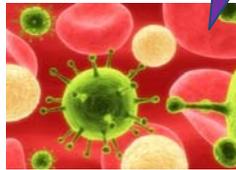
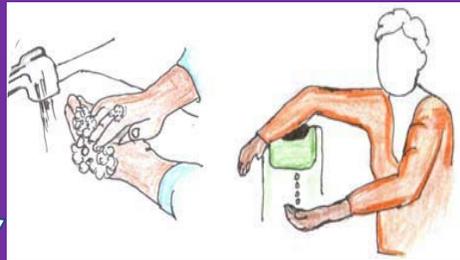


DIARRHEA
H1N1
MRSA



HAND HYGIENE

An important procedure that must always be remember

WHAT is hand hygiene?

Hand hygiene is the simplest, economic, and important procedure to prevent the spread of hospital acquired infections. It is a general terminology of hand washing, hand rub disinfectant and surgical hand washing. There are two stages of hand hygiene first by hand washing with the use of anti- microbial soap and running water then dry it with disposable paper towel. And finally by application of hand rub disinfectant which contains 70%- 90% of alcohol. No need to dry.

How hand hygiene is achieved (hand washing or application of hand disinfectant)

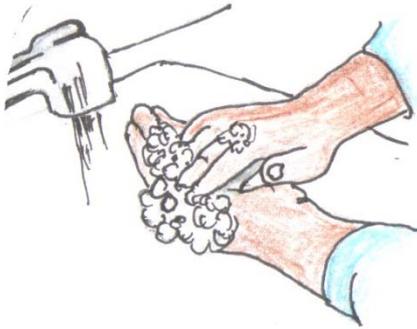


Avoid touching the sink.
Remove any jewelry (rings, watches, and bracelet) before the procedure.

Hand washing is performed to remove visible dirt, presence of secretions, blood or mucous.

Hand washing procedure should be done:

1st: Use paper towel to open the faucet then wet your hands including the wrists. Be extra particular in the area of fingernails.



Suggested time :
30seconds -1 minutes.

3rd: Rinse thoroughly with the running water.

4th: Use paper towel to dry up your hands completely.

5th: Don't use your clean hands to close the faucet. Use paper towel.

Remember do not uses hot water. Frequent use of hot water may increase dryness and skin dermatitis.

Hand rub disinfection should be performed:



3-5 pumps of
disinfection

2nd: Spread it, to all surfaces of the hands (back of the hand, in between the fingers, fingertips and nails) including the wrists and lower arms.

3rd: Let it dry. **Remember no need to dry!**

WHY hand hygiene is important to practice during patient contact?

It is proven in many studies that using **hand hygiene** practice it decreases the hospital acquired infections, respiratory and gastrointestinal illnesses.

It can save lives to many patients by avoiding further major complication that cause to death.

It is a part of one's personal hygiene.

To stay healthy and to live longer.

To improve the **nursing students skills.**

WHEN is needed to perform hand hygiene during the clinical procedure?



When the hands are visible or invisible to dirt.
Hands are visibly contaminated with blood or body fluids.

Before eating.

After using the toilet.

Before and after patient contact.

Before and after the shift.

Before performing any procedures.

Before entering any special care areas as well as the isolation room.



WHAT are the other personal protective equipments which are part of hand hygiene?

Gloves are one of the personal protective equipment which is use in hand hygiene.
It is use when handling human secretions, blood or any body fluids.



REMEMBER:

Apply hand disinfection first before putting the gloves and after removing the gloves.

Gloves should be removed before handling the next patient.

DON'T :

Put the gloves under your armpit nor washed it.

Never do this



Gloves are not a replacement for hand washing neither for hand rub disinfection.

SKIN CARE

The skin should be intact or there is no open wound when handling the patient to prevent transmission of bacteria to and from the patient.

Use of hand cream lotions is helpful to prevent dryness and irritation of the skin.

Avoid using warm water when performing hand washing.

Frequent use of hand rub disinfection does not cause dryness because the solutions contain emollients and oil treatment.



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