

HANDWASHING/HAND HYGIENE POLICY

POLICY:

All personnel shall follow our established handwashing/hand hygiene procedures to prevent the spread of infection and disease to other residents, personnel and visitors. This policy is based on CDC guidance for healthcare providers.

Employees must perform appropriate fifteen (15) second handwashing using antimicrobial or non-antimicrobial soap and water under the following conditions:

- a. When hands are visibly dirty or soiled with blood or other body fluids;
- b. After caring for a person with known or suspected infectious diarrhea;
- c. After known or suspected exposure to spores, eg. B. anthracis, c. difficile outbreaks;
- d. Before eating and after using a restroom

If hands are not visibly soiled, use of an alcohol-based hand rub containing 60-95% ethanol or isopropanol is acceptable for all the following situations:

- a. Before contact with residents;
- b. Before preparing or handling medications;
- c. Before handling clean dressings/treatment items;
- d. Before performing an aseptic task (placing an indwelling catheter or handling invasive medical devices);
- e. After contact with resident's intact skin;
- f. After contact with blood, body fluids, secretions, mucous membranes, or contaminated surfaces;
- g. After contact with inanimate objects in the immediate vicinity of the resident; and
- h. Before handling food trays, between trays if touching the resident or other objects other than setting up the meal tray and before feeding the resident
- i. Immediately after glove removal;
- j. Before moving from work on a soiled body site to a clean site on the same resident.

PURPOSE:

To reduce the incidence of healthcare associated infections.

EQUIPMENT:

1. Antiseptic handwash or soap.
2. Warm water.
3. Disposable hand towel.
4. Healthcare approved hand lotion (optional).
5. Alcohol based hand rub.

PROCEDURE:

HAND HYGIENE WITH ANTISEPTIC HANDWASH OR SOAP AND WATER:

1. Turn on water and adjust temperature (warm).
2. Wet hands, apply soap into palm of hand.

3. Rub hands together for at least 15 seconds covering all surfaces of hands and fingers.
4. Rinse hands with warm water. (Keep hands lowered to allow soiled water to drain directly into sink. Do not splash water onto clothing. Do not allow hands to touch sink.)
5. Dry hands thoroughly with a disposable towel.
6. Use dry disposable hand towel to turn off faucet.
7. May apply healthcare approved hand lotion (optional).

HAND HYGIENE WITH ALCOHOL BASED HAND RUB:

1. Apply or dispense product into palm of one hand.
2. Rub hands together, covering all surfaces of hands and fingers.
3. Rub hands until dry, will take from 15-20 seconds.

NOTE* - Carefully remove gloves to prevent hand contamination.

If gloves become damaged, remove the damaged gloves, perform hand hygiene & don new gloves.