

# Hand Hygiene

<b>ORGANIZATIONAL: Affects two or more departments.</b>							
<b>Folder</b>	Infection Prevention			<b>Sub-Folder</b> (If Applicable)	n/a		
<b>Original Effective Date</b>	1/1/1987	<b>Scope</b>	All				
<b>Approved</b> (Approver/Date)	IPC: 6/27/18 ; MDRC: 7/19/18						
<b>Last Reviewed/ Revised Date</b>	7/19/2018	<b>OSHA Category</b> (If Applicable)	I	<b>Standard</b> (If Applicable)	IC.01.04.01 NPSG.0701.01	<b>Number of pages</b>	5

**PURPOSE:** Hand Hygiene is performed to protect hospital personnel, patients, families, and visitors from the spread of infection.




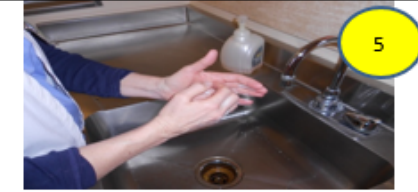


**SKILL LEVEL:** All

**GUIDELINES:** Personnel shall perform hand hygiene anytime the patient environment is entered or exited (i.e. patient’s room, exam room, procedure room, etc.). Hand hygiene is performed **before and after any patient or patient equipment contact, before and after glove use, or when going from a dirty to a clean task.**


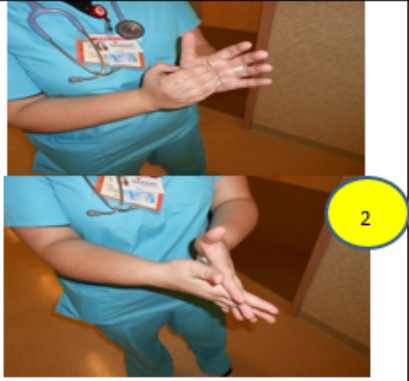
Immediate feedback should be provided to staff who miss opportunities for hand hygiene.

**PROCEDURE:** Include: Definitions, Equipment, Process, and Documentation

1. Use hospital approved soap and water:
  - a. If hands are visibly soiled (important to physically remove the material)
  - b. Before eating
  - c. After using the restroom
  - d. If exposure to Bacillus Anthracis or other spore forming pathogens, such as, Clostridium Difficile is suspected or proven

<b>HAND-WASHING TECHNIQUE:</b>	
1) Turn sleeves up to expose wrists	
2) Turn on the faucet so that warm water is flowing. Wet hands.	
3) Apply soap to create a visible lather	
4) Wash palms and wrists, in between fingers and under nail beds, covering all skin surfaces and under rings creating a vigorous scrubbing action for at least 15 seconds. Food service employees wash for 20 seconds	
5) Rinse thoroughly with warm running water, being sure to remove all soap residue.	
6) Dry hands with a clean paper towel. Discard towel.	
7) With another clean paper towel, turn off the faucet. You may use this same towel to open the door. Discard the second paper towel.	

2. Use an alcohol-based hand rub in all other recommended situations including but not limited to:
  - a. When coming on and going off duty
  - b. When entering or exiting the patient's environmental threshold
  - c. Before and after direct patient contact
  - d. After contact with patient's intact skin (e.g. as in taking a pulse or blood pressure, or lifting a patient)
  - e. When moving from a contaminated body site to a clean body site during patient care
  - f. After contact with inanimate objects (including medical equipment) in the immediate vicinity of the patient
  - g. Before and after glove use

Alcohol-Based Foam or Gel:	
1) Dispense approximately a ping pong size ball of foam or gel into palm of hand to keep hands wet for 15-20 seconds	
2) Rub hands together, covering all surfaces of hands, fingers, and wrists. Rub vigorously until hands are dry	

3. Artificial fingernail enhancements are prohibited for those providing direct patient care. Artificial nail enhancements contribute to nail changes that can increase the risk of colonization and transmission of pathogens to patients. Artificial nail enhancements include but are not limited to:
  - a. Artificial nails
  - b. Tips
  - c. Wraps
  - d. Appliques
  - e. Acrylics or Gels (require a fill)
  - f. Decorative items such as glitters, jewelry
 Nails should be:
  - g. Neatly manicured

- h. No longer than ¼ inch in length beyond the tip of the finger
- i. Nail polish should be unchipped

Individual departments may institute measures, in addition to those above, to comply with established standards of care in specialty areas. It is the responsibility of department directors, managers, supervisors, and charge nurses to monitor and enforce compliance. Peer to peer coaching is strongly encouraged.

**Hand-Washing Technique:**

1. Turn sleeves up to expose wrists
2. Turn on the faucet so that warm water is flowing, wet hands
3. Apply soap to create a visible lather
4. Wash palms and wrists, in between fingers and under nail beds, covering all skin surfaces and rings creating a vigorous scrubbing action for at least 15 seconds. Food service employees wash for 20 seconds
5. Rinse thoroughly with warm running water , being sure to remove all soap residue
6. Dry hands with a clean paper towel. Discard towel
7. With clean paper towel, turn off faucet. You may use this same towel to open the door. Discard the second paper towel

A way to gauge the amount of time to wash is by humming “Yankee Doodle” or “ABC” song, or two courses of “Happy Birthday”.

Because of the damage hand washing and increased disposable glove wearing can do to normally well intact hands, it may be necessary to apply a protective hand lotion or barrier. This should be a hospital approved product that doesn’t break down the disposable latex or synthetic glove components which could compromise protection. Southeast Health has an approved hand lotion that is available through materials management.

**Alcohol-Based Foam or Gel:**

1. Dispense approximately a ping pong size ball of foam or gel into palm of hand to keep hands wet for 15-20 seconds
2. Rub hands together, covering all surfaces of hands, fingers, and wrists. Rub vigorously until hands are dry

**Surgical Hand Antisepsis:**

Refer to “Surgical Hand Scrub” policy

**REFERENCES:**

Centers for Disease Control and Prevention. (2016, March 25). *Hand Hygiene in Healthcare Settings*. Retrieved January 3, 2017, from CDC: <https://www.cdc.gov/handhygiene/providers/guideline.html>

Hass, J. (2014). Hand Hygiene. In *APIC Text of Infection Control and Epidemiology*. Association for Professionals in Infection Control and Epidemiology. Retrieved January 3, 2017, from <http://text.apic.org/toc/basic-principles-of-infection-prevention-practice/hand-hygiene>

**Attachments:** (Label as Appendix A, B, C, etc.)