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.
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”
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 Hands

2. Apply solution and scrub for 15 seconds

3. Scrub back of hands and between fingers

4. Rinse hands

5. Dry hands

6. Turn off water with paper towel
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.
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 patient's 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 ½ 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 interoffice 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.

Thank You for being part of our healing process.

“Clean Hands are Healing Hands”