

WELCOME



"HEAL US TO HEAL OTHERS"

HAND WASHING

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"HEAL US TO HEAL OTHERS"

HAND WASHING.....

- **Hand washing for hand hygiene** is the act of cleaning one's hands with or without the use of water or another liquids, or with the use of soap, for the purpose of soil, dirt and or microorganisms.



"HEAL US TO HEAL OTHERS"

WHAT IS HAND HYGIENE?



Hand Hygiene includes cleaning hands with soap and water or alcohol-based hand rub in order to remove germs, also known as microorganisms.



“HEAL US TO HEAL OTHERS”

WHY HAND HYGIENE?

FACT:

Hand Hygiene is the single most important measure for preventing the spread of infection

(Pittet et al 2001)

IT IS ESSENTIAL FOR PATIENT SAFETY



"HEAL US TO HEAL OTHERS"

WHO “MY FIVE (KEY) MOMENTS FOR HAND HYGIENE”

1. Before touching a patient
2. Before clean/aseptic procedure
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient surroundings

Your 5 Moments for Hand Hygiene



1	BEFORE TOUCHING A PATIENT	WHY? To protect the patient against harmful germs carried on your hands.
2	BEFORE CLEAN/ASEPTIC PROCEDURE	WHY? To protect the patient against harmful germs, including the patient's own, from entering their body.
3	AFTER BODY FLUID EXPOSURE RISK	WHY? To protect yourself and the health-care environment from harmful patient germs.
4	AFTER TOUCHING A PATIENT	WHY? To protect yourself and the health-care environment from harmful patient germs.
5	AFTER TOUCHING PATIENT SURROUNDINGS	WHY? To protect yourself and the health-care environment from harmful patient germs.



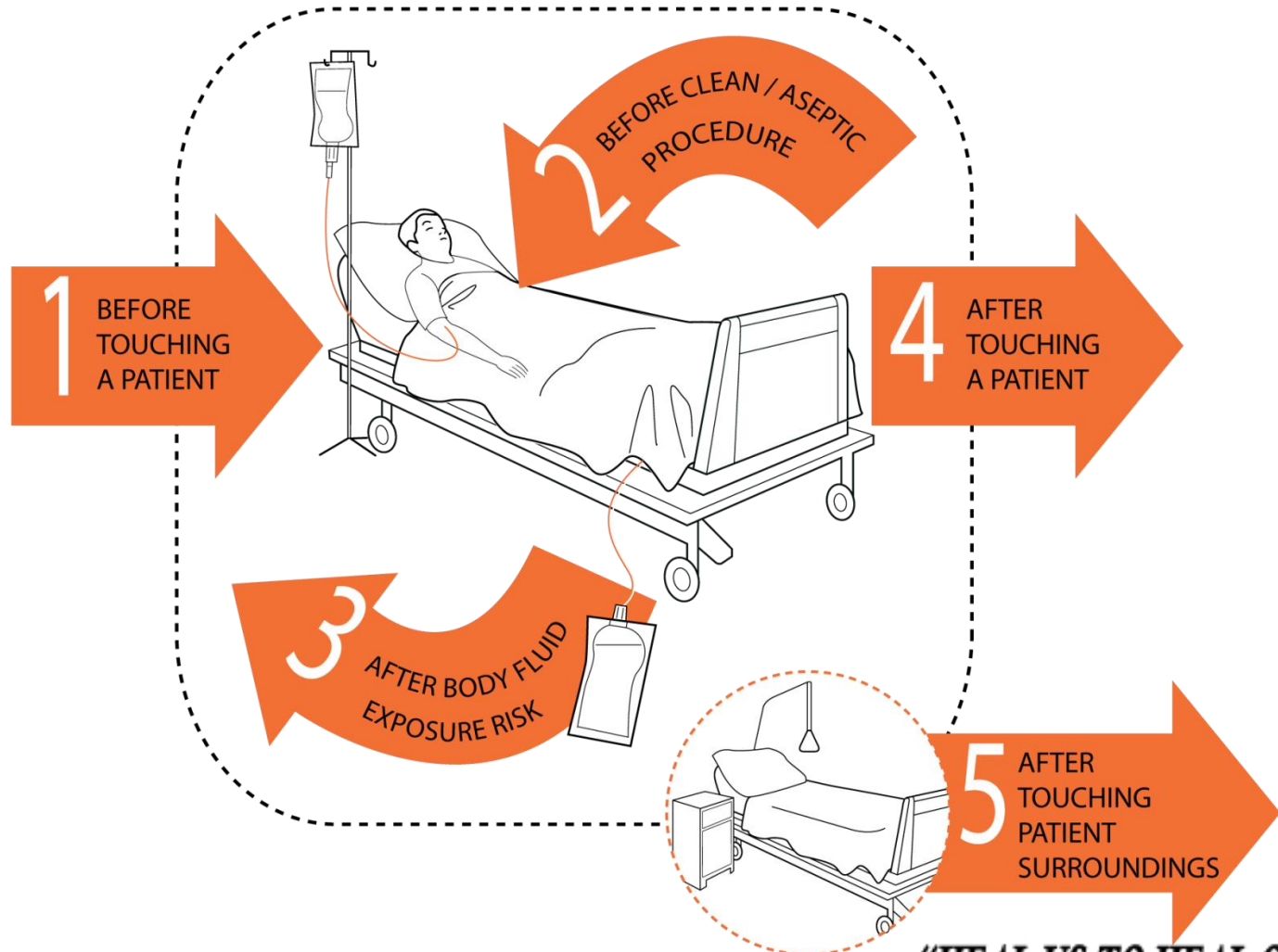
World Health Organization
Patient Safety
A Clean Future for Better Health Care

SAVE LIVES
Clean Your Hands

“HEAL US TO HEAL OTHERS”

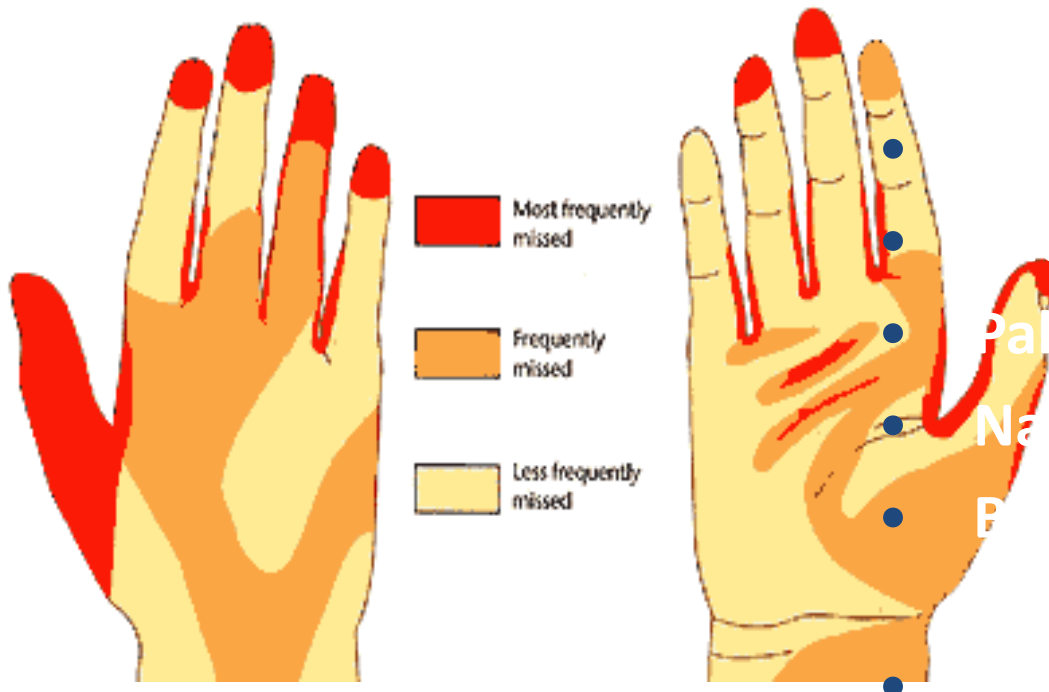


THE “MY 5 MOMENTS FOR HAND HYGIENE” APPROACH



“HEAL US TO HEAL OTHERS”

AREAS MOST FREQUENTLY MISSED:



“HEAL US TO HEAL OTHERS”

HAND HYGIENE INCLUDES:

- Routine hand washing



- Surgical hand 'scrub'



- Use of alcohol rubs/gels.



"HEAL US TO HEAL OTHERS"

POINTS OF CARE



The patient



The Health Care provider



Care involving contact

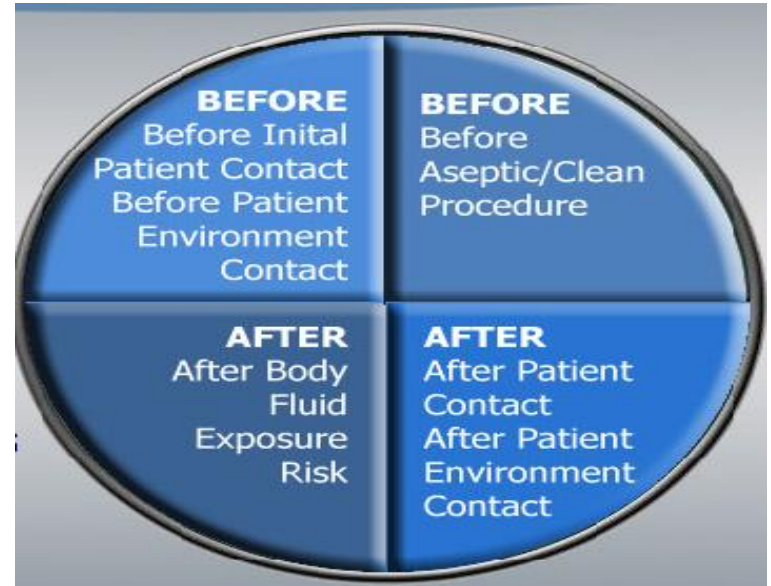


"HEAL US TO HEAL OTHERS"

WHEN DO YOU PERFORM HAND HYGIENE

There are 4 moments when hand hygiene is performed.

1. **Before** initial patient or patient environment contact
2. **Before** aseptic or clean procedure
3. **After** body fluid exposure risk
4. **After** patient or patient environment contact



Remember...hand hygiene prevents carrying germs into and out of the patient's environment.



“HEAL US TO HEAL OTHERS”

MOMENT 1. BEFORE CONTACT WITH A PATIENT OR PATIENT ENVIRONMENT



Before shaking hands



Before transferring

Clean your hands when entering or before touching the patient.



"HEAL US TO HEAL OTHERS"

MOMENT 1. BEFORE CONTACT WITH PATIENT OR PATIENT ENVIRONMENT

Before contact with...



Patient's room



Equipment



Wheel chair or
stretcher

**Clean your hands when entering or before touching
any object or furniture in the patient's environment.**



"HEAL US TO HEAL OTHERS"

MOMENT 2. BEFORE ASEPTIC/CLEAN PROCEDURE

Clean your hands before...



Handling dressings or touching open wounds

This prevents the patient's own organisms from entering his or her body.



Performing invasive procedures

Clean your hands immediately before any aseptic or clean procedure to protect the patient against harmful organisms.



“HEAL US TO HEAL OTHERS”

MOMENT 3. AFTER BODY FLUID EXPOSURE

Clean your hands after...



Contact with blood, bodily fluids, non-intact skin or mucous membranes,



Removal of gloves



Contact with contaminated items

Clean your hands immediately after an exposure risk to body fluids (and after glove removal).



“HEAL US TO HEAL OTHERS”

MOMENT 4. AFTER CONTACT WITH A PATIENT

Clean your hands after...



Shaking hands



Transferring



Making someone comfortable in bed

Help protect yourself and the health care environment from harmful patient organisms.

Clean your hands when leaving the environment after touching patient.



“HEAL US TO HEAL OTHERS”

EQUIPMENTS

❖ Sink with warm water



❖ Antimicrobial soap

❖ Alcohol based waterless antiseptic



❖ Clean orange wood stick (optional)

❖ Paper towels or air dryer



"HEAL US TO HEAL OTHERS"

TECHNIQUES



1
Palm to palm



2
Between fingers



3
Back of hands



4
Base of thumbs



5
Back of fingers



6
Fingernails



7
Wrists



8
Rinse and wipe dry



"HEAL US TO HEAL OTHERS"

PALM TO PALM AND BETWEEN FINGERS



"HEAL US TO HEAL OTHERS"

BACK OF HANDS AND BASE OF THUMBS



"HEAL US TO HEAL OTHERS"

BACK OF FINGERS AND FINGERNAILS



"HEAL US TO HEAL OTHERS"

WRIST AND RINSE AND WIPE DRY



"HEAL US TO HEAL OTHERS"

THANK YOU.....



"HEAL US TO HEAL OTHERS"