

Hand Hygiene: Healthy Hands for Healthcare Workers



Agenda

- Welcome and Introductions
- Keeping Your Hands Healthy
- Keeping Your Hands Clean
- Encouraging Clean Hands
- Questions
- Additional Resources

Keeping Your Hands Healthy

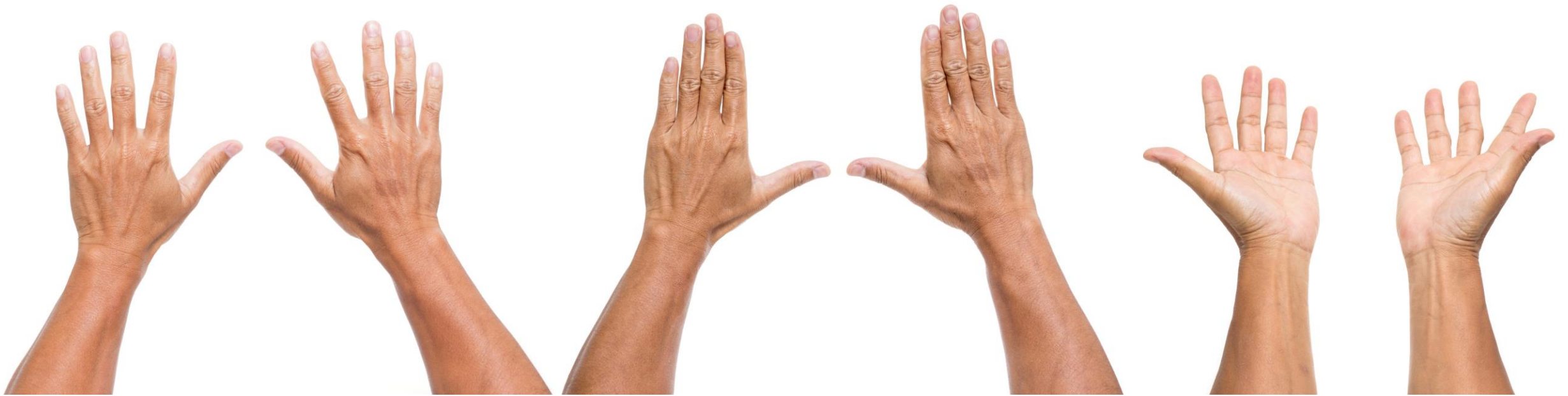


Hand Hygiene in Healthcare

- What is hand hygiene?
 - Simply put- **Keeping your hands clean**
- **Protects** you and those receiving care from you
- Can prevent the spread of germs



Hand hygiene begins with healthy hand skin and nails.



Challenges to Hand Health: Causes of Contact Dermatitis

Irritants

- Water
- Friction
- Gloves
- Disinfectants

Allergens

- Rubber accelerators
- Chlorhexidine gluconate



Contact dermatitis is an inflammation of the upper layers of the skin resulting in dryness, redness, itching, cracking, blistering, and pain.¹

Healthy Hands: Skin & Nails

Skin

- Use alcohol-based hand sanitizer (ABHS)
- Use facility-approved hand moisturizers
- Use cotton glove liners if irritation occurs

Nails

- Short and natural
 - Not artificial
- No longer than the fingertip
- Scrubbed surgical personnel should not wear nail polish



Keeping Your Hands Clean

When to Clean Your Hands

Immediately before touching a patient¹

Before an aseptic task (e.g., handling an invasive medical device)¹

After contact with blood, body fluids, or contaminated surfaces¹

After touching a patient¹

After touching the patient environment¹

Before moving from work on a soiled body site to a clean body site on the same patient

Immediately after glove removal

In addition, wash hands when visibly soiled, before eating, and after using the restroom.

Keeping Hands Clean: Alcohol-Based Hand Sanitizer (ABHS)

- Preferred way to clean hands when they aren't visibly dirty
- More effective at killing potentially deadly germs on hands than soap
- Less irritating to skin than soap and water

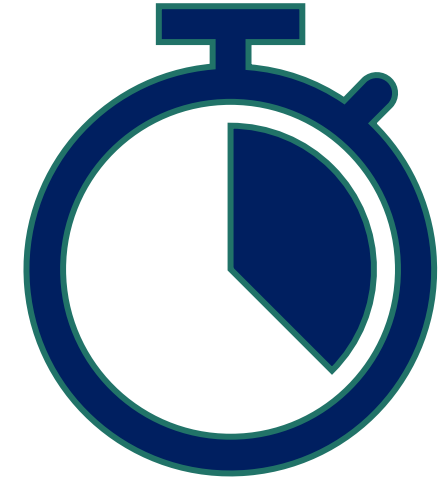


ABHS Technique

- Put product on hands and rub hands together
- Cover all surfaces until hands feel dry
- Should take at least 15 seconds

USE THE RIGHT KIND OF ABHS

- At least **60% alcohol** in liquid, gel, or foam



When to Use ABHS

- ✓ Immediately before touching a patient
- ✓ Before performing an aseptic task
- ✓ After contact with blood, body fluids, or contaminated surfaces
- ✓ After touching a patient
- ✓ After touching the patient environment
- ✓ Before moving from work on a soiled body site to a clean body site on the same patient
- ✓ Immediately after glove removal

Keeping Hands Clean: Soap and Water

- Effective use of soap and water **only** achieved with thorough **technique**
- Focus on cleaning hands at the right times
- Don't always know how many organisms are left behind when hands are washed with soap and water



Handwashing may not remove all bacteria when dealing with *C. difficile*.
Using gloves correctly is an important way to keep hands clean.

Effective Handwashing Technique

1. Wet hands with water
2. Apply hand wash to hands
3. Rub hands together vigorously for at **least** 15 seconds
4. Be sure to cover all surfaces of the hands and fingers
5. Rinse hands with water
6. Use disposable towels to dry
7. Use towel to turn off the faucet

TIPS

- ✓ Avoid using hot water to prevent drying of skin.
- ✓ The time it takes is less important than making sure all areas of hands clean.

When to Clean Hands with Soap and Water

- ✓ When hands are visibly soiled
- ✓ Before eating
 - Before feeding a patient or resident
- ✓ After using the restroom
 - After assisting with toileting
- ✓ After caring for a person who has or might have infectious diarrhea



Keeping Hands Clean: Gloves

- Best defense against hand contamination
- Hands must be cleaned after taking gloves off
- Use when you might encounter blood or body fluids



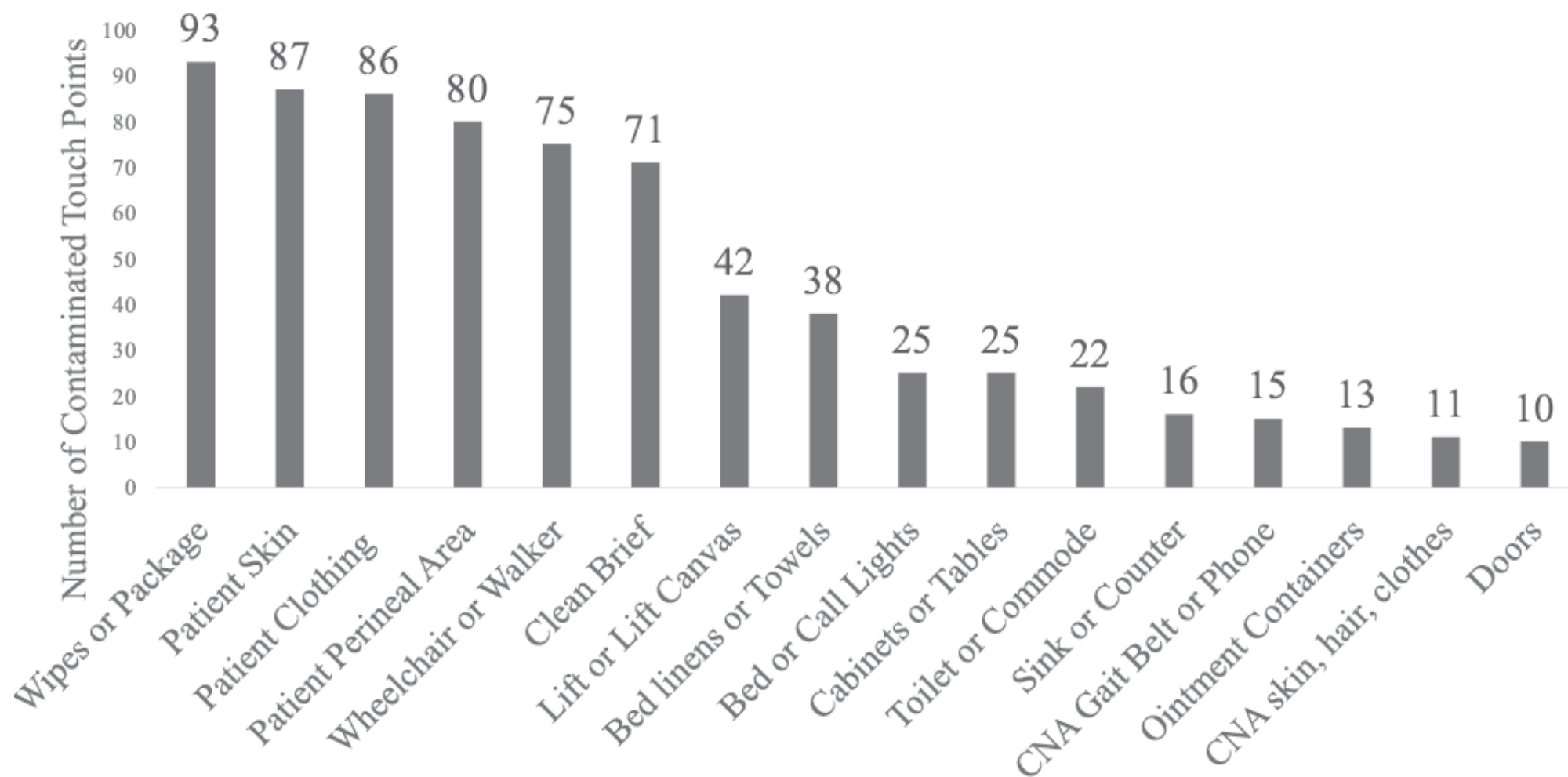
When to Wear Gloves

Wear gloves when there is anticipated contact with:

- ✓ Blood
- ✓ Mucous membranes
- ✓ Non-intact skin
- ✓ A patient or resident on contact precautions
- ✓ Handling soiled items and surfaces or equipment used for invasive procedures



Items Touched by CNAs in Long-Term Care While Wearing Contaminated Gloves



The “Do’s” of Glove Use

- **Clean your hands:**
 - Before putting gloves on
 - Immediately after removing gloves
- **Change gloves when:**
 - They are damaged
 - Moving from contaminated body site to clean body site
 - Gloves look dirty or are visibly soiled after completing a task
 - Moving from one patient to the care of another
- ***Carefully remove gloves to prevent hand contamination.***



Wearing two pairs of gloves does not prevent hand contamination when gloves are removed.

The “Don’ts” of Glove Use

- Do **not** try to clean disposable gloves
 - ABHS may break down glove material
- **Never** wear the same pair of gloves in the care of more than one patient
- Do **not** wear two pairs of gloves unless specifically indicated for your role
 - **Example:** Pharmacists making certain medications may need to wear two pairs of gloves



Encouraging Clean Hands: It's a Team Effort!



Common Barriers to Clean Hands

- Lack of access to supplies
 - ABHS located away from the point of care
 - Alert your supervisor about needed supplies or report empty, non-functioning dispensers according to your facility policy
- Gloves
 - Are not a substitute for clean hands
- Time Pressure
 - Slow down, focus, be aware of items and surfaces you touch



**Video:
Mindfulness and
Team
Accountability
with Hand Hygiene**

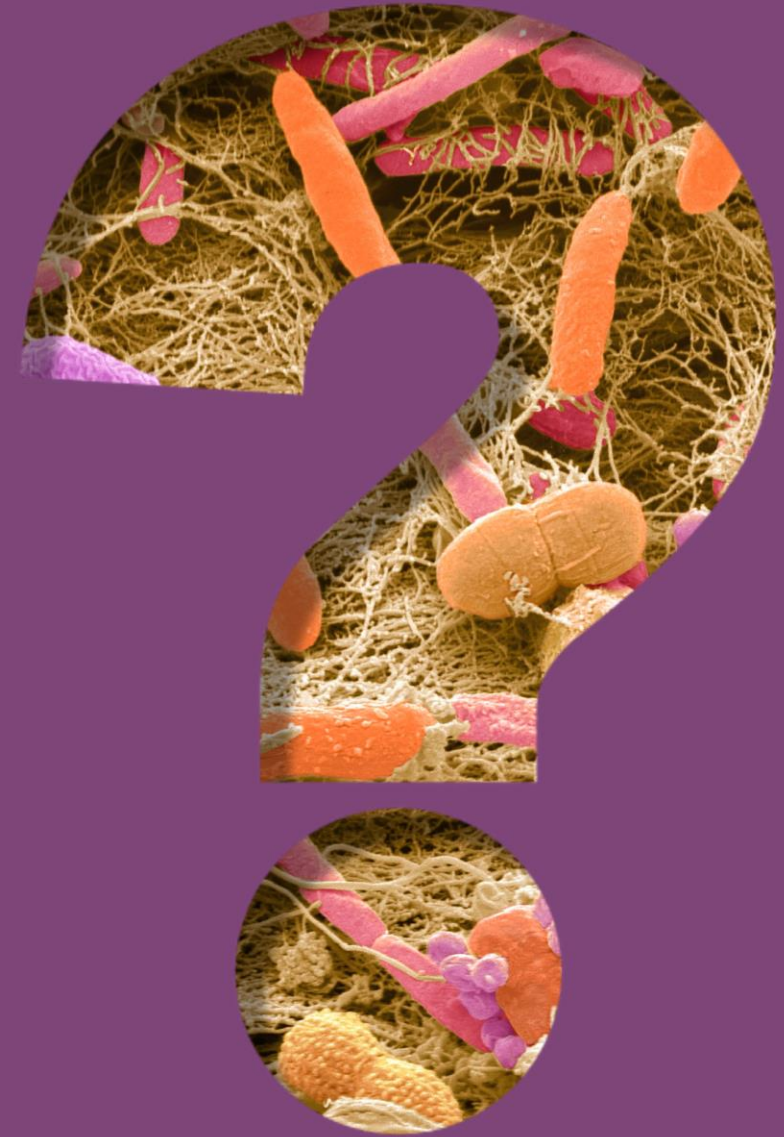


Keeping hands clean is a team effort!



Questions?

With appreciation to all
who save lives with clean
hands!



How to Get Involved and Feedback

- Project Firstline on CDC:
<https://www.cdc.gov/infection-control/projectfirstline/index.html>
- CDC's Project Firstline on Facebook:
<https://www.facebook.com/CDCProjectFirstline>
- CDC's Project Firstline on Twitter:
https://twitter.com/CDC_Firstline
- Project Firstline *Inside Infection Control* on YouTube:
<https://www.youtube.com/playlist?list=PLvrp9iOILTQZQGtDnSDGViKDdRtlc13VX>
- To sign up for Project Firstline e-mails, click here:
https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_2104
- *Hand Hygiene for Healthcare Providers* webpage:
<https://www.cdc.gov/handhygiene/providers/index.html>
- Project Firstline feedback form:
<https://www.cdc.gov/infection-control/pdf/projectfirstline/TTK-ParticipantFeedback-508.pdf>
- Placeholder for partners to add their own links

Additional Resources on Hand Hygiene

Wet-work Exposure:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4266809>

Occupational Dermatitis:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2351878/?page=3>

SHEA/IDSA/APIC Practice Recommendation:

<https://pubmed.ncbi.nlm.nih.gov/36751708/>

Removal of Nail Polish and Finger Rings:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7163182/>

A Systematic Approach for the Location of Hand Sanitizer Dispensers

<https://pubmed.ncbi.nlm.nih.gov/24194381/>

WHO Recommendations on Handwashing and *C. Difficile*

<https://www.sciencedirect.com/science/article/pii/S0196655317302936?via%3Dihub>

Discussion Question Bank

1. The frontline workers at my facility tell me that the skin on their hands has stayed the same or improved since they began working in healthcare. Yes or no? Please explain. **Suggested for Slide 5**
2. The skin on my hands has stayed the same or improved since I began working in healthcare. Yes or no? Please explain. **Suggested for Slide 5**
3. Has the skin on your hands changed since you began working in healthcare? If so, how? **Suggested for Slide 5**
4. When should you clean your hands when working in a healthcare setting? **Suggested for Slide 8**
5. How do you remind yourself to clean your hands when at work? **Suggested for Slide 8**
6. In what instances should alcohol-based hand sanitizer be used? **Suggested for Slide 12**
7. During an outbreak of *C. difficile* when is it appropriate to use ABHS? (Before patient care) **Suggested for slide 12**
8. Have you ever had to look around to find alcohol-based hand sanitizer in a patient care area? Please share. **Suggested for Slide 22**
9. Who do you notify if supplies are not available, or if dispensers are not working? **Suggested for Slide 22**
10. What are some barriers you've personally experienced when considering hand hygiene in the workplace? **Suggested for Slide 22**
11. Do you know who to contact when supplies used to clean your hands are needed? **Suggested for Slide 22**
12. How can you help each other keep your hands clean at work? **Suggested for Slide 24**
13. Have you ever told someone they needed to clean their hands and they declined? Did you get any pushback? **Suggested for Slide 24**
14. What are some creative ways that you might encourage people to clean their hands? **Suggested for Slide 24**