

Centro di Ateneo per la Solidarietà Internazionale - CeSI

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Hand Hygiene: Why, How & When?



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

The Project

Project 7/2015

Strategies to control hospital infections and tuberculosis in Consolata Hospital Ikonda in Tanzania: training courses for a good clinical practice



Objectives and Outcomes

The main goal of the project is to reduce the incidence and the mortality rate related to the hospital infections. The project aims also to promote a correct treatment of tuberculosis patients of the Consolata Hospital Ikonda.

Particularly, the intervention wants to facilitate a program to control the hospital infections. One of the expected outcomes is to improve monitoring of hand hygiene in every ward with a special focus on operating rooms.

In this leaflet there are provided some suggestions on hand hygiene from the official guidelines of the World Health Organization.

Why?

- Thousands people die every day all over the world from infections acquired while receiving health care.
- Hands are the main pathways of germ transmission during health care.
- Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent health care-associated infections.
- This brochure explains how and when to practice hand hygiene.

Who?

- Any health-care worker, caregiver or person involved in direct or indirect patient care needs to be concerned about hand hygiene and should be able to perform it correctly and at the right time.

How?

- Clean your hands by rubbing them with an alcohol-based formulation, as the preferred mean for routine hygienic hand antiseptics if hands are not visibly soiled. It is faster, more effective, and better tolerated by your hands than washing with soap and water.
- Wash your hands with soap and water when hands are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet.
- If exposure to potential spore-forming pathogens is strongly suspected or proven, including outbreaks of *Clostridium difficile*, hand washing with soap and water is the preferred means.

How to handrub

Rub hands for hand hygiene!

Wash hands when visibly soiled



Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

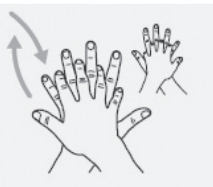


2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.

Figure 1, WHO Guidelines on hand hygiene in health care, pag. 155, WHO, 2009

How to handwash

Wash hands when visibly soiled!

Otherwise, use handrub



Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand 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 hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

Figure 2, WHO poster "How to hand wash", WHO, 2009

When

Your five moments for hand hygiene

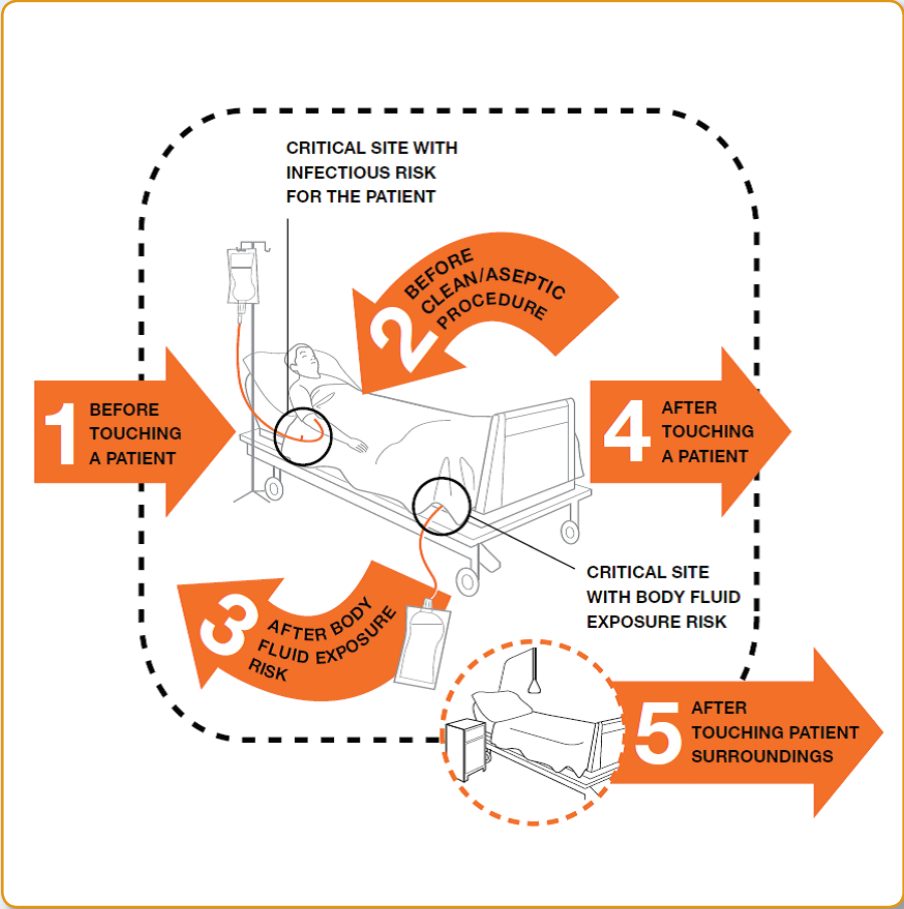


Figure 3, WHO Guidelines on hand hygiene in health care, pag. 123, WHO, 2009

Hand hygiene and medical gloves use

- The use of gloves does not replace the need for cleaning your hands.
- Hand hygiene must be performed when appropriate regardless of the indications for gloves use.
- Discard gloves after each task and clean your hands.



Sterile gloves indicated

Any surgical procedure; vaginal delivery; invasive procedures; performing vascular access.

Examination gloves indicated in clinical situations

Potential for touching blood, body fluids, secretions, excretions and items visibly soiled by body fluids.

Direct patient exposure: Contact with blood; contact with mucous membrane and with non-intact skin; potential presence of highly infectious and dangerous organism; epidemic or emergency situations; IV insertion and removal; drawing blood; discontinuation of venous line; pelvic and vaginal examination.

Indirect patient exposure: Emptying emesis basins; handling/cleaning instruments; handling waste; cleaning up spills of body fluids.

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