



## Hand Hygiene (HH) for Phlebotomists



Hand Hygiene Australia

[www.hha.org.au](http://www.hha.org.au)

# Holding hands.....



# Busy hands.....



Even busier hands....



We would like hand hygiene to be as instinctive as some other behaviors ....



# 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”

# 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????

# Why bother????

- 👉 7-10% of patients will acquire 1 or more healthcare acquired infections (HCAI's)
- 👉 Contributes to 7,000 deaths per annum
- 👉 Fed.I 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

Source:Australian Council for Quality and Safety in Healthcare July 2003  
Yung, McDonald, Spelman, Street & Johnson 2001  
Victorian Surveillance System (VICNISS) Coordinating Centre Data 2007

# Why we did it....

- Austin/Geneva template
  - VQC project
  - 6 Vic Pilot sites
  - Over 2 years
  - Vic.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 national 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 HCWs
- 👉 Hand hygiene is ***'everyone's responsibility'***



# Hand Hygiene

- 👤 Isopropyl Alcohol impregnated wipes/detergent wipes
- 👤 Alcoholic Chlorhexidine hand rubs
- 👤 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 waterless hand rubs ( eg. ABHR)

👉 when your hands are visibly clean



# Hand Hygiene

## Hand Rubs

## Soap & Water Hand Washing

Post  
HH

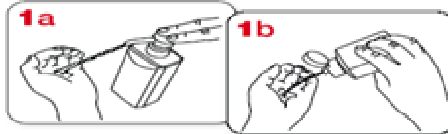


Post  
HH



Pre  
HH

## How to handrub? WITH ALCOHOL-BASED FORMULATION



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



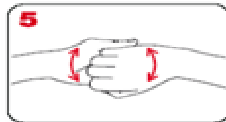
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



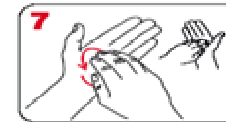
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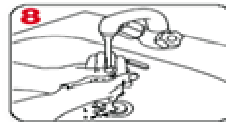
backs of fingers to opposing palms with fingers interlocked



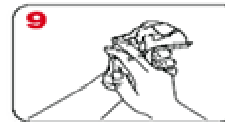
rotational rubbing of left thumb clasped in right palm and vice versa



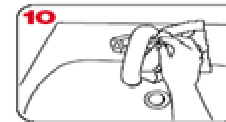
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



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.

40-60 sec

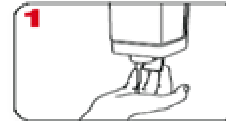


...and your hands are safe.

## How to handwash? WITH SOAP AND WATER



Wet hands with water



apply enough soap to cover all hand surfaces.



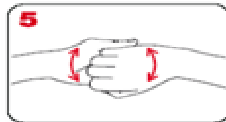
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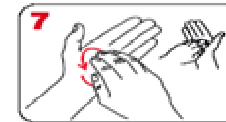
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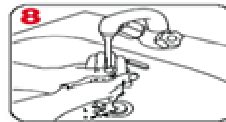
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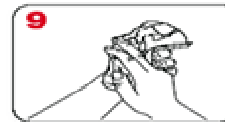
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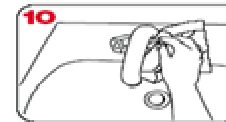
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# When do I do it at work....

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



# “Clean Between”

- ✎ Use the alcohol impregnated wipes/detergent wipes on all shared non critical equipment
- ✎ Think about product placement to encourage use
- ✎ Have on trolley to enable work area to be cleaned after each patient
- ✎ ??? Tourniquets-minimum need to be wiped between each patient
- ✎ Kidney dish-also wipe between each patient



# Who can use it????

 Health care workers

 Patients/Clients/Residents

 Visitors

 Place HH products in high traffic areas

 Educate everyone

 Lead by example

# Work out your workflow.....

- 👉 ABHR before touching a patient  
(can be used whilst moving from 1pt to next)
- 👉 Set up/check pt /check slip etc
- 👉 Position arm/tourniquet on/palpate area/ABHR
- 👉 Don gloves
- 👉 Take blood/dispose of sharp/ apply pressure
- 👉 Remove gloves/ABHR
- 👉 Label tubes/bag up/check site/tape arm
- 👉 Check pt/ABHR
- 👉 Move to next patient/ward



Have it ready...



# Be seen, show off.....

You are really important in the HH chain you go patient to patient, room to room, department to department, even facility to facility

👏 You are highly visible staff

👏 Have HH and cleaning wipes on your trolley

👏 Let each patient see you perform HH

👏 Have both products in your domiciliary kits

# Hand Hygiene

## Gloves

- 👤 Gloves should be used as an adjunct to, not a substitute for hand hygiene.
- 👤 HH is to be used before & after glove use.
- 👤 Gloves need to be changed & ABHR used after each pt
- 👤 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  
a 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



# Hand Hygiene

- 👉 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 HH abilities
- 👉 Your hands are what the patient focus on.....



# 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

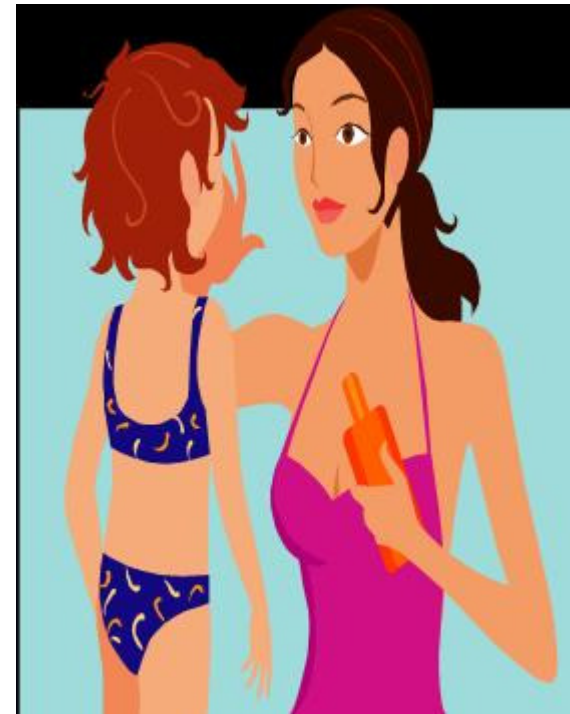
EMERGING INFECTIOUS DISEASES FEB 2003

# 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



# Hand Hygiene



# Hand Hygiene

## **SUSTAINABILITY**



# Hand Hygiene

## Take home message

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

# Hand Hygiene

## References:

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