

TITLE: Hand Hygiene				
Scope/Purpose: To reduce transmission of micro-organisms to patients and personnel through promotion of CDC (Centers for Disease Control) guidelines on hand-washing and use of antiseptics agents.				
Division/Department: All Clinics (Operations)			Policy/Procedure #:	
Original Date: July 22, 2015			<input checked="" type="checkbox"/> New <input type="checkbox"/> Replacement for:	
Date Reviewed:	Date Revised:	Implementation:	CPIC Approved:	Board Approved:
			09/17/2015	
Responsible Party: Director of Nursing				

DEFINITIONS: Hand hygiene is a preventive practice to stop the spread of disease and decrease antimicrobial resistance. Hand washing or hand hygiene is the act of cleaning one’s hands with or without the use of water or with the use of soap for the purpose of removing soil, dirt or microorganisms.

POLICY: Clinic staff are to follow CDC (Centers for Disease Control) guidelines related to hand hygiene and protection. Clinic staff shall educate HealthPoint patients and families about the importance of hand hygiene to promote health and prevent spread of infection during clinic visits, especially when a patient or family member is ill or at risk for infection (example, elderly, infants) and during cold and flu season.

PROCEDURE:

A. GUIDELINES:

1. Hand hygiene practices include basic hand-washing, using antiseptics to kill germs on hands and protecting the skin.
2. Hand hygiene is the number one intervention to prevent healthcare-associated infections and transmission of organisms and diseases.
 - a. In general, everyone should wash their hands before eating or preparing food, after using the restroom, and whenever hands are visibly dirty/soiled, especially if contact with blood or bodily fluids has been made.
 - b. Per CDC guidelines, for norovirus, washing hands with soap and water, (rather than using hand sanitizer), is the best prevention, especially after using the bathroom, changing a diaper, and before eating and doing food prep.
 - c. Additionally, clinic staff are expected to sanitize their hands upon entering and leaving work, between patient contact, prior to preparing or administering medications, before invasive procedures, after removing

- gloves, after sanitizing/cleaning equipment and/or the environment, and after handling money.
- d. Handwashing can be substituted by using an **alcohol-based hand rub** or gel **if hands do not appear visibly soiled**.

B. PROCEDURE

1. Handwashing

- a. Stand before the sink, keeping clothes away from sink.
- b. Turn on water and adjust temperature to warm, wetting your hands and wrists thoroughly under the water, positioning hands and forearms lower than elbows to prevent water flowing from most to least contaminated area..
- c. Apply 3-5 ml of soap in the middle of your hands and use friction to create a lather, vigorously washing the palms and backs of your hands, creases in hands, each finger, under nails and around nail beds, wrists and forearms, as well as around any jewelry such as a wedding ring for fifteen (15) seconds. (15 seconds is the length of time it takes to sing ‘Happy Birthday’ song three times or ‘Alphabet’ song once).
- d. With a clean paper towel or towel, blot your hands from your fingers to your wrists and forearms.
- e. LAST, turn off the water using a paper towel to avoid contaminating your hands and throw the paper towel into the trash.
- f. If you touch the sink or faucets with your hands, repeat the handwashing procedure.

2. Alcohol Based Sanitizer

- a. Apply product to palm of one hand and rub hands together
- b. Rub all surfaces of hands and between fingers until hands are dry (about 20 to 30 seconds).

RELATED POLICY:

(None)

REFERENCES:

www.cdc.gov

www.health.state.mn.us/handhygiene

REQUIRED BY:

(Leave blank if none)

ATTACHMENTS/ENCLOSURES:

(Leave blank if none)

POLICY/PROCEDURE TRACKING FORM

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