

Title: Hand Hygiene	Procedure
Patient Age Group: <input type="checkbox"/> N/A <input checked="" type="checkbox"/> All Ages <input type="checkbox"/> Newborns <input type="checkbox"/> Pediatric <input type="checkbox"/> Adult	

DESCRIPTION/OVERVIEW

Hand hygiene is the most effective means to prevent the spread of infections. This is particularly important when caring for patients. Effective hand hygiene has also been shown to decrease Healthcare-Associated Infections.

REFERENCES

- Guideline for Hand Hygiene in Health-Care Settings. Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. Centers for Disease Control and Prevention, 2002.
<http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>
- Haas, Janet PhD,RN,CIC. Chapter 27 – Hand Hygiene. In Carrico R, et al, eds. APIC Text Online. 2014. Available at <http://text.apic.org/item-28/chapter-27-hand-hygiene>. Accessed September 2014.
- Lippincott Procedures. Discipline: Nursing. Procedure: Hand Hygiene. Revised May 12, 2017
- McNeil SA, Foster CL, Hedderwick SA. Effect of hand cleansing with antimicrobial soap or alcohol-based gel on microbial colonization of artificial fingernails worn by healthcare workers. Clin Infect Dis 2001; 32: 367-372.
- Pottinger J, Burns S, Manske C. Bacterial carriage by artificial versus natural nails. Am J Infect Control 1989; 17: 340-344.
- World Health Organization, (2009). WHO Guidelines on Hand Hygiene in Healthcare: A Summary. Retrieved from <http://www.who.int/gpsc/5may/tools/9789241597906/en/> September 2014.

AREAS OF RESPONSIBILITY

All UNM Health Science Center Hospitals and Clinics

PROCEDURE

- Hand hygiene must be performed:
 - Immediately before entering and after exiting a patient’s room (even if you did not touch the patient or any equipment)
 - Before and after touching a patient or the patient surroundings (even if gloves are worn)
 - When hands are moved from a contaminated-body site to a clean-body site during patient care
 - After removing Personal Protective Equipment (PPE)
 - Before and after removing gloves; *gloves are **not** a substitute for performing hand hygiene*
- Use the appropriate method and hospital approved product for hand hygiene:
 - Use **alcohol-based hand gel** process:
 - Hands that are not grossly soiled;
 - Dispense alcohol based antiseptic hand-rub into hands. Use enough to cover all parts

- (palm, back of hand, fingers, fingertips, fingernails, wrists and thumbs)
- 2.1.3. Rub hands together until dry (at least 15 seconds)
- 2.1.4. Do not mix with water
- 2.2. Use **conventional hand washing** with water and soap for:
 - 2.2.1. Visibly soiled hands;
 - 2.2.2. Blood or bodily fluids present on hands;
 - 2.2.3. After contact with the environment
 - 2.2.4. Caring for a patient with suspected or confirmed Clostridium difficile or Norovirus Infections (*alcohol-based gel is not effective*)
 - 2.2.5. When the buildup of emollient residue is noted (typically every 5-6 uses of the alcohol-based hand gel)
- 2.3. Conventional **hand washing process**:
 - 2.3.1. Adjust water temperature to cool to lukewarm.
 - 2.3.2. Moisten hands with water.
 - 2.3.3. Apply soap and vigorously rub hands together to generate a heavy lather of soap.
 - 2.3.4. Wash for 20-30 seconds, paying attention to all parts (palm, back of hand, fingers, fingertips, fingernails, wrists and thumbs)
 - 2.3.5. Rinse hands thoroughly under running water.
 - 2.3.6. Pat hands dry hands with paper towel and turn off faucet with paper towel before discarding.
- 3. Maintain hand skin health
 - 3.1. The skin of the hands, including nails and surrounding tissue, should be intact and free of dermatitis and inflammation for patient and staff safety.
 - 3.2. Only use emollient lotions approved and provided by the organization while at work to reduce irritant dermatitis and chapping.
- 4. Nails
 - 4.1. Nail enhancements are not allowed while providing direct patient care
 - 4.1.1 Polish must not require soaking and must be easily removable with nail polish remover or acetone.
 - 4.2. Natural nails must be less than ¼ inch long
 - 4.3. Nail polish must not have chipping or lifting
- 5. Rings
 - 5.1. Rings may be worn so long as it does not interrupt the integrity of the gloves.

SUMMARY OF CHANGES

9/2017 Updated to reflect changes in nail enhancement processes and Lippincott Resource

10/2018 Updated Nails section to simplify for direct patient care requirements

RESOURCES/TRAINING

Lobo Paw Wash (LPW): The LPW technique is an educational tool that ensures all surfaces of hands are scrubbed with alcohol-based hand gel or soap and water for a sufficient amount of time. Demonstration video can be found on the Healthy Hands Resource Squad webpage accessed from the Infection Prevention and Control Department webpage on the UNMH Intranet.

Resource/Dept	Contact Information
Infection Prevention and Control	Manager 272-0131

DOCUMENT APPROVAL & TRACKING

Item	Contact	Date	Approval
Owner	Manager, Infection Prevention and Control; Hospital Epidemiologist		
Consultant(s)	Executive Director, Quality and Patient Safety		
Committee(s)	Clinical Infection Control Committee, Healthy Hands Resource Squad, UNMH PPG Committee		Y
Nursing Officer	Sheena Ferguson, Chief Nursing Officer		Y
Medical Director	Meghan Brett, MD, Hospital Epidemiologist		Y
Official Approver	Michael Chicarelli, Administrator, Professional Services		Y
Official Signature	On SharePoint	Date: 10/16/2018	
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