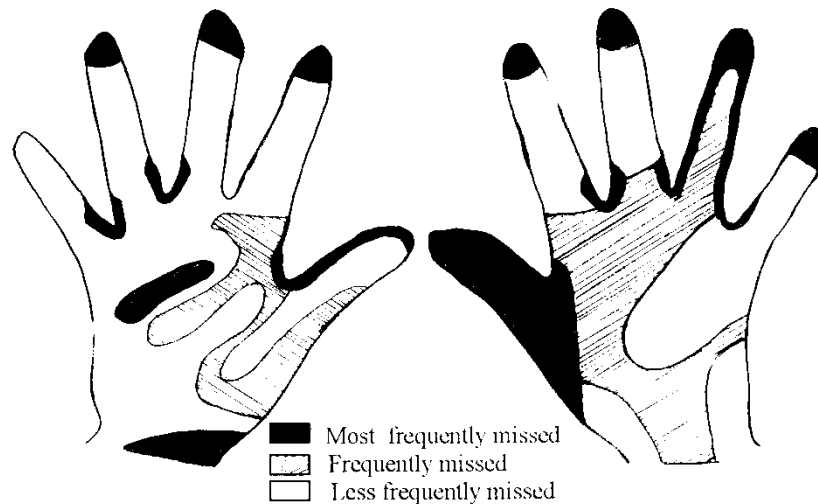


Hand Washing

Introduction:

The most effective method of preventing cross - infection.



Hands should be decontaminated in the following situations:

- Before direct contact with any patient
- Before any aseptic procedure
- After handling any patient
- After handling any item that is or may be soiled
- Before handling food
- As soon as hands become visibly soiled
- Coming on and off duty
- After going to the toilet

Equipment:

Commonly used disinfectants:

- Soap
- Alcohol based preparation
- Chlorhexidine (e.g. Hibiscrub)
- Povidone Iodine (e.g. Betadine)

Soaps remove transient bacteria. Soap is adequate for most routine tasks. Disinfectant inactivates bacteria that are valuable when performing invasive procedures (e.g. catheterization). Skin

colonization by pathogens is particularly heavy beneath watch straps and jewelry.

Before you start:

- Keep nails short and remove any nail varnish.
- Remove watches, jewelry and wrist bands. Multiple rings are a hazard.
- Roll up long sleeves on shirts and blouses.
- Cover cuts and abrasions with occlusive waterproof dressing.
- Hands should be decontaminated even if gloves have been worn they may be punctured or leak. Even if the gloves are intact, hands can become contaminated as the gloves are removed.

Technique:

1. Start with dispensing soap or skin disinfectant onto the moistened hand.
2. Rub the palms together vigorously.
3. Wash the dorsal surface after the palms. Remember to wash the interdigital spaces.
4. Wash the fingertips of each hand in turn to create friction against the palm of the opposing hand.
5. Clasp the hands together.
6. Avoid splashing to avoid contaminating.
7. Rinse all hand surface thoroughly.
8. Take care not to recontaminate the hands.
9. Dry the hands thoroughly with a paper towel, that remove remaining bacteria.
10. Communal towel promote cross - infection, while dryers circulate air loaded with bacteria.

Use of Alcohol rub:

There is increasing of alcohol based hand - rubs in clinical areas. Approximately 5 ml should be rubbed over all hand and finger surfaces and allowed to dry.

Checklist for Hand Washing

1. Assesses facilities for hand washing
2. Assesses hands for handnails, cuts or breaks in the skin, and areas that are heavily soiled
3. Plans hand washing just before client contact
4. Removes jewelry and pushes watch and sleeves above wrist
5. Turns on water and adjust to warm temperature
6. Keeps hands and forearms thoroughly under running water
7. Applies soap. Lathers thoroughly
8. Washes hands for at least 15 seconds as follows <ul style="list-style-type: none">• Rubs palms and back of hands with circular motion• Interlaces fingers and thumbs and moves back and forth to wash between digits• Washes knuckles and fingernails carefully
9. Holds arms down, elbows straight, and rinse
10. Dries thoroughly in the direction of fingers to wrist to forearm with a paper towel
11. Discards wet paper towel
12. Turns off faucet with dry paper towel