

## SAMPLE HAND HYGIENE POLICY

**Purpose:** Reduce the risk of infection by transmission of microorganisms between healthcare workers and residents. Reduce morbidity and mortality associated with infections

**Supporting evidence:** Center for Disease Control and Epidemiology (<https://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>) and the World Health Organization ([https://www.who.int/gpsc/5may/Hand\\_Hygiene\\_Why\\_How\\_and\\_When\\_Brochure.pdf](https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf))

### Responsible roles:

Staff educator is responsible for providing and documenting hand hygiene education upon hire, when there is a change in product or process and annually

All staff are responsible to follow the current hand hygiene policy

Staff are responsible for assisting residents in performing hand hygiene if residents are not able to independently perform hand hygiene

### Procedure – when

#### All staff

- In general, everyone should wash their hands before eating or preparing food, after using the restroom, and whenever hands are visibly dirty/soiled, especially if contact with blood or bodily fluids has been made.
- Per CDC guidelines, for norovirus, washing hands with soap and water, (rather than using hand sanitizer), is the best prevention, especially after using the bathroom, changing a diaper, and before eating and doing food prep.

#### Staff caring for residents:

- 1) Before resident contact  
When? Clean your hands before touching a resident when approaching him/her  
Why? To protect the resident against harmful micro-organisms carried on your hands
- 2) Before aseptic technique  
When? Clean your hands immediately before any aseptic task  
Why? To protect the resident against harmful micro-organisms, including the resident's own, from entering his/her body
- 3) After body fluid exposure risk  
When? Clean your hands immediately after an exposure to body fluids (and after glove removal)  
Why? To protect yourself and the healthcare environment from harmful resident microorganisms
- 4) After resident contact  
When? Clean your hands after touching a resident and his/her immediate surroundings when leaving the resident's side  
Why? To protect yourself and the healthcare environment from harmful microorganisms
- 5) After contact with resident surroundings in room  
When? Clean your hands after touching any object or furniture in the resident's immediate surroundings when leaving, even if the resident has not been touched  
Why? To protect yourself and the healthcare environment from harmful resident microorganisms

## Procedure – How (see schematic)

### Handwashing

- Stand before the sink, keeping clothes away from sink.
- Turn on water and adjust temperature to warm, wetting your hands and wrists thoroughly under the water, positioning hands and forearms lower than elbows to prevent water flowing from most to least contaminated area.
- Apply 3-5 ml of soap in the middle of your hands and use friction to create a lather, vigorously washing – rub soap into palms
  - 1) Right palm over left dorsum with interlaced fingers and vice-versa
  - 2) Palm to palm with fingers interlace
  - 3) Backs of fingers to opposing palms with fingers interlocked
  - 4) Rotational rubbing of L thumb clasped in right palm (and vice versa)
  - 5) Rotational rubbing, backward and forward, with clasped fingers of right hand in left palm and vice versa
- With a clean paper towel or towel, blot your hands from your fingers to your wrists and forearms.
- Turn off the water using a paper towel to avoid contaminating your hands and throw the paper towel into the trash.
- If you touch the sink or faucets with your hands, repeat the handwashing procedure.

### Alcohol Based Sanitizer

- Apply product to palm of one hand and rub hands together
- Rub all surfaces of hands as noted above until hands are dry (about 30 seconds).

### Nail Etiquette

- Artificial and gel nails are not allowed on direct care staff
- Nails must be <1/4 inch in length

### Products

- Alcohol based sanitizer must be 60-95% alcohol
- Soap and paper towels are available at all hand washing stations
- Alcohol based hand rub is available in resident care areas per risk assessment

### Education

- Staff will be educated on hire, if there is a change in policy and annually
- Residents will receive education on how to perform hand hygiene

### Evaluation

- Hand hygiene will be audited and feedback will be provided to staff each quarter


### Resources:

- WHO moments for hand hygiene:  
[https://apps.who.int/iris/bitstream/handle/10665/78060/9789241503372\\_eng.pdf;jsessionid=7542ABF80278A97C5C8B293282CBAA9E?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/78060/9789241503372_eng.pdf;jsessionid=7542ABF80278A97C5C8B293282CBAA9E?sequence=1)
- Method:
  - Hand rub: [https://www.who.int/gpsc/5may/How\\_To\\_HandRub\\_Poster.pdf?ua=1](https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf?ua=1)
  - Handwash: [https://www.who.int/gpsc/5may/How\\_To\\_HandWash\\_Poster.pdf?ua=1](https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1)
  - Posters: [https://www.who.int/gpsc/5may/How\\_To\\_HandRub\\_Poster.pdf?ua=1](https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf?ua=1)

**Addendum to hand hygiene policy:**

- Universal gloving - All direct care providers must glove prior to working directly with any resident
  - Change gloves and perform hand hygiene between resident cares
  - Change gloves and perform hand hygiene when moving from a dirty to a clean procedure within a single resident encounter

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**

 **Duration of the entire procedure: 40-60 seconds**



**0** Wet hands with water;



**1** Apply enough soap to cover all hand surfaces;



**2** Rub hands palm to palm;



**3** Right palm over left dorsum with interlaced fingers and vice versa;



**4** Palm to palm with fingers interlaced;



**5** Backs of fingers to opposing palms with fingers interlocked;



**6** Rotational rubbing of left thumb clasped in right palm and vice versa;



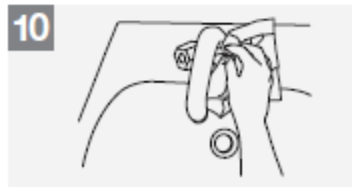
**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



**8** Rinse hands with water;



**9** Dry hands thoroughly with a single use towel;



**10** Use towel to turn off faucet;



**11** Your hands are now safe.

Photo obtained from WHO: [https://www.who.int/gpsc/5may/How\\_To\\_HandWash\\_Poster.pdf?ua=1](https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1)