



## Chapter 6

# The 5 Moments of Hand Hygiene



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### 6.1 Aim

To ensure all staff involved in the HHA 5 Moments program clearly understand the 5 Moments

### 6.2 What are the 5 Moments for HH:

- Moment 1:** Before touching a patient
- Moment 2:** Before a procedure
- Moment 3:** After a procedure or body fluid exposure risk
- Moment 4:** After touching a patient
- Moment 5:** After touching a patient's surroundings

#### 6.2.1 The Levels of Evidence to Support the 5 Moments

**Moment 1**

Before and after touching patients (1B)

**Moment 2**

Before handling an invasive medical device for patient care, regardless of whether or not gloves are used (1B)

If moving from a contaminated body site to a clean body site during patient care (1B)

**Moment 3**

After removing gloves (1B)

After contact with body fluids or excretions, mucous membranes, non-intact skin, or wound dressings (1A)

If moving from a contaminated body site to a clean body site during patient care (1B)

**Moment 4**

Before and after touching patients (1B)

**Moment 5**

After contact with inanimate objects (including medical equipment) in the immediate vicinity of the patient (1B)

(see Appendix 12 for a detailed description of the levels of evidence)



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## 6.3 The 5 Moments in Detail

### Moment 1 – Before Touching a Patient

**WHY:**

To protect the patient against acquiring harmful germs from the hands of the HCW

**WHEN:**

Touching a patient in any way	Shaking hands, assisting a patient to move, Allied health interventions
Any personal care activities	Bathing, Dressing, Brushing hair, Putting on personal aids such as glasses
Any non-invasive observations	Taking a pulse, blood pressure, oxygen saturation, temperature, Chest auscultation, Abdominal palpation, Applying ECG electrodes, CTG
Any non-invasive treatment	Applying an oxygen mask or nasal cannula, Fitting slings/braces, application of incontinence aids (including condom drainage)
Preparation and administration of oral medications	Oral medications, nebulised medications
Oral care and feeding	Feeding a patient, Brushing teeth or dentures
Contacts with a patient's surroundings before, during & after any of the above	Bedside table, medical chart

### Moment 2 – Before a Procedure

**WHY:**

To protect the patient from harmful germs (including their own) from entering their body during a procedure

**WHEN:**

Insertion of a needle into a patient's skin, or into an invasive medical device	Venipuncture, Blood glucose level, Arterial blood gas, Subcutaneous or Intramuscular injections, IV flush
Preparation and administration of any medications given via an invasive medical device	IV medication, NGT feeds, PEG feeds, baby formula
Administration of medications where there is direct contact with mucous membranes	Eye drop instillation, Suppository insertion, vaginal pessary
Insertion of, or disruption to, the circuit of an invasive medical device	Procedures involving the following: ETT, tracheostomy, nasopharyngeal airways, suctioning of airways, Urinary catheter, colostomy/ileostomy, Vascular access systems, Invasive monitoring devices, Wound drains, PEG tubes, NGT, Secretion aspiration
Any assessment, treatment and patient care where contact is made with non-intact skin or mucous membranes.	Wound dressings, Burns dressings, Surgical procedures, Digital rectal examination, invasive obstetric and gynaecological examinations and procedures, digital assessment of newborn palate



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### Moment 3 – After a Procedure or body fluid exposure risk

**WHY:**

To protect yourself and the healthcare surroundings from harmful patient germs

**WHEN:**

After any Moment 2	See Moment 2
After any potential body fluid exposure	Contact with a used urinary bottle / bedpan, with sputum either directly or indirectly via a cup or tissue, contact with used specimen jars / pathology samples, cleaning dentures, cleaning spills of urine, faeces or vomit from patient surroundings  Contact with any of the following: Blood, Saliva, Mucous, Semen, Tears, Wax, Breast milk, Colostrum Urine, Faeces, Vomitus, Pleural fluid, Cerebrospinal fluid, Ascites fluid, Organic body samples eg. Biopsy samples, Cell samples, Lochia, Meconium, Pus, Bone Marrow.

### Moment 4 – After touching a Patient

**WHY:**

To protect yourself and the healthcare surroundings from harmful patient germs

**WHEN:**

After any Moment 1 except where there has been a potential body fluids exposure	See Moment 1 and 2
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### Moment 5 – After touching a Patient’s Surroundings

**WHY:**

To protect yourself and the healthcare surroundings from harmful patient germs

**WHEN:**

After touching the patient’s immediate surroundings when the patient has not been touched.	Patient surroundings include: Bed, bedrails, linen, table, bedside chart, Bedside locker, Call bell/TV remote control, Light switches, personal belongings (including books, Mobility aids), chair, foot stool, monkey bar
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## 6.4 Detailed Examples of the 5 Moments

1. HCW walks in, silences IV alarm, then leaves

Moment by Moment:

- 1 – prior to touching patient
- 4 – after touching patient

2. HCW changes IV fluid bag, then leaves

Moment by Moment:

- 2 – prior to disconnecting IV
- 3 – after reconnecting IV

3. HCW prepares oral medications with medications sitting on patient medical chart, then signs chart whilst giving medications to patient, then moves curtain aside

Moment by Moment:

- 1 – pre giving medications to patient
- 4 – prior to moving curtain

4. HCW walks in, touches the patient, moves the over bed table, adjusts the sheets, moves the chair, gets the patient out of bed then leaves

Moment by Moment:

- 1 – prior to touching patient
- 4 – after touching the patient

5. HCW walks in, picks up IDC to read it, puts it down, then leaves

Moment by Moment:

- 1 – pre IDC as IDC is considered to be a part of the patient
- 3 – after IDC (potential body fluid risk)

6. HCW walks into the room, picks up IDC to read it, puts it down, writes on the medical chart then leaves

Moment by Moment:

- 1 – pre IDC as IDC is considered to be a part of the patient
- 3 – after IDC (potential body fluid risk)
- 4 – after chart – after continuum of patient care

7. HCW walks in, cleans up urine from the floor, then leaves

Moment by Moment:

- 3 – after clean up as body fluid exposure risk

8. HCW walks in, cleans up vomit from the floor, moves patient furniture, then leaves

Moment by Moment:

- 3 – after clean up as body fluid exposure risk
- 5 – after touching patient surroundings

9. HCW walks into patient room, touches patient, then picks up IDC to read it, then touches patient again then leaves the room

Moment by Moment:

- 1 – pre patient
- 3 – after touching IDC (body fluid exposure risk)
- 1 – pre patient
- 4 – after patient

10. HCW walks into the room, picks up IDC and empties it, puts it down, writes on the medical chart at the foot of the bed, then leaves

Moment by Moment:

- 2 – pre IDC
- 3 – after IDC (potential body fluid risk)
- 4 – after chart – after continuum of patient care



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11. HCW picks up medication chart, gets medications out of patient draw, prepares medication, gives medication via NGT, signs chart then leaves

Moment by Moment:

- 2 – immediately prior to preparing medications
- 3 – after giving medications
- 4 – after chart – after continuum of patient care

12. HCW walks into patient room, touches patient, then moves curtain, then touches patient.

Moment by Moment:

- 1 – pre patient
- 4 – after patient pre curtain
- 1 – after curtain pre patient
- No Moment 4 is recorded as HCW has not left the room

13. HCW walks into patient room, touches patient, then moves curtain, then moves the over bed table, then leaves.

Moment by Moment:

- 1 – pre patient
- 4 – after patient pre curtain (by touching the curtain the HCW has left the patient zone)
- 5 – after patient surroundings (new moment as re-entered room)

14. HCW walks into patient room moves curtain back then walks out again

Moment by Moment:

- Nil as curtain is external to the patient zone.

15. HCW picks up medication chart, puts it down and walks out

Moment by Moment:

- 5 – after chart – contact with patient environment

16. HCW picks up medication chart and walks out with it

Moment by Moment:

- Nil as the moment has not finished

17. HCW walks in, touches patient, does hand hygiene, touches the chart, then leaves

Moment by Moment:

- 1 – prior to touching patient
- 4 – on leaving (after chart – after continuum of patient care)

The hand hygiene that was done in the scenario was not required

18. HCW walks in, touches patient, empties IDC, then leaves

Moment by Moment:

- 1 – prior to touching patient
- 4 – after touching the patient
- 2 – prior to emptying the IDC
- 3 – after emptying the IDC

19. HCW walks up to a single room with a patient who has VRE, puts gloves on, walks in, touches patient, empties IDC, then leaves

Moment by Moment:

- 1 – prior to touching patient
- 4 – after touching the patient
- 2 – prior to emptying the IDC
- 3 – after emptying the IDC



20. HCW walks in, picks up IDC to read, puts it back, picks up NGT drainage bag to review, puts it back, picks up wound drain to review, puts it back, then leaves

Moment by Moment:

- 1 – prior to touching the patient (IDC)
- 3 – after body fluid exposure risk (IDC)
- 1 – prior to touching the patient (NGT drainage bag)
- 3 – after body fluid exposure risk (NGT drainage bag)
- 1 – prior to touching the patient (wound drain)
- 3 – after body fluid exposure risk (wound drain)



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## 6.5 Rules for Auditing the 5 Moments

Rules	
<b>Moment 1</b>	<p><b>HH Moment 1</b> should be performed prior to touching the patient</p> <ul style="list-style-type: none"> <li>Only record <b>Moment 1</b> once the HCW touches the patient</li> </ul>
<b>Moment 2</b>	<p><b>HH Moment 2</b> must be performed <u>immediately</u> prior to any procedure</p>
<b>Moment 3</b>	<p><b>HH Moment 3</b> must be performed <u>immediately</u> after a procedure or body fluid exposure risk</p> <ul style="list-style-type: none"> <li>Touching the outside of a drain or drainage bag (e.g. urinary catheter, wound drain, chest tube drain, CSF drain), even when the circuit is not broken, is considered a <b>Moment 3</b> since there is a risk of body fluid exposure (see example 5)</li> <li><b>Moment 3</b> will usually be paired with a <b>Moment 2</b> except that: <b>Moment 3</b> may be recorded as a stand alone HH Moment when there is a body fluid exposure risk, but the HCW has not touched the patient - e.g. cleaning a spill of vomit, urine or faeces</li> </ul>
<b>Moment 4</b>	<p><b>HH Moment 4</b> should be performed after touching the patient</p> <ul style="list-style-type: none"> <li><b>Moment 4</b> will usually be paired with a <b>Moment 1</b></li> <li>Touching the patient surroundings after touching the patient is recorded as a single <b>Moment 4</b>. (see example 4 )</li> <li>If after a <b>Moment 3</b> there is touching of patient surroundings this is recorded as a <b>Moment 4</b> (see examples 6 &amp;10).</li> </ul>
<b>Moment 5</b>	<p><b>HH Moment 5</b> is performed when there has been <u>no touching</u> of the patient but there has been touching of the patient's immediate surroundings. (see example 15)</p> <ul style="list-style-type: none"> <li>When multiple items in the patient surroundings are touched, only one <b>Moment 5</b> is recorded</li> </ul>
Notes	
Note 1	<p>Generally for every “before” Moment there should be an “after” Moment recorded, unless the auditor does not witness the action.</p> <ul style="list-style-type: none"> <li><b>Moment 1</b> is generally paired with <b>Moment 4</b></li> <li><b>Moment 2</b> is generally paired with <b>Moment 3</b></li> <li><b>Moment 5</b> is not paired with other Moments</li> <li>There are very few situations when two “afters” may be recorded sequentially (see examples 6,8,10,11 &amp;13)</li> </ul>
Note 2	<p>For every procedure (see Glossary) there should be a <b>Moment 2</b> and <b>Moment 3</b> recorded</p>
Note 3	<p>The HCW must be observed to perform HH as they approach the patient. If HH is not observed it should be recorded as a “missed” action (i.e. HH not performed).</p> <ul style="list-style-type: none"> <li>In such circumstances the HCW can be asked (at the conclusion of the sequence of care) if they performed HH immediately prior to entering the room and if they did then the Moment should be scored as HH performed.</li> </ul>
Note 4	<p>No “before” Moment can be recorded if auditing commences after a HCW is already touching a patient, or in the process of performing a procedure. No “after” Moment can be recorded unless the Moment is observed.</p>
Note 5	<p>Patient bed curtains are outside the patient zone and are frequently contaminated. Touching the curtains is leaving the patient zone. HH should be performed between touching the curtains and touching the patient. ( see example 13 &amp; 14)</p>

