

# Hand Hygiene

## Module 1



**Hand hygiene** protects residents *and* you from germs that cause infection. Use alcohol-based hand rub or soap and water to prevent the transmission of germs.

*Scan to visit About Hand Hygiene for Patients in Healthcare Settings (CDC)*



### **Alcohol-based hand rubs (must be at least 60% alcohol)**

- Use when hands are not visibly soiled
- Apply to the palm of one hand
- Rub hands together covering all surfaces, including fingertips and area between fingers

### **Handwashing**

- Use when hands are visibly soiled, before eating and after using the restroom or when caring for a resident with diarrhea
- Wet hands with water
- Apply soap
- Rub hands together for 20 seconds to cover all surfaces, including between fingers and fingertips
- Dry hands with clean, dry paper towel; place towel in trash

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**First:** Ask staff if they are aware of hand hygiene compliance on their unit and in their facility - celebrate their awareness! Next, ask staff if they hold each other accountable (in a friendly way) for performing hand hygiene. Share how hand hygiene audits are obtained.

### Review

- a. Hand Hygiene Is a Ball! lesson plan.
- b. The Pause for Prevention hand hygiene flyer. Review each step for hand hygiene with alcohol rub and hand hygiene with soap and water.

### Emphasize

- a. Hand hygiene opportunities [before providing care, after providing care, after touching anything in the resident's environment (room)].
- b. Turning off the sink with a *clean* paper towel to avoid contaminating the sink handles.

**Lesson:** Hand hygiene is the number one defense against the transmission of germs that have the potential to cause infection.

# Hand Hygiene is a Ball! Activity

## Module 1

- Apply dry erase marker or washable paint to a medium-sized, hard, plastic ball (this will wash off).
- Gather your supplies: ball, dry erase marker or washable paint, alcohol hand rub.
- Gather staff in an area where the lesson can be carried out and hand hygiene can be performed using alcohol hand rub and soap and water.
- Pass the ball with the marker or paint applied among the group as you share the following: "The ball represents anything touched in the environment. The ball is a door handle, a television remote, a telephone, or a portable vital signs monitor; anything and everything that is touched a lot! The marker or paint on the ball represents germs that get passed along from person to person, or person to object to person (resident) when hand hygiene is not performed. Imagine if we could see the germs!"
- Ask: Which type of hand hygiene is generally recommended?
- **CDC recommends using "ABHR with 60-95% alcohol** in healthcare settings. Unless hands are visibly soiled, an alcohol-based hand rub is preferred over soap and water in most clinical situations due to evidence of better compliance compared to soap and water."
- Ask: Which type of hand hygiene is appropriate when hands are visibly soiled?
- **CDC states:** "Hands should be washed with soap and water for at least 20 seconds when visibly soiled, before eating, and after using the restroom."

**Present scenarios (see examples below) that are role-related to encourage discussion across departments.**

**1. A nurse will perform wound care for a resident. When should hand hygiene be performed?**

**Answer:** Before putting on gloves (donning), after removing gloves (doffing), after performing other duties in the resident's room and before leaving the resident's room. **Rationale:** Hand hygiene is essential before putting on gloves (donning) to ensure that germs are not transferred to the gloves. Hand hygiene after taking off gloves (doffing) is needed to ensure that germs were not transferred to hands during removal. Hand hygiene should always be done between tasks in the resident's room and before leaving the resident's room to ensure that no germs get moved around in the environment. Additionally, gloves never take the place of hand hygiene.

**2. A dietary staff member is assisting with the delivery of trays to individual residents. When should hand hygiene be performed?**

**Answer:** Before touching food items or trays and after delivering food to individual residents.

**Rationale:** Germs can travel from the hands of staff to items used for, or in the care of, residents and then to the residents. Hand hygiene is important to ensure germs do not move around in the environment.

**3. A laundry staff member will be taking clean linen from the holding area to a unit. When should hand hygiene be performed?**

**Answer:** Before touching linen supplies, on arrival to the area where linen will be stored for the unit, and after placing in designated storage area on unit. **Rationale:** Moving items like linen within a facility may require touching door knobs, etc., and linen will come into contact with residents, therefore careful handling with clean hands is important to ensure that germs are not transferred.

# Hand Hygiene Competency Validation Tool

# Hand Hygiene Competency Validation

Soap & Water

Alcohol Based Hand Rub (ABHR) (60% 95% alcohol content)

Type of validation: Return demonstration

☐ Orientation

☐ Annual

☐ Other

Employee Name: \_\_\_\_\_ Job Title: \_\_\_\_\_

1. Checks that sink areas are supplied with soap and paper towels		
2. Turns on faucet and regulates water temperature		
3. Wets hands and applies enough soap to cover all surfaces of hands		
4. Vigorously rubs hands for at least <b>20 seconds</b> including palms, back of hands, between fingers, and wrists		
5. Rinses thoroughly keeping fingertips pointed down		
6. Dries hands and wrists thoroughly with paper towels		
7. Discards paper towel in wastebasket		
8. Uses paper towel to turn off faucet to prevent contamination to clean hands		
9. Applies enough product to adequately cover all surfaces of hands		
10. Rubs hands including palms, back of hands, between fingers until all surfaces dry		
11. Direct care providers—no artificial nails or enhancements		
12. Natural nails are clean, well groomed, and tips less than ¼ inch long		
13. Skin is intact without open wounds or rashes		

Comments or follow up actions:

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Validator Signature

\_\_\_\_\_  
Date