

Hand Hygiene(HH) for Allied Health Staff



Holding hands.....



Busy hands.....



Even busier hands....



Lots of hands



History of Hand Hygiene

- 👤 Doctors in Mesopotamia (circa 1750BC) lost their hands
- 👤 Disciples of Jesus lost their seat
- 👤 Semmelweiss lost his mind
- 👤 Onlookers encouraged to “have a feel”
- 👤 “House of Crime”
- 👤 Ruining medical practice.....
- 👤 Flo “cleanliness over Godliness”

We would like HH to be as instinctive as some other behaviors



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
- 👉 What about you????

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

Hand Hygiene is :

A process to reduce the number of micro-organisms on hands by

- using soap and water to wash and dry hands thoroughly

or

- using waterless hand rubs(eg. Alcohol based hand rub)



Why bother????

- 7-10% of patients will acquire 1 or more healthcare acquired infections (HCAI's)
- Contributes to 7,000 deaths per annum
- Federal Gov. spends >\$950M AUD annually on HCAI's
- Av. HCAI cost \$3500+ increases LOS 4+days
- MRSA BSI approx \$22,000 - high mortality rates 35% increased LOS 14+ days. >\$108M AUD/annum
- Surgical site infections cost >\$268M AUD/annum
- Enormous problem: Approx. 6.1 infections/100pts
- Majority are preventable

Why we did it....

- Austin/Geneva template
 - VQC project
 - 6 Vic Pilot sites
 - Over 2 years
 - Pilots HH compliance increased from 21% to 47%
 - Pilots saved \$1.2M with 53 less than predicted MRSA BSI
- (statistically significant)**
- Statewide Roll out
 - 76 hospitals over 12 months
 - Stage 1 HH compliance increased from 18% to 51%
 - Stage 2 HH compliance increased from 21% to 54%
 - Reduction in both MRSA isolates and MRSA BSIs
 - National Hand Hygiene Initiative.....

Goals of National Hand Hygiene Initiative

- 👤 Reduce HCAIs
- 👤 Change attitudes/culture
- 👤 Collect HH compliance data – 3 audits per year
- 👤 Collect SAB data
- 👤 HH products to be available in all public areas
- 👤 Develop consumer targeted HH campaign
- 👤 Sustain HH culture change
- 👤 Benchmark HH compliance nationally and internationally

How We Can Achieve These Goals

- Strong organisational leadership
- Leadership at every departmental level
- HH champions
- Mandatory annual HH on line learning package for all new and current employees
- Make HH core business for all HCW's
- Hand hygiene is '***everyone's responsibility***'



Reasons why we don't clean 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....

Introduced:

- 👏 Isopropyl Alcohol impregnated wipes/detergent wipes
- 👏 Alcoholic Chlorhexidine hand rubs(ABHR)
- 👏 Compatible moisturiser



What can I use????

HH means either:

👉 using soap and water to wash with thorough drying

👉 when your hands are visibly soiled

or

👉 using a waterless hand rubs (eg. ABHR)

👉 when your hands are visibly clean



Hand Hygiene

Hand Rubs

Post
HH



Pre
HH

Soap & Water Hand Washing

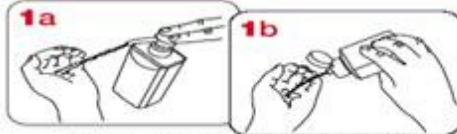
Post
HH



Pre
HH



How to handrub? WITH ALCOHOL-BASED FORMULATION



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



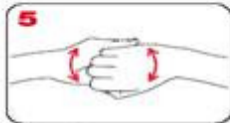
Rub hands palm to palm



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



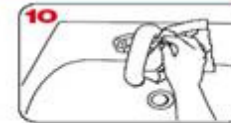
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



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.



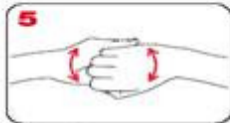
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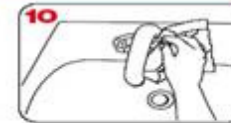
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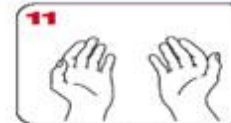
dry thoroughly with a single use towel



use towel to turn off faucet



40-60 sec



...and your hands are safe.



When to use ABHRs????

- 👤 When hands are NOT visibly soiled
- 👤 Before and after patient contacts
- 👤 After glove use
- 👤 After contact with inanimate objects

👤 CDC; Guideline for hand hygiene in health-care settings,2002

Why use ABHR's????

- ✎ Reduces bacterial count on hands
- ✎ More effective for standard hand wash
- ✎ Reduces adverse outcomes and cost associated with HAI's
- ✎ Requires less time
- ✎ Less irritating contain an emollient
- ✎ Can be readily accessible/portable

When do I do it 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



Specific Examples

- Group settings
 - Ask patients to do HH on arrival - they can then share common equipment
 - Encourage further HH after coughing/sneezing prior to sharing equipment
 - Ask patients to do HH before leaving
 - Clean shared equipment between groups
- Home visits
 - Take a portable bottle of hand rub with you



Who can use it????

 Health care workers

 Patients/Clients/Residents

 Visitors

 Place HH products in high traffic areas

 Educate everyone to use before and after each session/appointment

 Lead by example

“Clean Between”

- ✎ Use the alcohol impregnated wipes/detergent wipes on all shared non critical equipment
- ✎ Think about product placement to encourage use e.g gym entrance, on trolleys, in clinic areas, therapy rooms, dining rooms entrance



Compatible Moisturiser....

Used minimum of 3 times per shift

✎ At coffee break

✎ At meal breaks

✎ At home time

✎ All HCW's to use hospital supplied compatible moisturiser

✎ Think about the whole 24 hours



Did you know ????

- 👏 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
- 👏 A sneeze can travel at 200mph and carry germs onto other people or surfaces
- 👏 Rotavirus causes gastro illness and can live on dry, hard surfaces like table tops or toys for up to 20 minutes
- 👏 Stay home till you are 48 hours symptom free

Role Models....

- 👋 We are all role models all the time
- 👋 All our patients/clients/residents deserve to see us clean our hands
- 👋 Lead by example

Influence of role Models on hand hygiene of healthcare workers

“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

Gloves....

- ✎ Gloves should be used as an adjunct to, not a substitute for hand hygiene.
- ✎ Hand hygiene is to be used before & after all glove use.
- ✎ Gloves need to be changed & ABHR used after each pt procedure and when going from dirty to clean sites on the same patient.
- ✎ Disposable gloves are to be used once only and not disinfected or washed.

Hand health....

Your skin is your 1st line of defence
against infections

👤 Cover cuts, scratches, rashes with
an water proof dressing

👤 Keep wounds clean

👤 Don't pick sores

👤 Don't touch open wounds

👤 Wear gloves the garden

👤 Wear gloves for the dishes

👤 Think about the whole 24 hours



Nails....

Don't bite your fingernails

👉 Keep nails short

👉 No chipped polish

👉 No acrylic nails in clinical areas

👉 Limit jewellery worn to work

👉 Jewellery should not inhibit your ability to correctly perform HH



At work.....

- 👉 At work we are in close contact with each other
- 👉 Have clean hands before you start
- 👉 Wipe down shared equipment e.g keyboards, phones etc
- 👉 Wipe your lanyard daily
- 👉 Stay home if ill



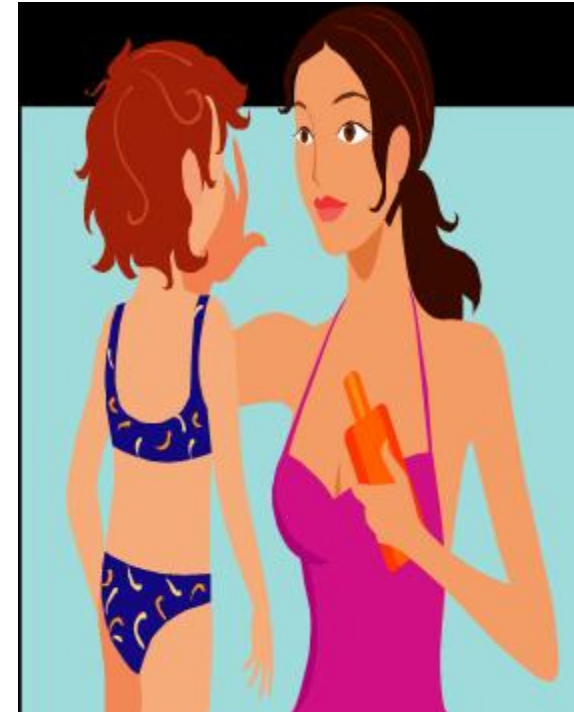
Empowerment....

Spread the word

- 👉 Remind colleagues
 - 👉 Remind food handlers
 - 👉 Remind health care workers
 - 👉 Remind the kids/family
 - 👉 Remind yourself
-
- 👉 Clean your hands



Where we are now....



Hand Hygiene

SUSTAINABILITY



Take home message....

- 👉 Look after your skin
- 👉 Remind others to practice healthy hands habits
- 👉 Use moisturiser (boys included)
- 👉 Wear gloves
- 👉 Don't bite your nails
- 👉 Make it an effective wash
- 👉 Stay healthy

References:

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