

Department of Hospital Epidemiology and Infection Control

Hand Hygiene Moments

- Before touching a patient
- Before clean/aseptic procedure
- After blood or body fluid exposure
- After touching a patient
- After touching patient surroundings
- Additional hand hygiene indicators
 - Before preparing food
 - After using the restroom
 - After touching your face, nose or hair or personal device (e.g. pager, phone)
 - Other unique hand hygiene situations as approved by HEIC. (Appendix D)

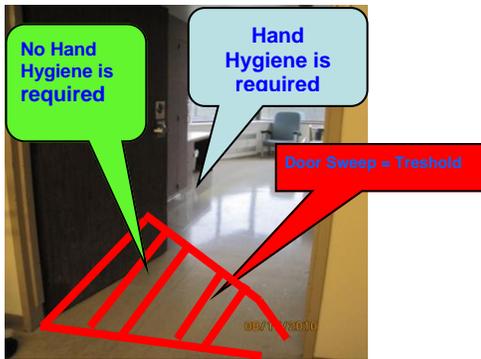


Hand Hygiene Monitoring Program

The Hand Hygiene monitoring program measures hand hygiene compliance at two moments – before crossing a threshold into a patient care area and upon exit across the threshold from a patient care area. Hand Hygiene should still be performed at all of the indicated moments identified above but only entry and exit across a threshold is included in the compliance score.

What is a Threshold?

Door sweep



Sliding doors



Virtual threshold - arm's length



Privacy curtain in multi-bed area



Baby Realm



What if My Hands Are Full?

Upon Entry

- Cross the threshold into the patient room and place items in an appropriate place
- Immediately clean hands
- Complete task
- Clean hands upon exit

Upon Exit

- Cross the threshold out of the patient room
- Complete the task
- Clean hands upon completion

How Much Time Do I Have to Clean My Hands?

- 30 seconds before or after entry and before or after exit unless you touch the patient or patient's environment first.
- Hand hygiene at exit from one area also counts as an entry into the next room when exit/entry is done within 30 seconds.

Alcohol gel or soap and water?

Use soap and water:

- When hands are visibly soiled
- Before preparing or eating food
- After using the restroom
- After care of a patient with *C. difficile*



Alcohol gel may be used in all other situations. There is **no** maximum number of gel uses before soap and water wash is required.

Hand Skin Integrity Tips

- Skin irritation can be caused by inadequate rinsing: the chemicals and fragrances in soaps can cause reactions if they are allowed to remain on the skin.
- Use the hospital-provided hand lotion several times each day when you can allow it to remain on your hands for at least 30 minutes. *The hand care products are formulated to work together.*

Remember

- Gloves do not substitute for hand hygiene
- Hand hygiene requirements apply to empty rooms, clean or dirty

Let the patient know you care about their safety

- Clean your hands in front of the patient as it helps the patient feel safe and more confident in the service you are providing.
- Explain to your patient that you clean your hands before and after each patient visit to protect both yourself and the patients you visit.
- Your patient may ask you if you have cleaned your hands. You should respond, "Thank you for reminding me. Hand cleaning is important. I will clean my hands now for your safety."
Remember – It's OK to Ask!

