



Document Name:	Policy for Hand Hygiene'
Document Number:	DUHS / REG/ SOP / 09

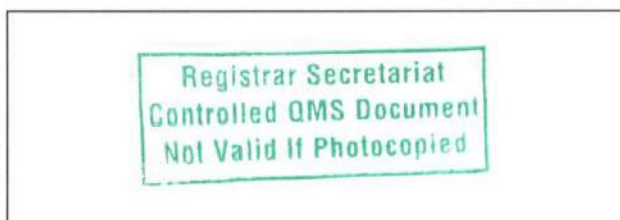
DOW UNIVERSITY OF HEALTH SCIENCES



STANDARD OPERATING PROCEDURE

Policy for Hand Hygiene' (CLAUSE 1.1 OF ISO 9001:2008)

	NAME	DESIGNATION	SIGNATURE	DATE
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DATE OF LAST REVISION:		0		
DATE OF ISSUE:				





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Hand Hygiene Policy:

Prepared by: Dr. Shobha Luxmi

Will be approved by: Infection control team

Infection control committee

Implementation: All health care facilities which come under Dow University of health sciences

Target: All health care workers working in these facilities

1 Purpose:

To emphasize the importance of hand hygiene (HH) in preventing disease transmission between health care workers and patients resulting in improved survival rates, reduced morbidity and shorter hospital stays with reduced costs.

2 Policy statement:

2.1 This policy describes the infection prevention and control best practice for hand hygiene for all staff working at DUHS.

2.2 This policy aims:

2.2.1 To achieve and sustain high standards of hand hygiene compliance throughout the institute,

2.2.2 To prevent and reduce the risk of health care associated infections caused by poor hand hygiene

2.3 Persistent non-compliance with any element of the hand hygiene policy by any member of staff will result in disciplinary action.

2.4 All staff working clinically must be aware of their responsibilities regarding hand hygiene.

2.4.1 Do:

2.4.1.1 Follow the hand hygiene policy

2.4.1.2 Clean the hands in line with the who 5 moments for hand hygiene

2.4.1.3 Challenge staff that do not clean their hands correctly in line with this policy

2.4.2 Don't:

2.4.2.1 Wear gloves as a replacement for hand hygiene

2.4.2.2 Have long nails and hand jewelry in clinical areas

3 Responsibilities:

3.1 The following are the responsibilities of infection control committee and team:

3.1.1 Ensure that the necessary infrastructure is in place to enable effective adoption of the who hand hygiene guidelines that is:

3.1.1.1 Access to sink and water, soap and single use towels

3.1.1.2 Access to alcohol based hand rub at the point of care

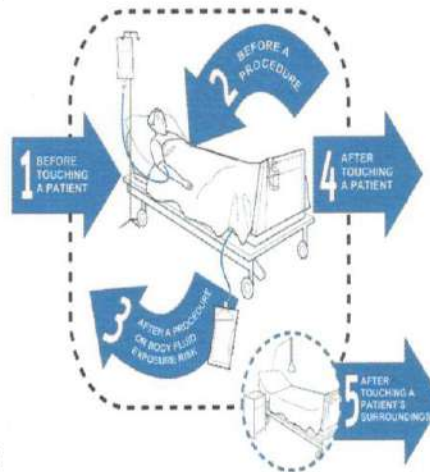
3.1.2 Train the staff in best practices for hand hygiene through lectures, videos, workshops, posters and leaflets

3.1.3 Monitoring the adherence to hand hygiene practices through an audit form

4 Procedure:



4.1 Indications for Hand hygiene



4.1.1 Clean your hands:

1. Before touching a patient
2. Before clean/aseptic procedures
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient's surroundings

Other Opportunities for Hand Hygiene

1. When hands are visibly soiled
2. After contact with a source of microorganisms (body fluids and substances, mucous membranes, non-intact skin, surfaces that are likely to be contaminated)
3. After removing gloves
4. Before and after smoking, eating or preparing food
5. Before leaving the patient's room
6. After bodily functions (e.g., using the toilet, blowing one's nose, sneezing)
7. When moving from a contaminated body site to a clean body site during patient care

4.2 Technique:

4.2.1 Hand washing(soap and water; 40 to 60 seconds)

1. Remove excess jewelry
2. Select a comfortable water temperature
3. Wet hands with running water
4. Apply soap to cover all surfaces of the hands
5. Rub hands palm to palm
6. Right palm over left dorsum with interlaced fingers and vice versa
7. Palm to palm with fingers interlaced
8. Backs of fingers to opposing palms with fingers interlaced
9. Rotational rubbing of the left thumb clasped in the right palm and vice versa
10. Rotational rubbing backward and forward with clasped fingers of the right hand in the left palm and vice versa



11. Rinse the hands with running water to remove all soap residue, holding hands in upward position over sink
12. Dry the hands with a paper towel
13. Turn the faucet off with the used paper towel

4.2.2 Hand rubbing(alcohol based rub, 20-30 seconds)

1. Apply to dry, visibly clean hands
2. Rub hands vigorously to apply hand antiseptic to all surfaces of hands (as in steps 5 to10 above)
3. Allow hands to dry

USE ONLY SOAP AND WATER WHEN DEALING WITH SPORE-FORMING BACTERIA

(e.g., Clostridium difficile) AND/OR WHEN YOUR HANDS ARE VISIBLY SOILED



4.2.3 Hand drying:

1. Ensure that hands are completely dry as micro-organisms transfer more readily on wet than dry hands.
2. Use paper towels.
3. Pat the skin dry rather than rub it to avoid cracking (skin excoriation may lead to bacteria colonizing the skin) .
4. Do not reuse or share hand drying towels

4.2.4 Care of hands

1. Use hand moisturizers to replace the oils lost by frequent hand hygiene



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procedures.

2. Ensure that the skin on your hands is intact. Cover non-intact skin areas with dressing.

4.2.5 Surgical hand hygiene

Before starting surgical hand hygiene preparation (hand scrub or hand rubs)

1. Remove all jewelry and wristwatches before entering the operating room (OR) suite

2. Wash hands and arms up to the elbows with a non-medicated soap before entering the OR .

3. Use a nail cleaner for the first surgical hand scrub of the day.

Surgical hand scrub with antimicrobial soap

1. Scrub each side of each finger, between the fingers and the back and front of the hand for two minutes

2. Scrub the arms, keeping hands higher than the arms at all times

3. Wash each side of the arm from wrist to the elbow for one minute, repeating the process on the other hand and arm

4. Rinse hands and arms by passing them through the water in one direction (from fingertip to elbow), always keeping the hands above the elbows.

5. Proceed to the OR holding hands above the elbows. 6. Dry hands with a sterile towel and use aseptic technique to put on gloves.

Surgical hand rubs with alcohol-base preparation

1. Use sufficient product to keep hands and forearms wet with the hand rub throughout the procedure

2. See attachment for proper technique

3. After application of the product, allow hands and forearms to dry before donning sterile gloves

4. Proceed to the OR holding hands above the elbows.



1

Put approximately 5ml (3 doses) of alcohol-based handrub in the palm of your left hand, using the elbow of your other arm to operate the dispenser



2

Dip the fingertips of your right hand in the handrub to decontaminate under the nails (5 seconds)



3

Images 3-7: Smear the handrub on the right forearm up to the elbow (Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10-15 seconds))



10

Smear the handrub on the left forearm up to the elbow. (Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10-15 seconds))



11

Put approximately 5ml (3 doses) of alcohol-based handrub in the palm of your left hand, using the elbow of your other arm to operate the distributor. Rub both hands at the same time up to the wrists, and ensure that all the steps represented in images 12-17 are followed (20-30 seconds)



4

See legend for image 3



5

See legend for image 3



6

See legend for image 3



12

Cover the whole surface of the hands up to the wrist with alcohol-based handrub, rubbing palm against palm with a rotating movement



13

Rub the back of the left hand, including the wrist, moving the right palm back and forth, and vice versa



14

Rub palm against palm back and forth with fingers interlaced



7

See legend for image 3



8

Put approximately 5ml (3 doses) of alcohol-based handrub in the palm of your right hand, using the elbow of your other arm to operate the dispenser



9

Dip the fingertips of your left hand in the handrub to decontaminate under the nails (5 seconds)



15

Rub the back of the fingers by holding them in the palm of the other hand with a sideways back and forth movement



16

Rub the thumb of the left hand by rotating it in the clasped palm of the right hand and vice versa



17

When the hands are dry, sterile surgical clothing and gloves can be donned



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HAND HYGIENE OBSERVATION RECORD

Center: _____
 Date: _____
 Observer: _____

Health Care Worker (HCW) Codes: 3 - Technician 5 - Environmental Services Worker
 1 - Physician 4 - Aide or Orderly 6 - Other
 2 - Nurse

HR = Handrubbing HW = Handwashing

HCW Code	Hand Hygiene Before Patient Contact (Mark the appropriate column)			Gloves Worn if Required (Mark the appropriate column)			Hand Hygiene After Contact with Patient, Equipment, Environment or Removing Gloves (Mark the appropriate column)			Hand Hygiene Before and After		
	See Key	HR	HW	No	Yes	No	N/A	HR	HW	No	Yes	No
1												
2												
3												
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24												
25												
Total								Total				
Percent Adherence*								Percent Adherence*				

* For glove use: Total number of "Yes" = (Number of rows with data - Number of "N/A") x 100
 * For hand hygiene, Total number of "Yes" = Number of rows with data x 100