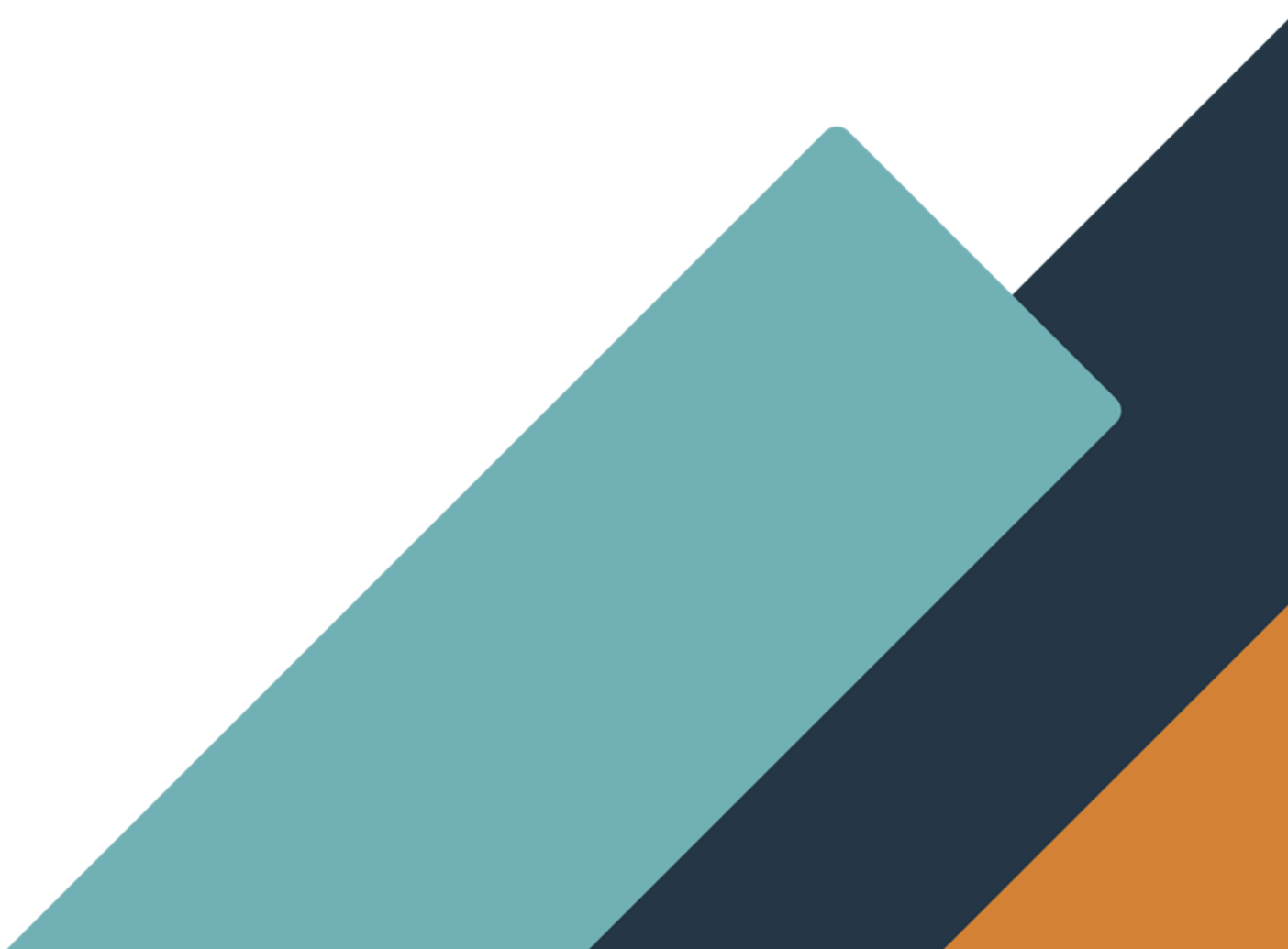


Handwashing



Slide 2 - Welcome

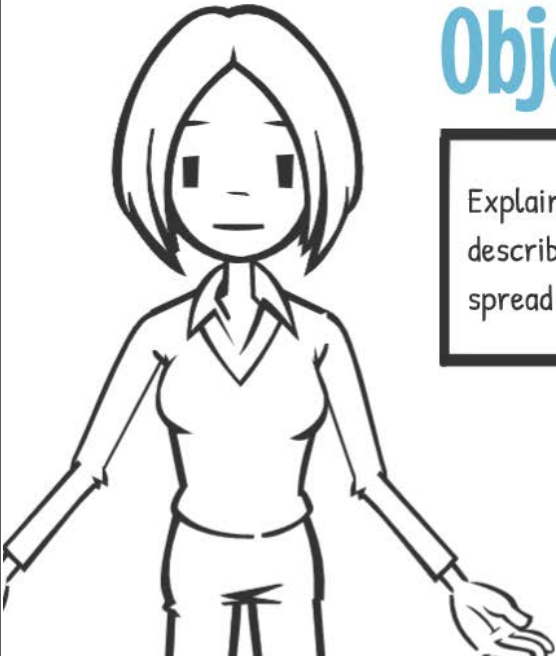


TODAY WE ARE
TALKING ABOUT ...

Handwashing

Presented by Catherine Dehlin, RN, BSN, CHPN, CHCM, COGS





Slide 3 - Objective




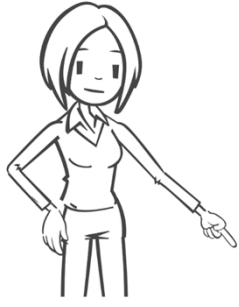

Objective

Explain the importance of handwashing in healthcare and describe best practices for hand hygiene to control the spread of infection and improve patient outcomes.

Slide 4 - Handwashing


<p>Without proper hand hygiene the longer the duration of care the <u>higher</u> the degree of hand contamination.</p> 	
 <p>Let's reduce the spread of infection!</p>	<p>Failure to perform appropriate hand hygiene is considered to be <u>the leading cause</u> of healthcare acquired infections and spread of multi-resistant organisms.</p> <p>It has been estimated that at least 50% of healthcare acquired infections could be prevented.</p> 

Slide 5 - Five Moments for Hand Hygiene

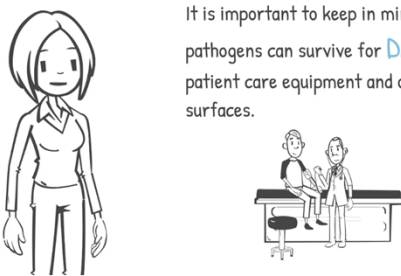
<p>Washing your hands with <u>soap and water.</u></p> 	 <ol style="list-style-type: none">1. Before touching a patient2. Before Clean/Aseptic procedure3. After body fluid exposure risk4. After touching a patient5. After touching surroundings
<p>The World Health Organization (W.H.O.)</p>  <p>Protect yourself, your patient, and the healthcare environment.</p>	

Slide 6 - Healthcare Workers


Viruses generally remain active longer on stainless steel, plastic and other similar hard surfaces than on fabric and other soft surfaces.



It is important to keep in mind that pathogens can survive for **DAYS** on patient care equipment and other surfaces.




This makes it **very important** to practice hand hygiene after you leave every patient's room.



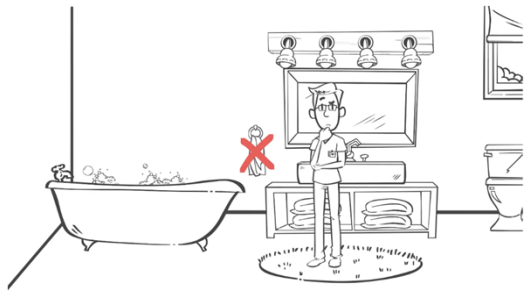
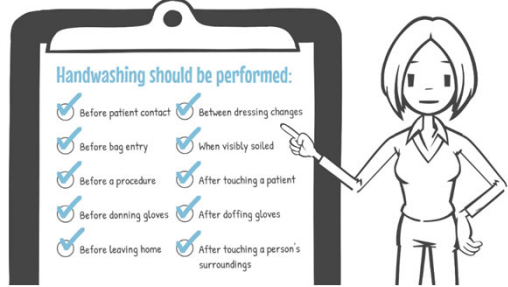
Slide 7 - Handwashing Pt.2

Hand washing mechanically removes pathogens, while laboratory data demonstrate that **60%** ethanol and **70%** isopropanol, the active ingredients in **CDC-recommended** alcohol-based hand sanitizers, inactivates viruses.






Handwashing should be performed:




- ✓ Before patient contact
- ✓ Before bag entry
- ✓ Before a procedure
- ✓ Before donning gloves
- ✓ Before leaving home
- ✓ Between dressing changes
- ✓ When visibly soiled
- ✓ After touching a patient
- ✓ After doffing gloves
- ✓ After touching a person's surroundings



Slide 8 - How to Wash Hands with Soap and Water


 <p>Hands should vigorously be washed for a minimum of 15-20 seconds.</p>	 <p>0 Wet hands with water;</p> <p>1 Apply enough soap to cover all hand surfaces;</p> <p>2 Rub hands palm to palm;</p> <p>3 Right palm over left dorsum with interlaced fingers and vice versa;</p> <p>4 Palm to palm with fingers interlaced;</p> <p>5 Backs of fingers to opposing palm with fingers interlaced;</p> <p>6 Rotational rubbing of left thumb clasped in right palm and vice versa;</p> <p>7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p> <p>8 Rinse hands with water;</p> <p>9 Dry hands thoroughly with a single use towel;</p> <p>10 Use towel to turn off faucet;</p> <p>11 Your hands are now safe.</p>		
 <p>Vigorous</p> <p>This is how the transient microorganisms present on the hands - that can cause potential infections - are lifted and then removed during hand rinsing under the water and hand drying.</p>			

Slide 9 - Alcohol-Based Hand Rubs

<p>Alcohol-Based Hand Rubs</p>  <p>Remember</p> <p>Handwashing with either plain or antimicrobial soap and water is preferred when hands are visibly dirty or soiled with blood or other body fluids, or when exposure to potential spore-forming organisms like <i>C. diff</i> or <i>B anthracis</i> is strongly suspected or proven.</p>	<p>Alcohol-based hand rubs can be used:</p> <ul style="list-style-type: none"> - Before, after, and between patient contact, such as when taking a BP or lifting a patient in bed - Before putting on gloves, including sterile gloves, and after they are removed - Before inserting invasive devices, such as an I.V. or catheter 	
<p>Alcohol-Based Hand Rubs</p>  <ul style="list-style-type: none"> - Alcohol-based hand rubs (foam or gel) kill more effectively and more quickly than handwashing with soap and water. - They are less damaging to skin than soap and water, resulting in less dryness and irritation. - They require less time than handwashing with soap and water. - Bottles/dispensers can be placed at the point of care, so they are more accessible. 		

Slide 10 - How to Use Hand Rubs

How to Use Hand Rubs



- This should take **20 seconds**, or until hands are dry.
- When performing hand hygiene using an alcohol-based hand rub product, if the hands are dry in less than **20 seconds**, a sufficient quantity may not have been applied to the hands.
- It is during this time that the alcohol is killing the microorganisms present on the skin.




1a Apply a palmful of the product in a cupped hand, covering all surfaces;




1b Rub hands palm to palm;



2 Rub backs of fingers to opposing palms with fingers interlocked;



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



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



5 Once dry, your hands are safe.



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;



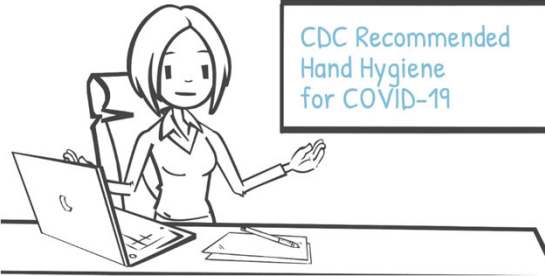
8 Once dry, your hands are safe.

How to Use Hand Rubs





Greater than:
60%
Ethanol
70%
Isopropanol.


Slide 11 - CDC Recommended Hand Hygiene for COVID-19



CDC Recommended Hand Hygiene for COVID-19

Plastic and stainless steel
for up to **2 to 3 DAYS**





Hands should be washed for at least 20 seconds with soap and water when visibly soiled, before eating, and after using the restroom.

Slide 12 - References

CDC. Clean hands count for healthcare providers. <http://www.cdc.gov/handhygiene/providers/index.html>. Accessed 31 March 2020.

Perkins, Amanda. "Hand Hygiene:" Nursing Made Incredibly Easy!, vol. 15, no. 6, 2017, pp. 1-7. DOI.org (Crossref), doi:10.1097/01.NME.0000525554.52280.69.


Huang C., Ma W., Stack S. (2012). The hygienic efficacy of different hand-drying methods: A review of the evidence. Mayo Clinic Proceedings, 87(8), 791-798.

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<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/hcp-hand-hygiene-faq.html>. Accessed 31 March 2020.

Slide 13 - Thank You!



Thank You

Questions?
Contact us at
learning@wellsky.com

