



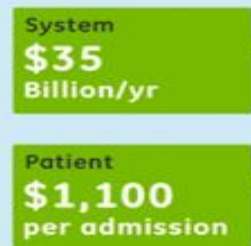
GBMC'S HAND HYGIENE PROGRAM



Hands are Meant to Heal
Wash In, Wash Out
Wash Right

Healthcare Associated Infections: **The Unknown Killer**

Healthcare Associated Infections (HAIs) affect millions of people and add billions of dollars to healthcare costs in the U.S. annually. HAIs are an unintended consequence of care delivered by healthcare organizations. Scientific evidence suggests that most HAIs are preventable.



More than $\frac{2}{3}$ of HAIs affect people with Medicare or Medicaid

HAIs kill more people each year than Breast Cancer and Prostate Cancer combined.



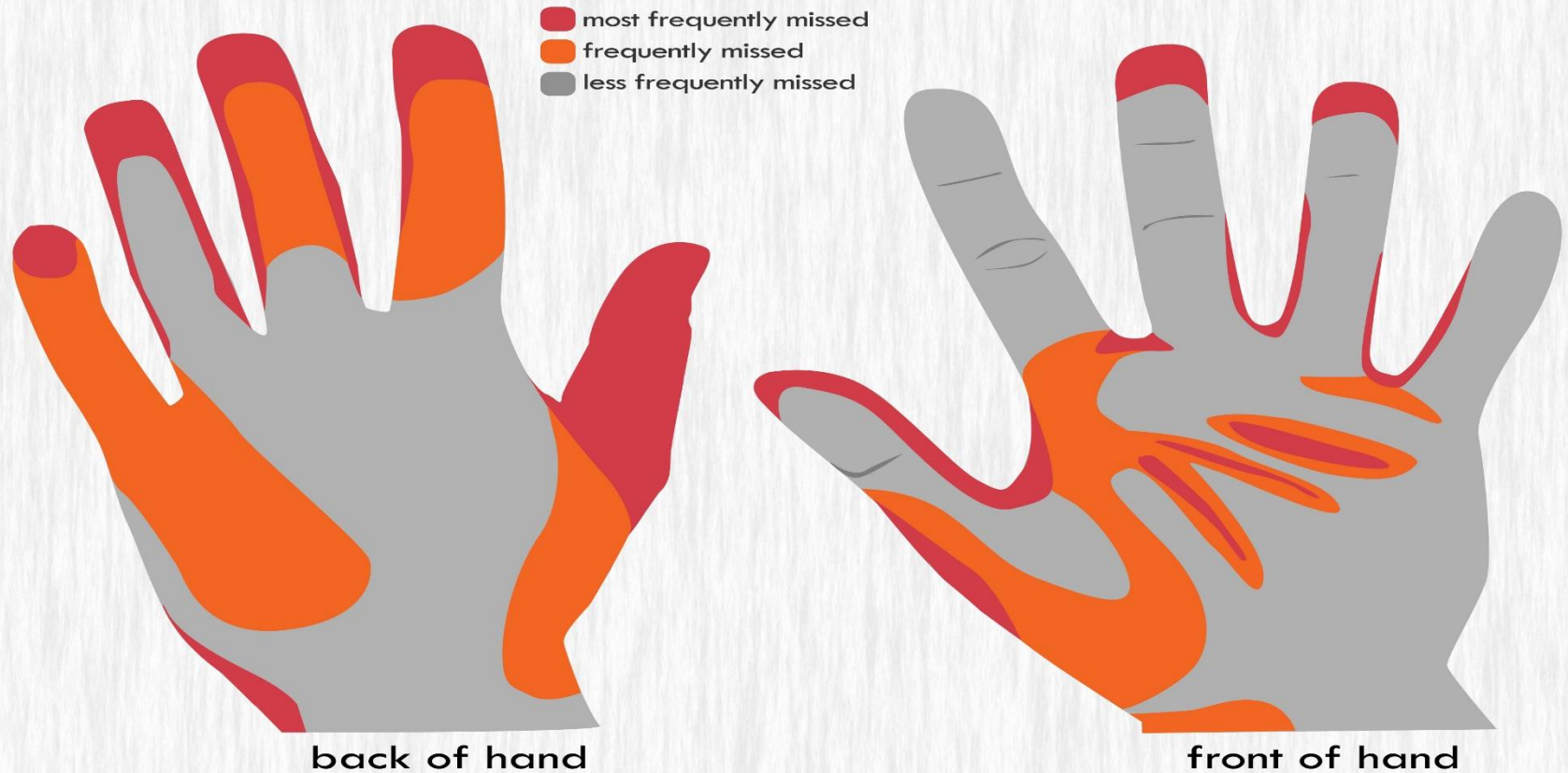
Healthcare Associated Infection Transmission Most Often Occurs Via The Contaminated Hands Of Health Care Workers

DEFINITION OF HAND HYGIENE

Cleaning Your Hands By Using Either Handwashing (Washing Hands With Soap And Water), Antiseptic Hand Wash, Antiseptic Hand Rub (Alcohol-based Hand Sanitizer Including Foam Or Gel), Or Surgical Hand Antisepsis



ARE YOU BETTER THAN AVERAGE?



**(95% OF PEOPLE DON'T WASH
THEIR HANDS PROPERLY)**

AREAS FREQUENTLY MISSED WHEN CLEANING HANDS

- Thumbs
- Fingertips
- Between Fingers



TWO APPROVED METHODS FOR HAND HYGIENE



**Hand Washing
With Soap & Water**

**Alcohol-based
Hand Rub (ABHR)**



ALCOHOL-BASED HAND RUBS (ABHR)

The Preferred Method Of Hand Hygiene In A Healthcare Setting

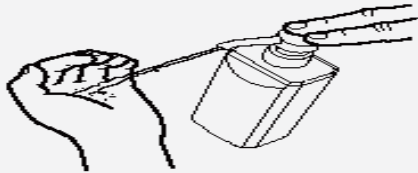
- ✓ Provides A Rapid Kill Or Removal Of Most Bacteria On Hands
- ✓ Takes Less Time Than Using Soap And Water
- ✓ Contains Emollients To Reduce Skin Irritation
- ✓ They Can Be Easily Available At The “Point Of Care”
- ✓ These Cleansers Are Well Tolerated, But May Cause Temporary Stinging When In Contact With Skin Cracks

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 **Duration of the entire procedure:** 15 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



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



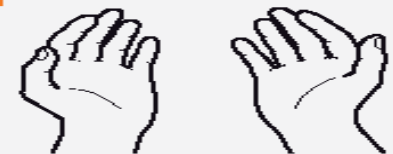
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.



**World Health
Organization**

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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May 2009

SOAP AND WATER WASHING

Performed When Hands Are **Visibly Soiled**

Performed When Caring For A Patient With
Clostridium Difficile (C. diff)

After Known Or Suspected Exposure To Patients With Infectious Diarrhea

During *Norovirus* Outbreaks

If Exposure To *Bacillus anthracis* Is Suspected Or Proven

After Using A Restroom

How to Handwash?

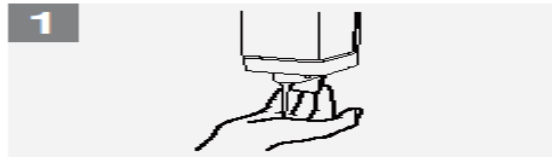
WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



Duration of the entire procedure: 15 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



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



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



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



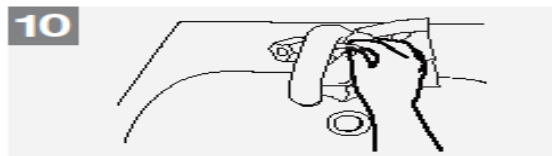
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



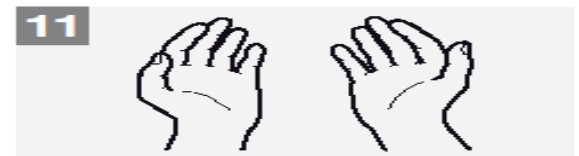
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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SPECIAL ENTERIC PRECAUTIONS

IN ADDITION TO STANDARD PRECAUTIONS

Visitors:

Please ask for assistance with:

- Putting on and removing isolation gowns and gloves
- Special handwashing instructions



Cleanse in with Sanitizer
or Soap and Water

CLEANSE OUT
with **ONLY** Soap
and Water



Gown and Gloves are
required prior to
entering room



Important!
Alcohol-Based
Hand Sanitizer
does not kill C.
diff spores.
Soap and water
is more effective
on removing the
spores from your
hands.

MAINTAINING HEALTHY SKIN INTEGRITY

If the alcohol based hand rub is causing skin issues for you, get your skin condition documented by the Employee Health Services Department
A Substitute Hand Sanitizer Will Be Provided To You



GLOVE USE IS NOT A SUBSTITUTE FOR CLEANING YOUR HANDS

WASH YOUR HANDS **BEFORE** PUTTING ON GLOVES

WASH YOUR HANDS **AFTER** TAKING GLOVES OFF



GLOVES AND HAND HYGIENE

Gloves Should Be Worn When:

- Hands May Become Contaminated With Blood, Body Fluids, Excretions, Or Secretions
- When Touching Mucous Membranes, Non-Intact Skin, **Or** Contaminated Surfaces Or Objects (Urinary Catheters, Endotracheal Tubes).

Key Reminders With Glove Use:

- Do Not Reuse Or Wash Gloves
- Gloves Are Not A Replacement For Hand Hygiene
- Wash Hands **Before** Putting On Gloves
- Always Change Gloves Between Patients
- Wash Hands **After** Taking Gloves Off
- Discard Gloves Prior To Exiting Patient Room

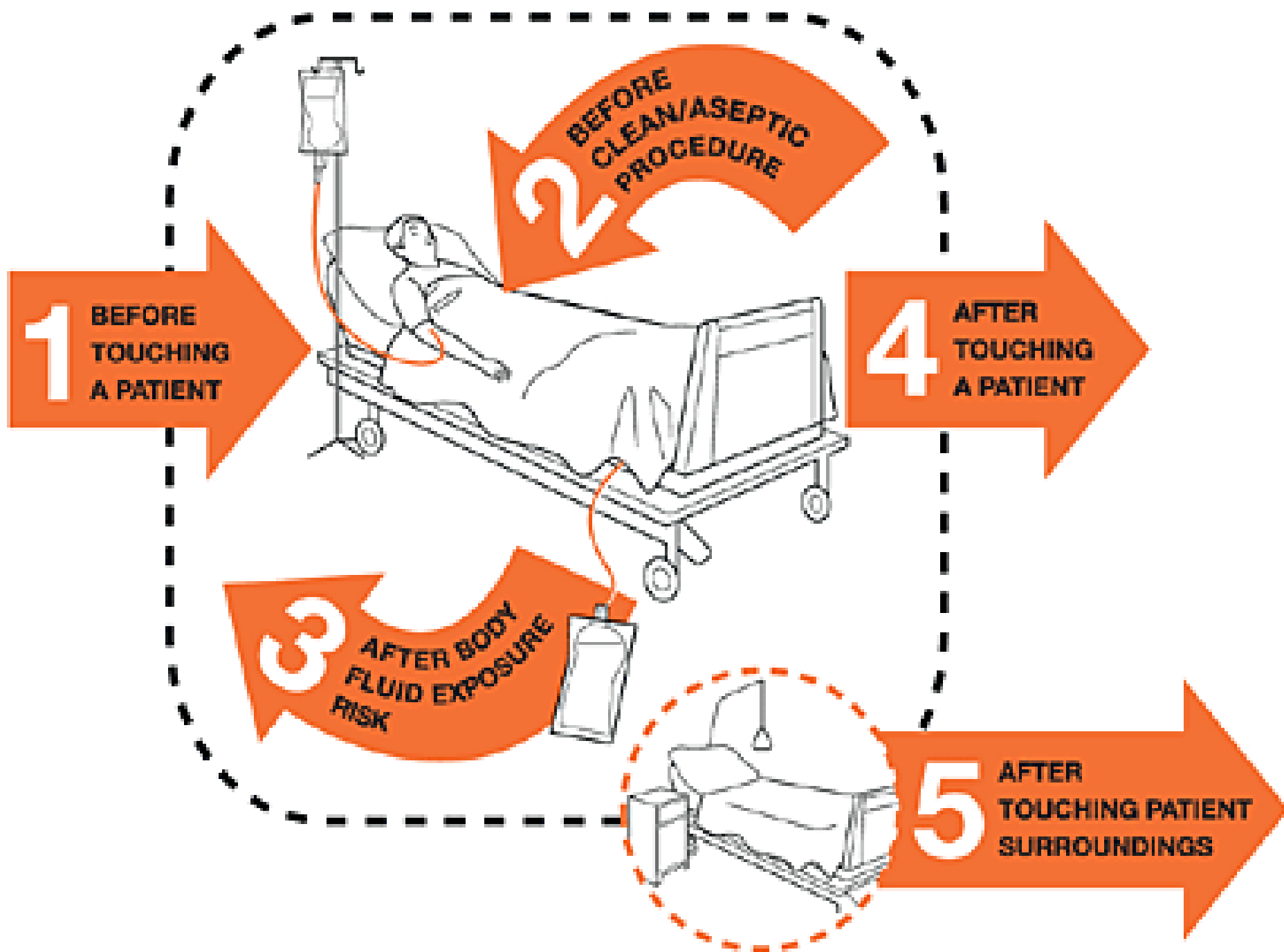




KNOW WHEN TO USE HAND HYGIENE

THE FIVE MOMENTS OF HAND HYGIENE





“BUT I DIDN'T TOUCH THE PATIENT. WHY SHOULD I PRACTICE HAND HYGIENE?”

Bacteria Can Survive For **DAYS to Months** On Patient Care Equipment And Other Surfaces.

Bed Rails

Privacy Curtains

Light Switches

IV Pumps, And

Computer Keyboards

It's Important To Practice Hand Hygiene After You Leave The Room, Even If You Only Touched Patient Care Equipment Or Environmental Surfaces.

This includes entering and exiting clean rooms

MAINTAINING HEALTHY SKIN INTEGRITY

- ✓ Healthy Skin Is The **1st Line Of Defense Against Infection**
- ✓ Dry And Cracked Skin Harbor More Microbes
- ✓ Apply Hospital Provided Lotion To Protect Skin After Frequent Hand Washing To Prevent Skin Breakdown

HAND LOTIONS

Hand Lotions Are Important To Prevent Skin Dryness And Irritation.

- Only **Hospital-approved Hand Lotions** Shall Be Used.
- Keep Personal Lotions At Home.
- Personal Lotions Are Prohibited Because They Can:
 - Make Hand Hygiene Products Less Effective
 - Cause Breakdown Of Latex Gloves
 - Become Contaminated With Bacteria In The Hospital Environment

FINGER NAILS AND HAND HYGIENE

- ✓ Fingernails Shall Be Natural And Must Be $\frac{1}{4}$ Inch In Length **Or Less.**
- ✓ Long Nails, Chipped Polish, Artificial Nails, And Nail Jewelry Are A Reservoir For Microorganisms.
- ✓ Shellac (Gel) Polish, Gel Overlays, Acrylics, And Silks Are Considered Artificial Overlays And Are Not Permitted By Healthcare Workers
- ✓ Artificial Overlays Have Been Implicated In Outbreaks And Can Tear Gloves



GBMC'S HAND HYGIENE MONITORING PROGRAM

- ❖ GBMC Participates In The Maryland Hospital Hand Hygiene Collaborative
 - State Facilitated Program
 - Observations Conducted By Multidisciplinary Secret Observers
 - GBMC reports Results Monthly Involving All Inpatient Units And All Disciplines

- ❖ GBMC Also Developed A Unit –Based Hand Hygiene Program called the
A1 Partner Hand Hygiene Program
Units monitor their own hand hygiene compliance and provide the data to
Infection Prevention

BE A ROLE MODEL FOR GBMC

Your Actions Send A Powerful Message

- Research Has Shown That The Actions Of Clinicians Influence The Behavior Of Others.
- Show Your Colleagues And Patients That Hand Hygiene Is An Important Part Of Quality Care.
- If You See A Healthcare Worker Not Complying With Hand Hygiene At GBMC Help Them By Educating Them And Show Them The Correct Way
- Help Patients, Family Members And Friends Of Patients By Showing Them The Correct Way To Wash Their Hands And Protect Themselves And Others



GBMC's The Proper Use of Hand Hygiene Policy

Is Based On The

World Health Organization's 5 Moments of Hand Hygiene

It is located under Policies/Procedures or Infection Prevention/Hand Hygiene

Infection Prevention/Policies and Procedures

The screenshot shows the GBMC Infoweb homepage. At the top left is the GBMC logo with the tagline 'HealthCare System'. To the right of the logo is a search bar with the text 'Search...' and a 'Search' button. Above the search bar are links for 'Interpreter Services Login', 'GBMC.org', 'Find a Doctor', and 'Employee Center'. Below the search bar is a horizontal navigation menu with the following items: 'Depts & Services' (circled in red), 'Human Resources', 'MIS/IT', 'Nursing', 'Policies/Procedures', 'Physicians', 'Quality & Patient Safety', and 'System Goals'. Below the navigation menu is a large grid of links organized into five columns. The first column contains links like 'Accounts Payable', 'Advanced Practitioners', 'Care Management', 'Cashier's Office', 'Clinical Engineering', 'Compliance and Internal Audit', 'Credit Union', 'Conference Center', 'Critical Incident / Emergency Management', 'Education Resources', and 'Emergency Department'. The second column contains 'Employee Health Services', 'Employee Relations Council', 'Epic', 'Ergonomics', 'Ethics', 'EVS / Housekeeping', 'Executive Office', 'Food and Nutrition', 'Facilities', 'Finance', and 'General Accounting'. The third column contains 'Gilchrist Hospice Care', 'Graduate Medical Education', 'GBMA', 'Green Pages', 'Health Information Management', 'Infection Prevention' (circled in red), 'Institutional Review Board', 'Interpreters', 'Latex Drugs', 'John Adams Rounds', 'John E. Savage Medical Library', and 'Palliative Care'. The fourth column contains 'Kaiser Permanente', 'Life Safety-Employee Safety-ILSM', 'Managed Care', 'Marketing', 'Material Management/Purchasing', 'Material Safety Data Sheets', 'Medical Staff Office', 'MSDS Contact Information', 'Nurse Call Reports', 'Organizational Development', and 'Palliative Care'. The fifth column contains 'Parking', 'Pathology & Laboratory', 'Patient Access', 'Payroll', 'Pediatrics', 'Philanthropy', 'Performance Improvement/Lean', 'Perioperative', 'Pharmacy', 'Physical Therapy/Occupational Therapy', and 'Physician Relations'.

GBMC Infoweb
HealthCare System

Interpreter Services Login | GBMC.org | Find a Doctor | Employee Center

Search... Search

Depts & Services Human Resources MIS/IT Nursing Policies/Procedures Physicians Quality & Patient Safety System Goals

Accounts Payable
Advanced Practitioners
Care Management
Cashier's Office
Clinical Engineering
Compliance and Internal Audit
Credit Union
Conference Center
Critical Incident / Emergency Management
Education Resources
Emergency Department

Employee Health Services
Employee Relations Council
Epic
Ergonomics
Ethics
EVS / Housekeeping
Executive Office
Food and Nutrition
Facilities
Finance
General Accounting

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Pathology & Laboratory
Patient Access
Payroll
Pediatrics
Philanthropy
Performance Improvement/Lean
Perioperative
Pharmacy
Physical Therapy/Occupational Therapy
Physician Relations

GBMC Is Committed To Improving Hand Hygiene Compliance And Creating A Culture Of Safety For Patients, Families, And Staff



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