

## QUICK TIPS

# How to Assist with Hand Hygiene

Use these techniques and approaches to help patients, clients or residents adopt healthy hand hygiene practices.



Healthy hand hygiene practices **before and after meals, after toileting, and when visibly soiled** gives health-care providers a chance to **build trust** and **extend compassion**.

## GIVE CLEAR INSTRUCTIONS

- ✓ Use simple words
- ✓ Explain with short messages and simple steps
- ✓ Post large print signs with simple pictures near sinks

## DEMONSTRATE BY DOING

- ✓ Demonstrate thorough hand washing
- ✓ Make this an opportunity to interact with the patient, client or resident. Build a connection.
- ✓ Use alcohol-based hand wash if they cannot wash hands easily or if their hands are not visibly dirty.
- ✓ Remind the patient, client or resident to moisturize after hand hygiene and assist if needed. Older adults tend to have dry skin.

