

Hand Hygiene(HH) for Environment staff



Hand Hygiene History

- 👤 Hand hygiene is not a new concept even the cave men lived near the water to clean themselves
- 👤 So why now in 2009 are we still having to remind people to attend to their hand hygiene

We are taught to wash our hands as toddlers...



Hand Hygiene

- 👉 Hand hygiene is generally poorly adhered to across the board from all levels of Health Care Workers
- 👉 Most staff underestimate the time and frequency they spend on hand hygiene
- 👉 Sing “happy birthday” twice

What is it?????????

Hand hygiene

- using soap and water to wash and then dry hands thoroughly
- using a waterless hand rub system(eg. Alcohol based hand rub)



Hand Hygiene

Reasons why we don't wash our hands

- ✎ Takes too long
- ✎ Skin irritation
- ✎ Sinks poorly located
- ✎ Too busy
- ✎ I only touched "it" a little bit
- ✎ I forgot
- ✎ I meant too/I thought I did
- ✎ I will next time
- ✎ I didn't know you were watching



What we did to help

- 👤 Alcohol impregnated wipes/detergent cleaning wipes
- 👤 Alcoholic Based hand rubs(ABHR)
- 👤 Compatible moisturiser



When should I do HH at work?

1 BEFORE TOUCHING A PATIENT	WHEN: Clean your hands before touching a patient and their immediate surroundings WHY?: To protect the patient against acquiring harmful germs from the hands of the HCW.
2 BEFORE A PROCEDURE	WHEN: Clean your hands immediately before a procedure WHY?: To protect the patient from harmful germs (including their own) from entering their body during a procedure.
3 AFTER A PROCEDURE OR BODY FLUID EXPOSURE RISK	WHEN: Clean your hands immediately after a procedure or body fluid exposure risk WHY?: To protect the HCW and the healthcare surroundings from harmful patient germs
4 AFTER TOUCHING A PATIENT	WHEN: Clean your hands after touching a patient and their immediate surroundings WHY?: To protect the HCW and the health care surroundings from harmful patient germs
5 AFTER TOUCHING A PATIENT'S SURROUNDINGS	WHEN: Clean your hands after touching any objects in a patient's immediate surroundings when the patient has not been touched WHY?: To protect the HCW and the health care surroundings from harmful patient germs



Also remember to clean your hands....

- When your hands are dirty
- Before you start your shift
- Before and after glove use
- After touching the patients environment
- After using the bathroom
- Before,during and after preparing food
- After sneezing,blowing nose & coughing
- After handling/patting animals

When to use what...

Use ABHR:

- If your hands look clean



Use soap and water:

- If your hands are visibly dirty



Hand Hygiene

Why to use ABHR's

- ✎ Reduces bacterial count on hands
- ✎ More effective for standard hand wash
- ✎ Reduces adverse outcomes and cost associated with HCAI's
- ✎ Requires less time
- ✎ Less irritating
- ✎ Readily accessible/portable

Hand Hygiene

Hand Rubs

Soap & Water Hand Washing

Post
HH



Pre
HH

Post
HH



Pre
HH



Hand Hygiene Australia

www.hha.org.au

How to do it...

How to handrub? WITH ALCOHOL-BASED FORMULATION



Apply a palmful of the product in a cupped hand and cover all surfaces.



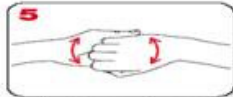
Rub hands palm to palm



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



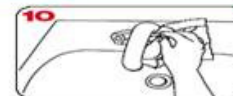
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



20-30 sec



...once dry, your hands are safe.

How to handwash? WITH SOAP AND WATER



Wet hands with water



apply enough soap to cover all hand surfaces.



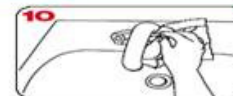
palm to palm with fingers interlaced



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



dry thoroughly with a single use towel



use towel to turn off faucet



40-60 sec



...and your hands are safe.



Hand Hygiene

“Clean Between”

- 👉 Use the alcohol impregnated wipes/detergent wipes on all shared equipment after each patient use
- 👉 All areas/equipment still require routine and terminal cleaning as documented in your cleaning schedules



Hand Hygiene

Compatible Moisturiser

Used minimum of 3 times per shift

👤 At coffee break

👤 At meal breaks

👤 at home time

👤 All HCW's to use(including boys)

👤 Use hospital supplied compatible moisturiser

Hand Hygiene

✋ We must remember that if we don't clean our hands we could get sick or we could make someone else sick



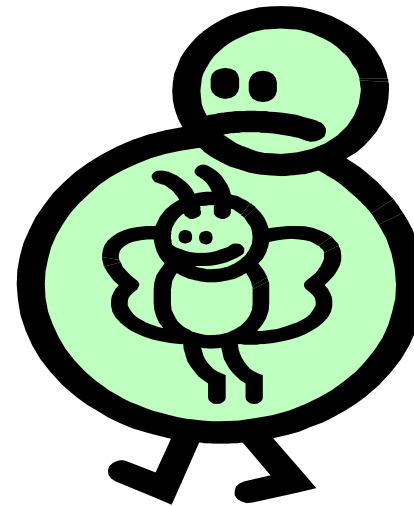
Hand Hygiene

- 👉 One of the most common ways we catch a cold is by rubbing our eyes or nose after touching something or someone that has the germ rhinovirus on it
- 👉 Stay away from work if you are ill



Hand Hygiene

- ✎ Another really disgusting germ is called rotavirus and it causes gastro illness
- ✎ This nasty germ can live on dry, hard surfaces like table tops or toys for up to 20 minutes
- ✎ Stay away from work until you are 48 hours free of all symptoms



Hand Hygiene

- We are all role models, at all times
- Lead by example
- Our patients deserve to see you clean your hands

“Healthcare workers in a room with senior staff member or peer who DID NOT wash hands were significantly less likely to wash their own hands” it read

EMERGING INFECTIOUS DISEASES FEB 2003



Hand Hygiene Australia

www.hha.org.au

Hand Hygiene

Gloves

- 👤 Gloves should be used as an adjunct to, not a substitute for hand hygiene.
- 👤 HH is to be used before & after all glove use.
- 👤 Disposable gloves are to be used once only and not disinfected or washed.
- 👤 Only wear gloves for the job at hand
- 👤 Where possible use disposable work gloves
- 👤 Heavy duty gloves are single person allocation



Hand Hygiene

- 👤 Limit jewellery worn to work
- 👤 Jewellery should not inhibit your HH practices
- 👤 Don't bite your fingernails
 - 👤 Nails-keep short
 - 👤 No chipped polish
 - 👤 No acrylic nails in clinical areas



Hand Hygiene

Hand health influenced by

- 👤 Season
- 👤 Location (climate)
- 👤 Age
- 👤 Home habits
- 👤 Glove usage

Your skin is your 1st line of defence against infections-look after it

Hand Hygiene

Hand health

- 👤 Cover cuts, scratches, rashes
- 👤 Use a waterproof dressing/not band-aids in clinical areas
- 👤 Clean you wounds
- 👤 Don't pick sores
- 👤 Don't touch open wounds
- 👤 Wear gloves the garden
- 👤 Wear gloves for the dishes



Hand Hygiene



Hand Hygiene

- ✎ At work we are in close contact with each other
- ✎ We share equipment
- ✎ Make sure you to have clean hands before you start
- ✎ Make sure you have clean hands when you finish



Hand Hygiene

SUSTAINABILITY

?

Is up to you..



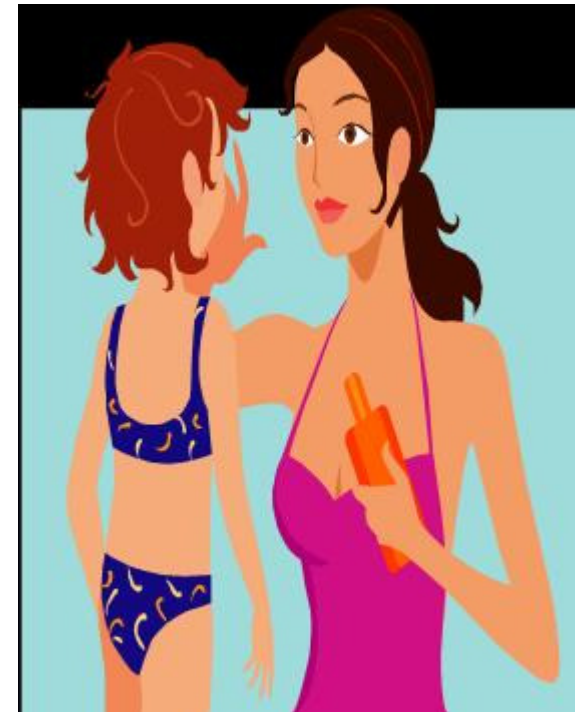
Hand Hygiene

Empowerment

- 👉 Remind food handlers
 - 👉 Remind health care workers
 - 👉 Remind the kids/family
 - 👉 Remind yourself
 - 👉 Remind colleagues
- 👉 It's not a secret we want the word out there



Hand Hygiene



Hand Hygiene

Take home message

- 👤 Look after your skin
- 👤 We are all role models
- 👤 Use moisturiser
- 👤 Wear gloves
- 👤 Don't bite your nails
- 👤 Make it an effective wash
- 👤 Stay healthy, be happy

Hand Hygiene

1. Pittet D, Boyce J. Hand Hygiene and patient care: pursuing the Semmelweis legacy.

The Lancet Infectious Diseases 2001:April:9-20

2. Centre for Disease Control and Prevention. "Guideline for Hand Hygiene in health care settings: recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIA/IDSA Hand Hygiene Task force",

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4. History of infection Control and its Contributions to the Development and Success of Brain Tumour Operations. Miller et al, 2005. Medscape article

5. Larsen EL. APIC Guideline Committee. APIC guideline for handwashing and hand antisepsis in health care settings. Am J Infect control 1995:23:251-69

6. HHA, 5 Moments for Hand Hygiene, Advanced draft, version 4, 2008

