

Hand Hygiene Template

Date Revised: ____/____/____

Date Effective: ____/____/____

Authorization: _____

Committee

Define the Infection Prevention and Control (IPC) Practice

The Centers for Disease Control and Prevention (CDC) defines hand hygiene as “cleaning your hands by using either handwashing (washing hands with soap and water), antiseptic hand wash, antiseptic hand rub (i.e., alcohol-based hand sanitizer including foam or gel), or surgical hand antiseptics.”

In this facility, hand hygiene is performed by using either alcohol-based hand rub (ABHR) or washing hands with soap and water.

Purpose (provides background to explain the rationale for the policy/procedure)

Hand hygiene is a simple and effective method for preventing the spread of pathogens, such as bacteria and viruses, which cause infections. Pathogens can contaminate the hands of a staff person during direct contact with residents or contact with contaminated equipment and environmental surfaces within close proximity of the resident. Failure to clean contaminated hands can result in the spread of these pathogens to residents, staff (including the person whose hands were contaminated), and environmental surfaces.

To protect our residents, visitors, and staff, our facility promotes hand hygiene practices during all care activities and when working in all locations within the facility.

Responsibility (defines who is responsible for following this policy/procedure)

All staff in the facility are responsible for following hand hygiene policies and procedures, including, but not limited to, Registered Nurses (RN), Nurse Practitioners (NP), Licensed Practical Nurses (LPN), Certified Nursing Assistants (CNA), Physicians (MD/DO), Physician Assistants (PA), Respiratory Therapists (RT), Rehabilitation Therapists (e.g., Physical or Occupational Therapy), External Consultants (e.g., Pharmacy Services, Laboratory Services, Wound Care Services, Podiatrists), Case Management, Environmental Services, Dietary Services, paramedics, students, and volunteers.

Policy Content Considerations

- Define the methods for performing hand hygiene (handwashing and ABHR).
- Specify indications for performing hand hygiene.
 - Specify situations when a certain hand hygiene method is preferred (e.g., handwashing if hands are visibly soiled).
- Guidance about glove use (may also be addressed in other policies).
- Guidance about fingernail length, use of artificial nails and extenders, hand care, and use of lotions.
- Maintaining adequate hand hygiene supplies in all facility locations, including who is responsible and appropriate practices (e.g., proper installation and location of dispensers, frequency of checking supply levels, not topping off product containers).

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Note: Other resident care policies and procedures should reinforce hand hygiene practices by incorporating performance of hand hygiene as a critical step during activities. Examples include wound care, handling of medical devices (e.g., indwelling urinary catheters), and medication preparation and administration.

Procedure Content Considerations (outline the steps/supplies to perform the practice)

Hand hygiene using ABHR:

- Apply on hands the amount of product recommended by the manufacturer.
- Rub hands together, covering all surfaces of hands and fingers.
- Continue rubbing until hands feel dry, should take approximately 15 to 20 seconds.

Handwashing using soap and water:

- Wet hands first with water.
- Apply to hands the amount of product recommended by the manufacturer.
- Rub hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers.
- Rinse hands with water and use disposable towels to dry. Avoid using hot water to prevent drying of skin.
- Use towel to turn off the faucet.

Guidelines, Standards, and Resources for Policy/Procedure Development

Hand hygiene policies and procedures should be developed using evidence-based guidelines or national standards, such as resources from CDC and/or the World Health Organization. The following resources could be used for developing hand hygiene policy and procedures for your facility:

- 2002 CDC Guideline for Hand Hygiene in Healthcare Settings:
<https://www.cdc.gov/handhygiene/providers/guideline.html>
- 2009 WHO Guidelines on Hand Hygiene in Health Care:
<http://www.who.int/qpsc/5may/tools/9789241597906/en/>