

# The Importance of Hand Hygiene

Training material developed in collaboration with:



# Objectives

- Identify infection risks for staff and patients
- Understand basic steps to hand hygiene using Centers for Disease Control (CDC) guidelines
- Learn effective and efficient methods to sanitize hands
- Learn how to engage your clinic in infection prevention initiatives

# Pre-Test

## 1. Why is protecting patient safety a concern?

- A. Protecting patient safety
- B. It can increase patient satisfaction
- C. It demonstrates you care about your patients, staff, and yourself
- D. All of the above

## 2. What are the benefits of hand sanitizer?

- A. It is accessible
- B. Convenient to use
- C. 70% effective
- D. A. and B. are both correct

# Pre-Test

## 3. What are the CDC recommendations for use of hand sanitizers?

- A. Use hand sanitizer with at least 60% alcohol content
- B. Wash before you have contact with a patient
- C. Wash before and after you have contact with a patient
- D. All of the above

## 4. How can you change patient perception of safety?

- A. Use sanitizer in front of patient
- B. Mention you are cleaning your hands
- C. Have sanitizers located throughout the clinic
- D. All of the above

# Infection Risks

- 66%\* of people admit to not washing their hands after using the bathroom
- We commonly shake hands with others and then touch our mouth or nose
- We often come into contact with people who are sick

\* Source Bradley Corporation

# Primary Methods for Hand Hygiene

There are 3 primary methods for maintaining hand hygiene to protect yourself, your staff, and your patients:

1. Gloves
2. Soap and water
3. Waterless hand sanitizer

# Pro's and Con's of Hand Hygiene methods

## Gloves

### Pro's

- Simple/effective
- Fast to use
- Easy to see

### Con's

- Expensive
- Added waste
- Can be uncomfortable

## Regular hand washing (soap and water)

### Pro's

- Simple
- Highly effective
- Easy to see

### Con's

- Requires sink
- Takes additional time

## Waterless hand hygiene (>60% alcohol)

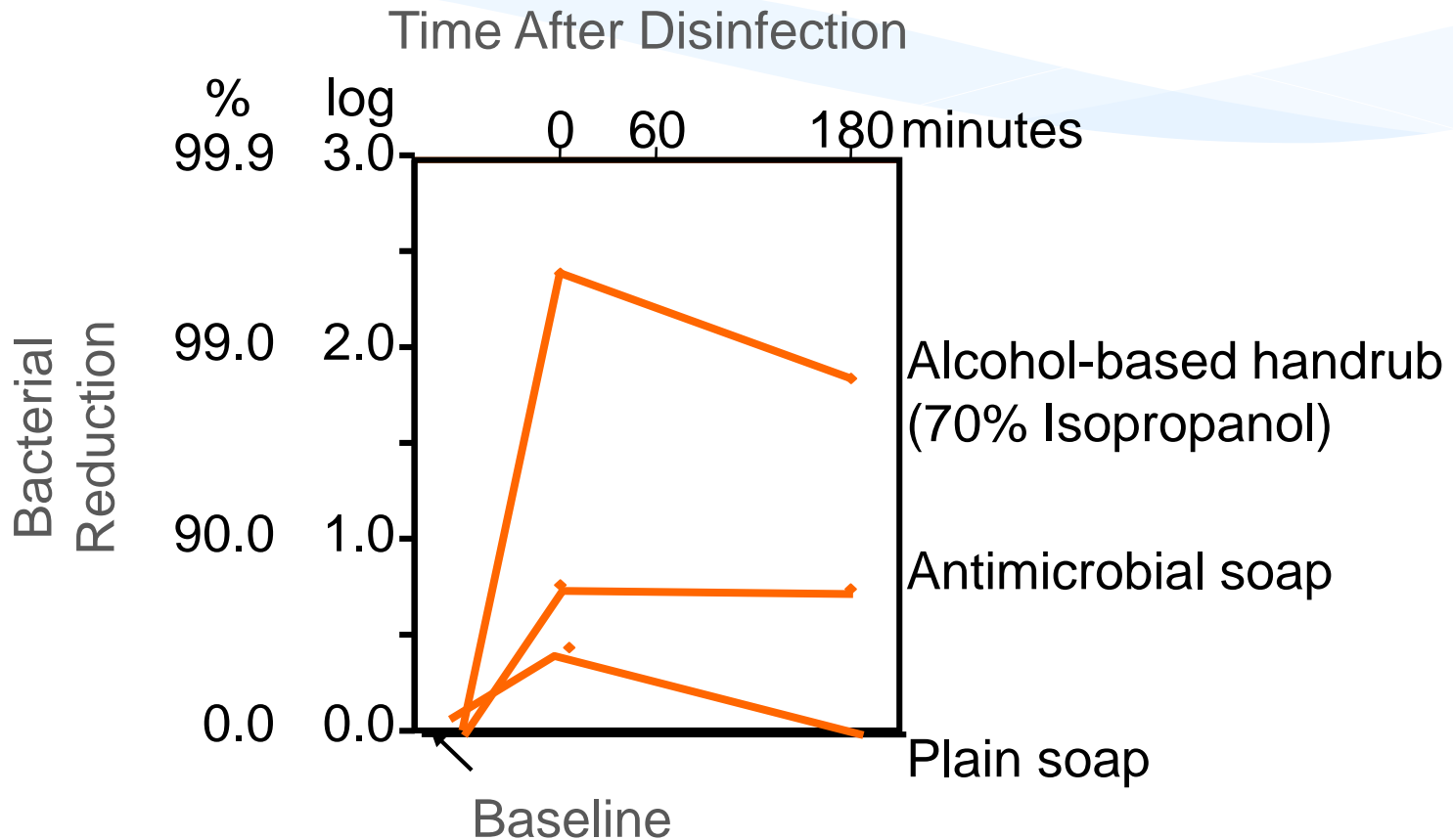
### Pro's

- Simple
- Fast to use
- Effective
- Accessible

### Con's

- Expensive
- Added waste
- Not effective when hands are visibly soiled

# Waterless Hand Hygiene Agents Reduce Bacteria





# Policy Recommendations from the CDC

- Use soap and water if hands are visibly soiled and continue washing with soap and water through out the day
- Make waterless hand wash your choice if hands are not visibly soiled
- Use sanitizer before and after patient contact –  
“Foam in Foam out”

# TIPS for using waterless hand sanitizers

- Watch expiration dates! – that sale price may not be a bargain
- Do not refill containers since that can introduce contaminants to the product
- Sanitizers with skin softeners are just as effective and easier on the skin

# How to Engage your Clinic

- Place sanitizers in many areas – reception area, treatment rooms, etc.
- Get in the habit of using sanitizers – encourage regular use by providers and staff
- Understand these small steps increase patient satisfaction of your clinic

# How to Engage your Clinic

- Recognize good practices – “Good job!”
- We recommend hand hygiene training for all new hires and annual training for all employees
- Maintain regular dialogue of the importance of patient safety

# How to Engage Your Patients

Find ways to demonstrate to the patient that you are cleaning your hands regularly:

1. Use waterless hand wash in visible locations, out of the reach of children
2. Clean your hands in front of patient
3. State what you are doing so patient remembers: “For example: “Excuse me while I clean my hands before we begin.”
4. If using a sink outside the treatment room, walk into the room with paper towel from washing hands and the patient will see you throw it away.

# Post-test

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# Answers

1. D
2. D
3. D
4. D