

TITLE		No of pages
<b>Effectively performing Hand Hygiene</b>		2
Authorised by		Date Authorised
Mark Petty – Executive Director of Ambulatory & Nursing Services		Revision Date
<b>DEFINITION</b>	<ul style="list-style-type: none"> <li>▪ Hand Hygiene is a term that applies to the process of hand washing, or hand decontamination.</li> <li>▪ Hand washing involves washing your hands with plain, ie non-antimicrobial soap and water.</li> <li>▪ Hand decontamination involves washing your hands with antimicrobial soap and water or alcohol/chlorhexidine hand rub – DeBug.</li> </ul>	
<b>RATIONALE</b>	<ul style="list-style-type: none"> <li>▪ The most common way that bacteria causing infections are spread between patients in hospital is on the hands of health care workers. (CDC 2002)</li> <li>▪ Additionally, systematic reviews indicate that effective hand decontamination can significantly reduce the rate of hospital-acquired infections.</li> </ul>	
<b>PRACTICE AUTHORISATION</b>	<ul style="list-style-type: none"> <li>▪ Staff will be required to complete the Hand Hygiene Learning package within one month of commencing employment at Austin Health.</li> <li>▪ Current nursing staff are required to complete a Hand Hygiene credentialling package every second year.</li> <li>▪ Demonstrating appropriate Hand Hygiene practice applies to all health care workers.</li> </ul>	
<b>EXPECTED OUTCOME</b>	<ul style="list-style-type: none"> <li>▪ Decreased hospital-acquired infections</li> <li>▪ Increased Hand Hygiene compliance</li> <li>▪ Maintain optimal hand care</li> <li>▪ Successful completion of Hand Hygiene credentialling package ( ie 80% accuracy)</li> </ul>	
<b>CLINICAL ALERT</b>	<ul style="list-style-type: none"> <li>▪ Use of alcohol and chlorhexidine may potentially cause irritation of previously damaged skin (eg eczema).</li> <li>▪ This can be minimised by the use of suitable hospital endorsed hand creams.</li> <li>▪ Applying a compatible emollient hand cream regularly can protect skin from the drying effects of hand decontamination.</li> <li>▪ Very rarely (&lt;1:3000)staff may develop an allergy to the chlorhexidine component of DeBug.</li> <li>▪ Austin Health's experience has demonstrated that the skin integrity of health care workers' has improved with the use of DeBug, presumably due to the emollient it contains.</li> </ul>	
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>▪ Non-Antimicrobial soap. Eg. Skin Care Cleanser</li> <li>▪ Antimicrobial soap. Eg. 4% Chlorhexidine</li> <li>▪ Alcohol and Chlorhexidine based hand rub. Eg. DeBug</li> <li>▪ DeBug brackets</li> </ul>	

	<ul style="list-style-type: none"> <li>▪ Accessible hand basin.</li> <li>▪ Microshield moisturiser.</li> <li>▪ Credentialing package.</li> </ul>
PROCEDURE	<p><u>DeBug hand rub</u>: Apply 1-3mls (1 squirt) to the palm of your hand and roll over all areas for 10-15 seconds.</p> <p>Indications for use:</p> <ul style="list-style-type: none"> <li>▪ Before and after every patient contact.</li> <li>▪ Between each patient care activity (eg. emptying IDC to checking IV site)</li> <li>▪ Before and after touching equipment in the patient bed zone.</li> <li>▪ Before and after glove use.</li> <li>▪ Before and after contact with inanimate objects that are potentially contaminated (eg: charts)</li> </ul> <p><i>If hands are visibly soiled, or after removal of powdered gloves, liquid soap and water hand washing is required.</i></p> <p><u>Non-antimicrobial soap</u>: Wet hands and apply product for 10-15 seconds, cover all surfaces of hands, rinse with water and pat dry with paper towel.</p> <p>Indications for use:</p> <ul style="list-style-type: none"> <li>▪ When hands are visibly soiled.</li> </ul> <p><u>Antimicrobial soap</u>: Wet hands and apply product. Wash for 15 - 60 seconds, (variable based on procedure) cover all surfaces of hands, rinse with water and pat dry with paper towel.</p> <p>Indications for use:</p> <ul style="list-style-type: none"> <li>▪ Prior to any invasive procedure.</li> <li>▪ When hands are visibly soiled.</li> </ul>
POST PROCEDURE	<ul style="list-style-type: none"> <li>▪ Following any form of Hand Hygiene, health care workers are encouraged to care for their hands by applying a hand cream which is available at each hand wash facility.</li> <li>▪ Testing has proven that Microshield moisturiser is compatible with DeBug, and will not deactivate the Chlorhexidine component, which other lotions may.</li> </ul>
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REFERENCES	<p>Guidelines for Hand Hygiene in Health Care Settings CDC. MMWR October 25, 2002/Vol.51/No.RR-16</p> <p>Hospital – acquired Infections. MJA March 18. 2002. Vol 176</p>