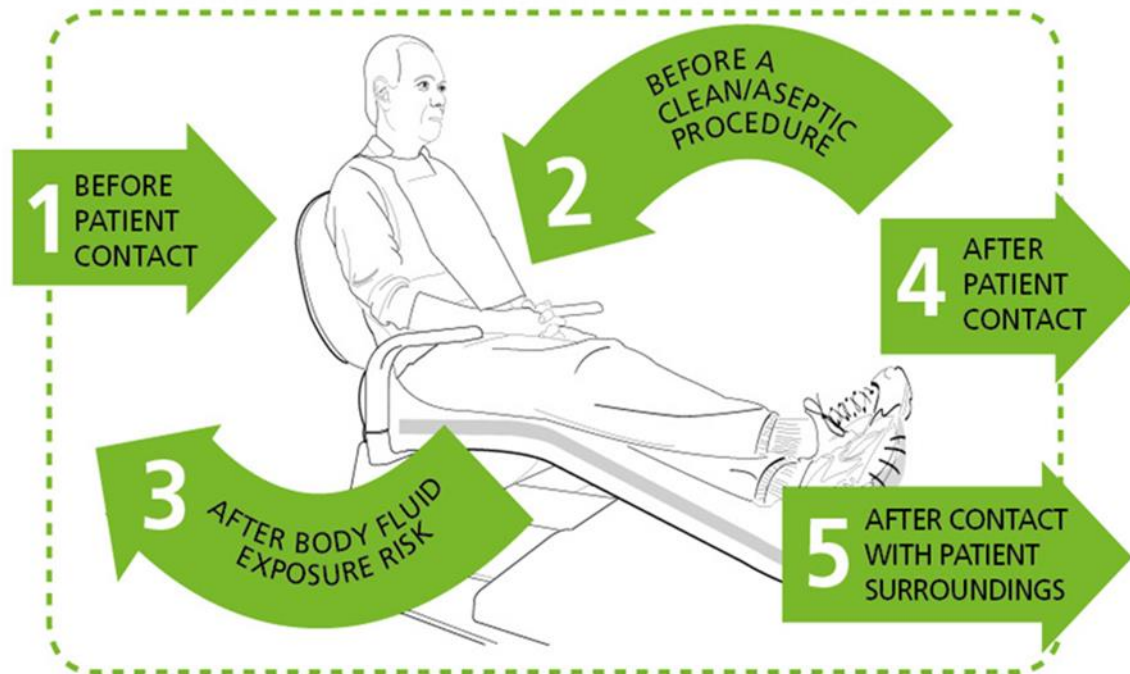
Alcohol gels are useful but should be treated with caution.

- Limited effect on spore forming pathogens
- Flammable
- Not effective on soiled hands
- Need to apply correctly
- Need to use at precise moment in time.



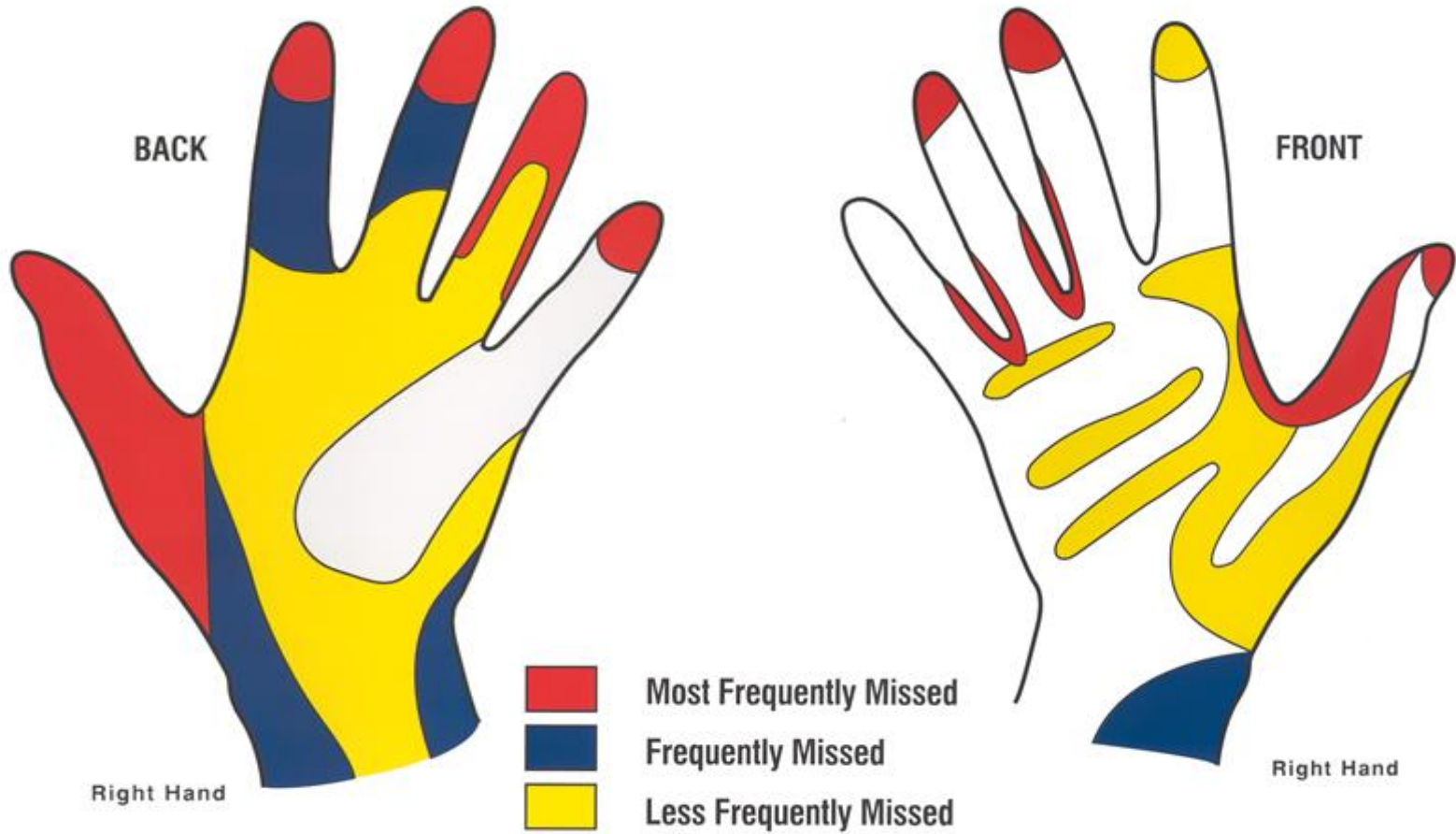
# YOUR 5 Moments!

## Your 5 moments of hand hygiene



Based on WHO poster 'Your 5 moments for hand hygiene' and reproduced with their kind permission.

# Effective Hand hygiene



# Handwashing Technique

Wash hands using the following 8 steps.

Each step consists of five strokes rubbing backwards and forwards.

1.

Wet hands under running water. Take a measure of soap.



2.

Work into hands, palm to palm.



3.

Right hand over back of left and vice versa.



4.

Rub palm to palm, fingers interlaced.



5.

Back of left fingers to right palms, fingers interlocked and vice versa.



6.

Rotational rubbing of right thumb clasped in left hand and vice versa.



7.

Rub left palm with clasped fingers of right hand and vice versa.



8.

Left wrist with right hand and vice versa.



*Rinse hands under running water and dry thoroughly*

# Empowering you to Challenge Poor Practice

