

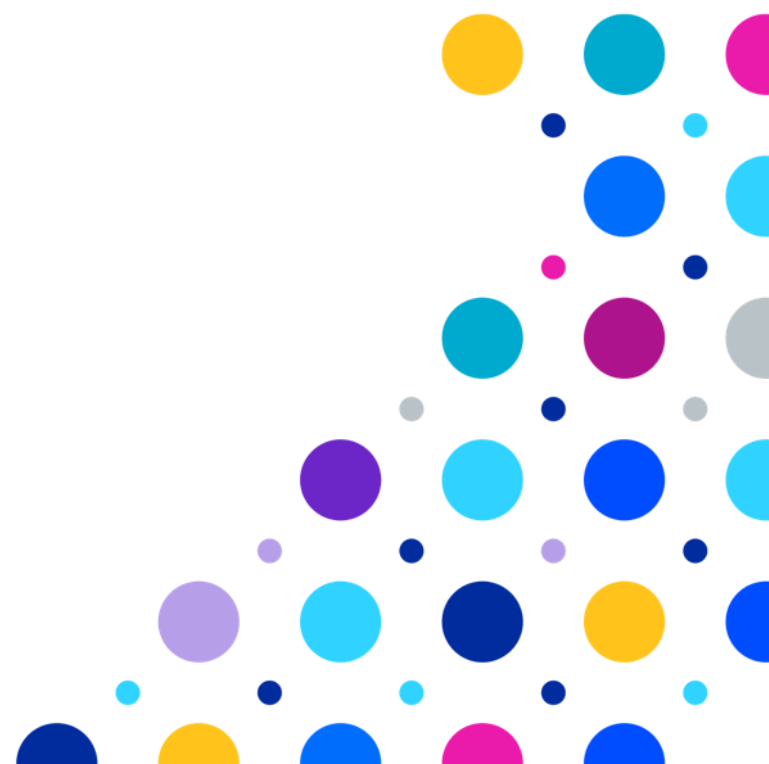
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South Tees Hospitals
NHS Foundation Trust

Hand Hygiene

Safety and Quality First 

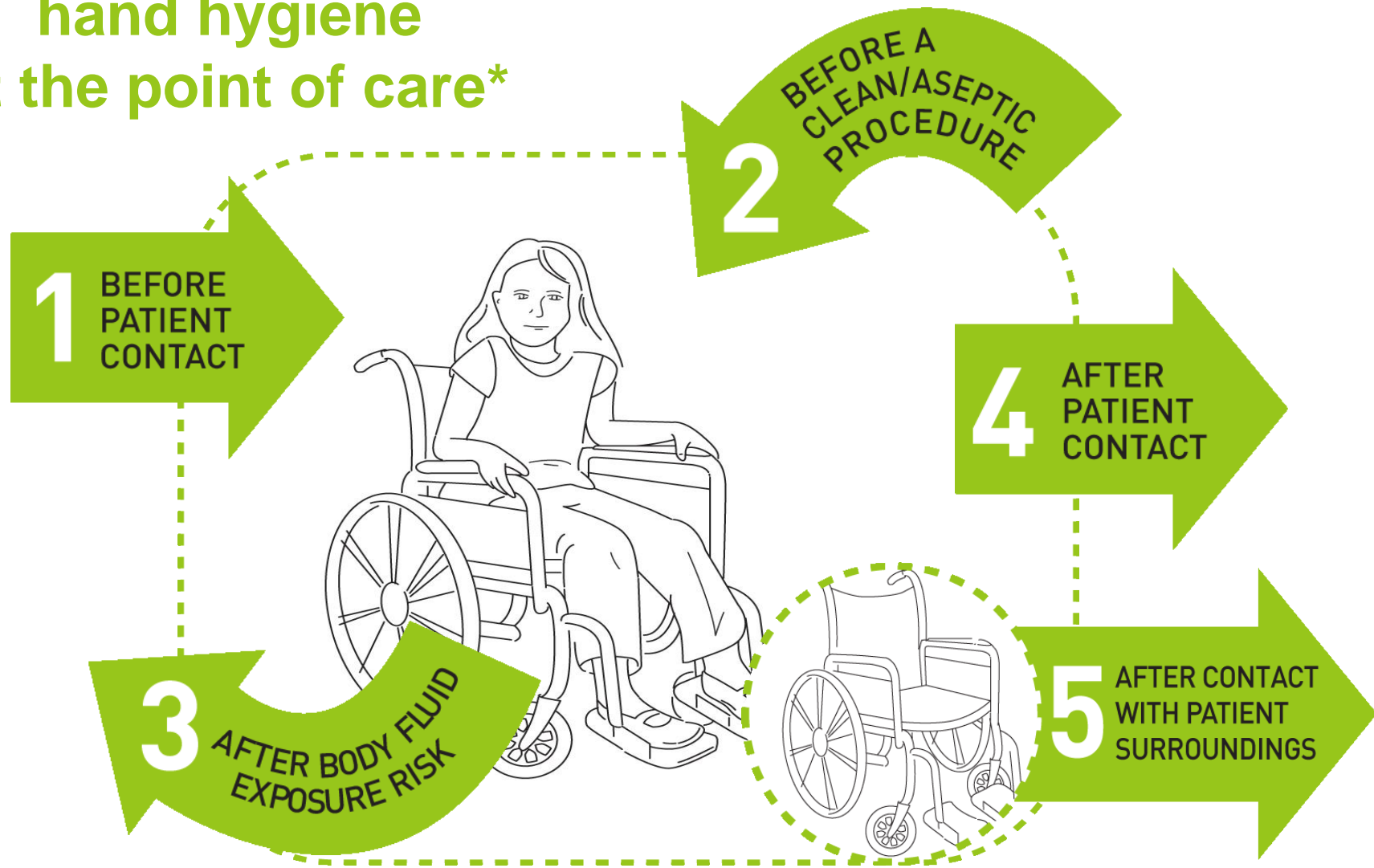


Effective Hand Hygiene

Safety and Quality First 



Your 5 moments for hand hygiene at the point of care*



Why was the five moments approach developed?

- To reduce unnecessary hand hygiene
- To stress the importance of the correct location and time for hand hygiene
- To ensure the chain of transmission is broken through effective hand hygiene



Moment one



WHEN?

Clean your hands when approaching a patient at the point of care

WHY?

To protect the patient from harmful germs carried on your hands

- Occurs before first contact with a patient
- Occurs regardless of glove use
- Occurs within the patient zone at the point of care
- May occur in combination with other moments



Moment two



WHEN?

Clean your hands immediately before any clean/aseptic procedure

WHY?

To protect the patient from harmful germs from the environment and from themselves during a procedure

- Important to stop introduction of environmental pathogens to the patient
- Stops invasive introduction of the patient own flora
- May be combined with moment one, but **ONLY** if the first patient contact is a clean/aseptic procedure



Moment three



WHEN?

Clean your hands immediately after an exposure risk to body fluids, including after glove removal

WHY?

To protect yourself and the healthcare environment against harmful germs from the patient and patient zone

- The rationale for moment three is to prevent contamination of staff and the ward outside the patient zone, i.e. the healthcare zone, with germs carried in patients bodily fluids
- It is important to realise that even if gloves have been worn during a task this constitutes an exposure risk, once gloves have been removed the hands cannot be considered clean until moment 3 has been complied with



Moment four



WHEN?

Clean your hands after touching a patient when leaving the point of care

WHY?

To protect yourself and the healthcare environment against harmful germs from the patient

- The aim here is to prevent germs crossing the boundary between the patient zone and the healthcare zone



Moment five



WHEN?

Clean your hands after touching any object or furniture in the patient zone even if the patient is not present or has not been touched

WHY?

To protect yourself and the healthcare environment against harmful germs from the patient zone





Patient zone/combining moments

This zone is an important concept in transmission, as it likely to be heavily colonised with the patients flora, even when the patient is not there. This area also includes the furniture

The boundary between the patient zone and the healthcare zone is key and should be decided locally and agreed for the Five Moments approach to work



Hand Hygiene

- Hand hygiene protects patients against Healthcare Associated infection's (HCAI) and colonisation
- HCW's hands are exposed to micro organisms up to 10 000 times per day of which most HCW's practice effective hand hygiene only **50%** of the time
- Each moment is a time when many indicators for hand hygiene can occur

The use of gloves does not replace the need to clean your hands. Gloves must be removed to perform hand hygiene when a moment occurs while wearing gloves. Gloves must not be gelled



What's on your hands



- Germs/ Bacteria/ Virus
- E-coli
- MRSA
- Salmonella
- Campylobacter
- Clostridium Difficile
- Covid -19

Even small numbers can make you ill- particularly the elderly, vulnerable, immunosuppressed.



Hand hygiene is the most effective way to stop infection from spreading.

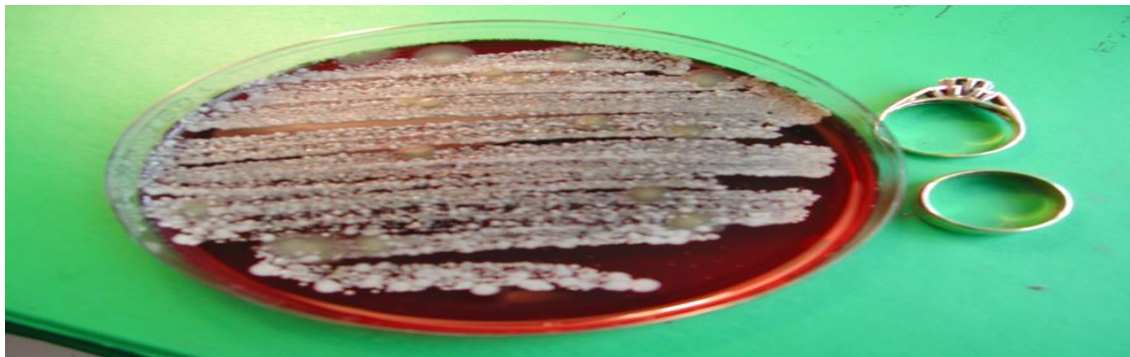


- People frequently touch their eyes, nose, and mouth without even realising it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare them.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Up to 80% of infectious diseases are transmitted by touch.
- Removing germs through handwashing is the most effective way to stop the transmission of infection.



Bare below the elbow

- Short, clean nails. **NO** nail varnish or acrylic nails
- No jewellery/wrist watch.
- **PLAIN** wedding band only - no stones or engraving
- What is your company policy?
- Do you follow policy?



Hand Hygiene



Soap and water

- Reduces bacterial counts on the hands
- One application of soap and rub for 20 seconds
- Recommended when hands are visibly soiled
 - direct contact with bodily fluids
 - patient has vomiting and/or diarrhoea/outbreak situations and/or Clostridium Difficile

Alcohol hand gel

- Ensure 3 applications of alcohol hand gel and rub for 30 seconds
- Recommended for regular hand decontamination in most care situations other than patient has vomiting and/or diarrhoea/outbreak situations and/or Clostridium Difficile



Hand Washing with soap and water



Hand washing technique with soap and water

The infographic illustrates the correct hand washing technique in 13 numbered steps:

1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm.
4. Rub back of each hand with palm of other hand with fingers interlaced.
5. Rub palm to palm with fingers interlaced.
6. Rub with back of fingers rubbing palm with fingers interlaced.
7. Rub each thumb closed in opposite hand using a rotational movement.
8. Rotate tips of fingers in opposite palm in a circular motion.
9. Rub wrist and with opposite hand.
10. Rinse hands with water.
11. Use elbow to turn off tap or foot pedal tap operation and paper towel to turn off light.
12. Dry thoroughly with a single-use towel.
13. Hand washing should take 40-60 seconds.

Issued by www.debigroup.com

World Health Organisation
Approved from World Health Organisation guidelines as found by www.who.int/csr/resources/publications/hand-hygiene/

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Using alcohol gel



HAND RUB TECHNIQUE

In line with the WHO Guidelines on Hand Hygiene in Healthcare (May 2009)



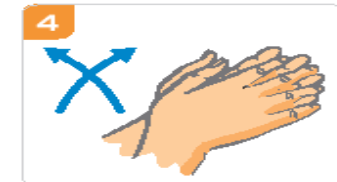
1a Apply 3ml of Spirigel® complete to the palm of one hand



1b Cover whole surface of hands, rubbing palm to palm



3 Spread Spirigel® complete over the back of each hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



5 Grip the fingers on each hand and rub in a sideways back and forth movement



6 Clasp each thumb in the opposite hand and rotate



7 Press fingers into palm of each hand and rotate



8 Once dry, your hands are safe

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In support of

SAVE LIVES
Clean Your Hands



Frequently missed bits

Areas missed during handwashing

- Bare below elbows – short sleeved shirt, no jewellery
- Nails – short, no false nails, no polish
- Cuts/abrasions - cover
- Moisturiser

Report any skin problems to your line manager and Occupational Health – 01642 282482 or email



QUIZ



Quiz



1. What is the most effective way to stop the transmission of infection?
2. If hands are heavy soiled, should you use soap and water or alcohol gel.
3. When is hand gel not effective
4. Should you wash hands before and after glove use
5. Name 2 out of 7 of the stages of the hand hygiene technique
6. Name two of the five moments
7. How long do you wash your hands with soap and water?
8. How much alcohol gel do you use?
9. How long does alcohol gel need to be rubbed in for?
10. What is the most frequent part of the hands that are missed ? .





THANK YOU