

# INSTRUCTIONS

👋 Welcome, you are about to participate in an infection control educational module.

👋 This module contains information and questions.

👋 You must answer every question correctly in order to continue to the next slide and complete this module and receive your certificate.

👋 You will be directed to the slide containing the information if a question is answered incorrectly . There is no time limit.

👋 You will be asked for your identifying information at the end of the session so that you can receive credit for taking this module.

👋 If you have questions about any of the information contained in this educational module please call Infection Control Department at (312) 864-4581.

👋 Click the image button below to start and enjoy.



# Hand Hygiene Guidelines



**John H. Stroger Jr. Hospital of Cook County**



# Objectives

Upon the completion the HCW will be able to:

- ✎ Identify the role of hand hygiene in preventing healthcare associated infections.
- ✎ Gain knowledge of different hand hygiene techniques and its indications.
- ✎ Identify work activities that can result in hand contamination from environment and patient contact.



# Hand Hygiene Guidelines

✋ JCAHO-2010 National Patient

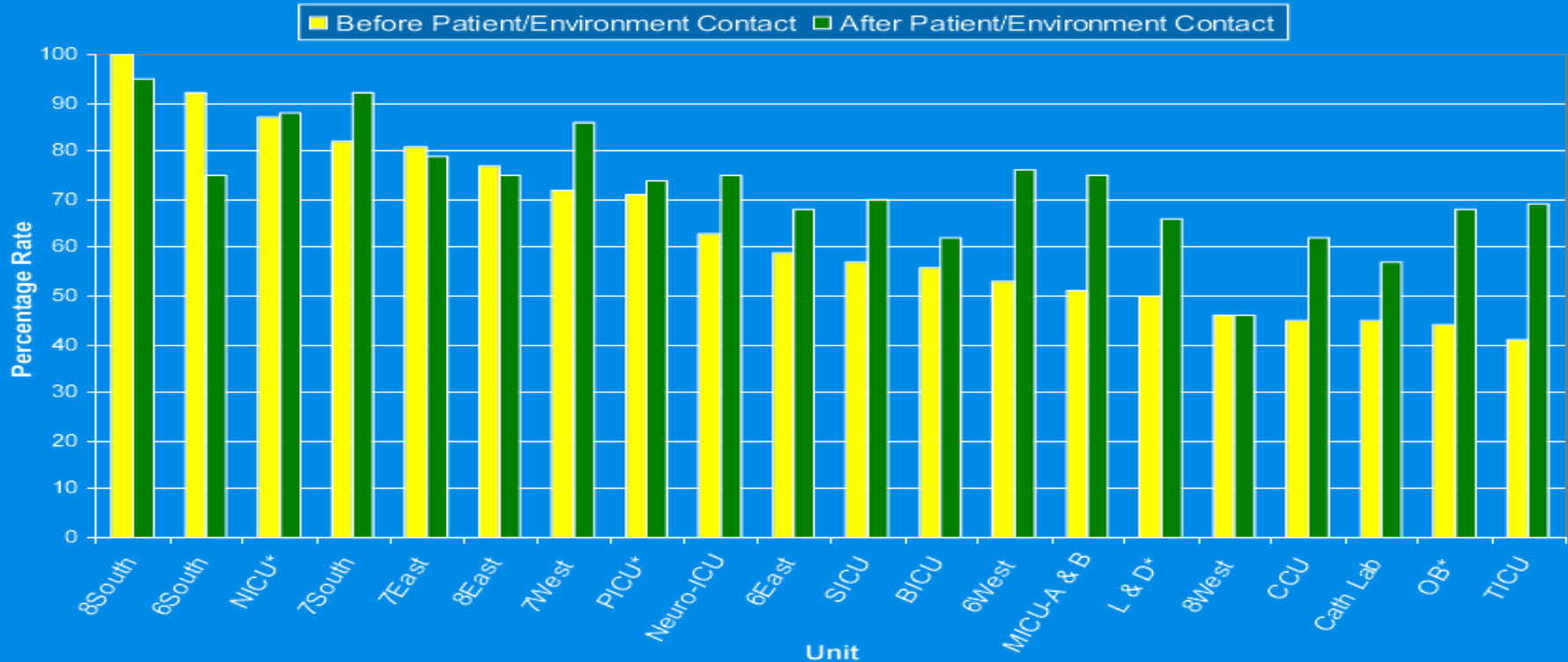
Safety Goals Requirement 7A:

- Hospitals are required to comply with current CDC hand hygiene guidelines.
- Set goals for improving hand hygiene compliance.



# What is OUR compliance?

John H. Stroger Jr. Hospital of Cook County  
Hand Hygiene Compliance per Unit  
4th Qtr. 2009

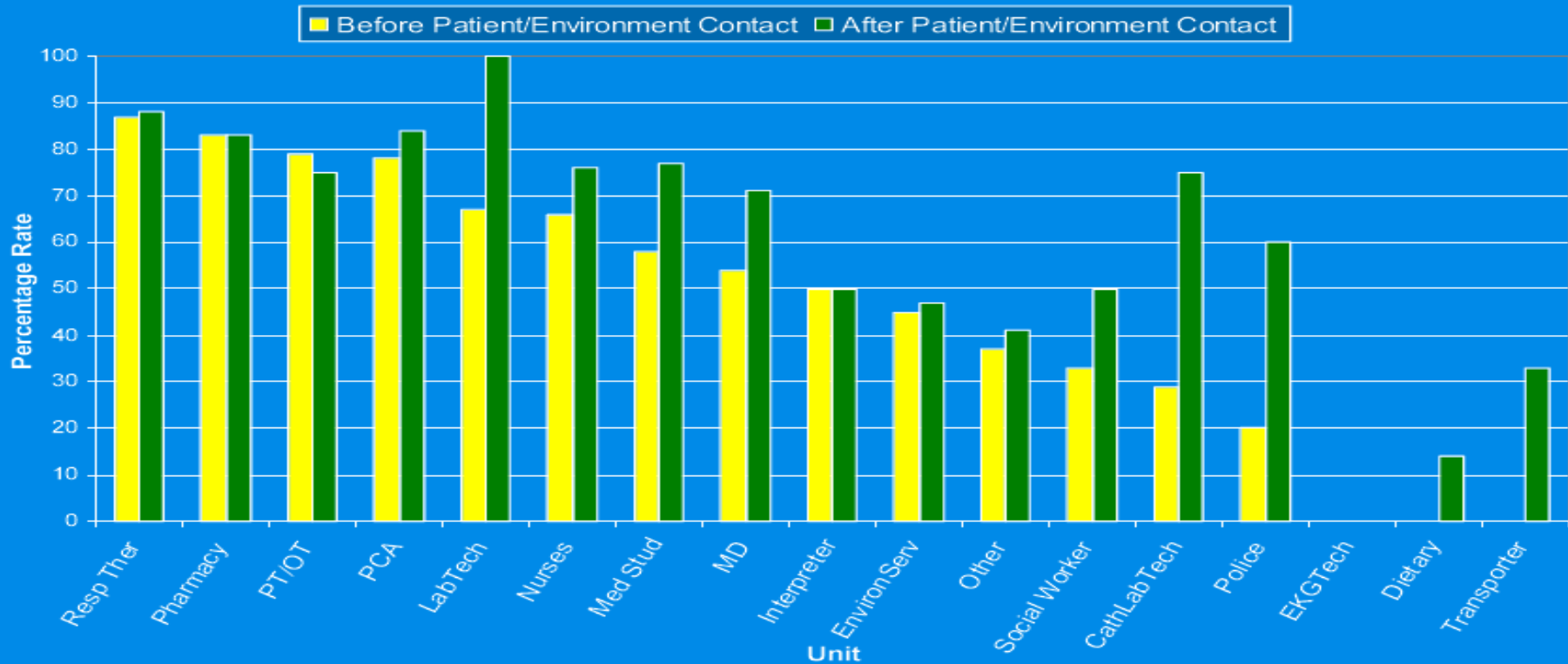


Average Compliance Rate; **Before, 61%; After, 73%**



# What is OUR compliance?





John H. Stroger Jr. Hospital of Cook County  
Hand Hygiene Compliance per Healthcare Worker  
4th Qtr. 2009



Average Compliance Rate; **Before, 61%; After, 73%**










# When to Perform Hand Hygiene based on CDC Guidelines

-  **Before** direct contact with patients
-  **Before** donning sterile gloves when inserting a central intravascular catheter
-  **Before** inserting invasive devices such as indwelling urinary catheters or peripheral vascular catheters
-  **Before** eating or handling food





# When to Perform Hand Hygiene based on CDC Guidelines

-  **After** contact with intact skin
-  **After** contact with body fluids, excretions, mucous membranes, non-intact skin, wound dressings
-  **After** contact with inanimate objects in immediate vicinity of patient
-  **After** removing gloves
-  **After** using the restroom
-  **When** moving from contaminated-body site to a clean-body site during patient care
-  **When** hands are visibly soiled or when caring for patients with *C-difficile* wash with soap & water.





# QUESTION ?

Hand hygiene needs to be performed after contact with patient's intact skin:

☐

True



☐

False










# How to Perform Hand Hygiene based on CDC Guidelines

## 1. **Alcohol foam-** When hands are not visibly soiled-

-  apply alcohol based hand sanitizer to palm of hand
-  rub hands together covering all surfaces of both hands until hands are dry

## 2. **Hospital approved soap and water-** When hands are visibly soiled when caring for patients with *C-difficile*-

-  wet hands with water
-  apply soap
-  rub hands together vigorously for at least 15 seconds covering all surfaces of hand and fingers
-  rinse hands
-  dry hands
-  use towel to turn off faucet
-  do not use bar soap



# QUESTION ?

Alcohol foam is preferred over washing hands with soap and water except:

- ☐ a. after using the restroom
- ☐ b. after contact with non-intact skin
- ☐ c. after removing gloves
- ☐ d. before direct patient contact



# *Why use an alcohol foam for hand disinfection?*



Requires less time to use

3 seconds instead of 30 seconds OR

Saves 1 hour for every 8 hours worked!



Kills bacteria faster



Less irritating to hands



# *What are the benefits of hand hygiene?*

- ✎ **Decreases carriage of transient flora on healthcare workers' hands**
- ✎ **Reduces cross-infection in patients/residents**
- ✎ **Decreases risk of infections caused by organisms acquired from patients**
- ✎ **Decreases incidence of antimicrobial resistant organisms**
- ✎ **Decreases costs**



# *Where can bacteria be found in the health care facility?*

✧ VRE found on these locations



# QUESTION ?

Hands can be contaminated with resistant organisms when touching only the environment:

☐

True

☐

False





# Colonized or Infected: What is the Difference?

✎ People who carry bacteria without evidence of infection (fever, increased white blood cell count) are colonized

✎ If an infection develops, it is usually from bacteria that colonize patients

✎ Bacteria that colonize patients can be transmitted from one patient to another by the hands of healthcare workers

**~ Bacteria can be transmitted even if the patient is not infected ~**



# QUESTION ?

Bacteria can only be transmitted if the patient is infected:

☐

True

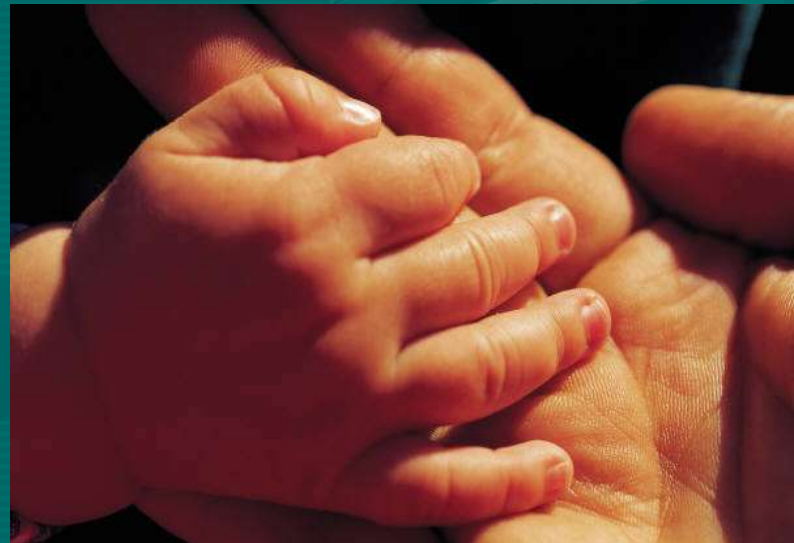
☐

False



# How to maintain healthy hand skin?

- ✎ Apply hospital approved lotion
- ✎ Do not bring lotion from home  
( can be a source of outbreak)



# What about fingernails, artificial nails & jewelry?

- ✎ After careful hand washing, bacteria can still be found on fingernails.
- ✎ Chipped nail polish may support organism growth.
- ✎ Artificial nails have been linked to outbreaks.
- ✎ Skin underneath rings is heavily colonized.
- ✎ Keep natural nails less than  $\frac{1}{4}$  inch long.



# QUESTION ?

The following increase the likelihood of carriage of bacteria:

- ☐ a. nails greater than  $\frac{1}{2}$  inch long
- ☐ b. rings and bracelets
- ☐ c. artificial nails
- ☐ d. chipped nail polish
- ☐ e. all of the above



# What about gloves?

- ✎ Wearing gloves does not replace the need for hand hygiene
- ✎ Contamination may occur from small undetected holes in gloves
- ✎ Contamination can occur during glove removal
- ✎ Failure to remove gloves may transmit microorganisms from patient to patient





# QUESTION ?

Is it necessary to perform hand hygiene before donning gloves?

☐

Yes






☐

No





# *How can you contribute to improve hand hygiene adherence?*

-  Be a GREAT role model
-  Praise others for cleaning their hands
-  Use alcohol foam to kill bacteria on hands or wash hand with antimicrobial soap & water
-  Use alcohol foam after removing gloves
-  PERFORM HAND HYGIENE **BEFORE & AFTER** ENTERING ANY PATIENT ROOM, ANY TIME, FOR ANY REASON!



# CONGRATULATIONS

You have completed the hand hygiene education.

✎ Please print this page!

✎ For any questions/comments please call extension 44581.

