

When to perform hand hygiene

Moment 1 – Before Patient Contact

- Touching a patient in any way
- Any personal care activities
- Any non invasive observations
- Any non invasive treatment
- Preparation and administration of oral medications
- Oral care and feeding
- Contact with patient surrounds during any of the above

Moment 2 – Before a procedure

- Insertion of a needle into the patient skin, or into an invasive medical device
- Preparation and administration of any medications given via an invasive medical device
- Administration of medication where there is direct contact with mucous membranes
- Insertion of or disruption to, the circuit of an invasive medical device
- Any assessment, treatment and patient care where contact is made with non intact skin or mucous membranes

Moment 3 – After a procedure / body fluid exposure

- After any moment 2
- After any potential body fluid exposure – contact with used urinal bottles, pans, sputum cups, pathology specimens, tissues, dentures, cleaning spills etc

Moment 4 – After patient contact

- After any moment 1 except where there has been a potential body fluid exposure

Moment 5 – After touching patient surroundings

- After touching patient surroundings where the patient has not been touched – includes all furniture, bed, bedrails, linen, personal belongings, call bells, light switches, bed chart

To assist in hygiene, DO NOT wear:



lanyards



tie



watches



acrylic nails



bracelets



jeweled rings



Ramsay
Health Care

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Hand Hygiene

Patient Information

MP0012127 RHC Hand Hygiene Brochure 1018



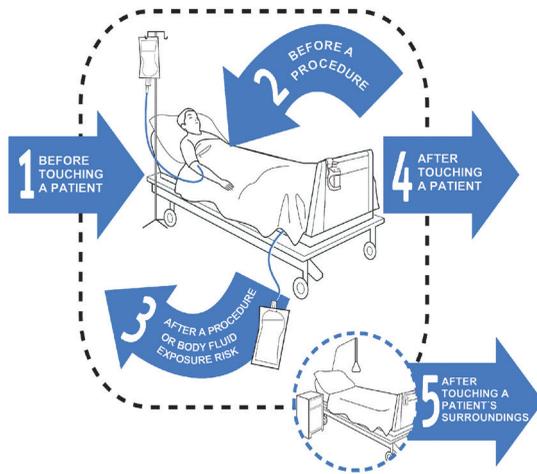
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Background

Healthcare associated infections (HAI) is a major and growing issue in the quality and safety of health care in both the hospital and the community settings requiring urgent national consideration and action and has been nominated as a priority area by the Australian Commission on Safety and Quality in Health Care (ACSQHC). The highest priority area to reduce the risk of HAI is improved health care worker hand hygiene (HH).

The National Hand Hygiene Initiative (NHII) has been developed to provide a national approach to improving HH and monitoring its effectiveness. It is based on the World Health Organisation (WHO) "World Alliance for patient safety campaign—clean care is safer care" launched by the WHO in 2005.

5 Moments for HAND HYGIENE



1 BEFORE TOUCHING A PATIENT	When: Clean your hands before touching a patient and their immediate surroundings. Why: To protect the patient against acquiring harmful germs from the hands of the HCW.
2 BEFORE A PROCEDURE	When: Clean your hands immediately before a procedure. Why: To protect the patient from harmful germs (including their own) from entering their body during a procedure.
3 AFTER A PROCEDURE OR BODY FLUID EXPOSURE RISK	When: Clean your hands immediately after a procedure or body fluid exposure risk. Why: To protect the HCW and the healthcare surroundings from harmful patient germs.
4 AFTER TOUCHING A PATIENT	When: Clean your hands after touching a patient and their immediate surroundings. Why: To protect the HCW and the healthcare surroundings from harmful patient germs.
5 AFTER TOUCHING A PATIENT'S SURROUNDINGS	When: Clean your hands after touching any objects in a patient's surroundings when the patient has not been touched. Why: To protect the HCW and the healthcare surroundings from harmful patient germs.

5 moments for hand hygiene

Moment 1 – Before touching a patient

Patient refers to any part of the patient, their clothing and any medical devices connected to the patient.

Patient zone refers to the patient and their immediate surroundings

Moment 2 – Before a procedure

A procedure is an act of care for a patient where there is the risk of direct introduction of a pathogen into the patients body.

Hand hygiene must be performed immediately prior to the procedure.

Moment 3 – After a procedure / body fluid risk

After any moment 2 as above, plus after any situation where contact with body fluid may occur. Such contact may pose a contamination risk to either the HCW or the environment

Hand hygiene must be performed immediately after the procedure or body fluid exposure

Moment 4 – After touching a patient

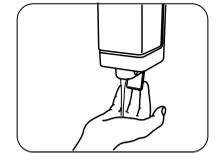
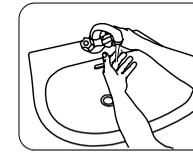
Should be performed after touching the patient and the surroundings

Moment 5 – After touching a patient surroundings when the patient has NOT been touched

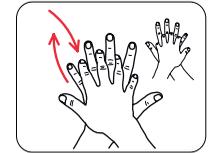
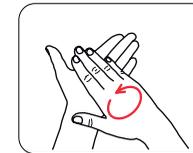
Immediate patient surroundings includes the space temporarily dedicated to an individual patient for that patients stay. It includes all furniture, medical equipment and the medical chart.

Hand hygiene

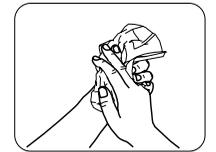
Washing hands with water and neutral hand soap or antimicrobial soap



Wet hands with water and apply enough soap to cover all hand surfaces.



Rub hands palm to palm and right palm over left dorsum with interlaced fingers and vice versa.

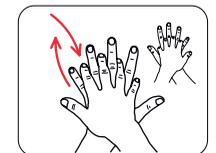
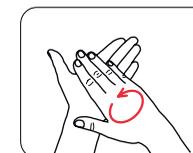


Rinse hands with water dry thoroughly with a single use towel.

Use of alcohol based hand rubs



Apply a palmful of the product in a cupped hand and cover all surfaces.



Rub hands palm to palm and right palm over left dorsum with interlaced fingers and vice versa.

Alcohol based hand rubs cannot be used on visibly soiled hands.