

Infection Prevention & Control Program

Module #4: Hand Hygiene

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Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

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MODULE #4: HAND HYGIENE

OBJECTIVES

At the completion of this module you will be able to:

1. **Demonstrate** the basic knowledge of Hand Hygiene by completing the following exercises in this module
2. **Describe** physiology pertaining to skin and hands
3. **Identify** the indications, methods, and techniques for performing hand hygiene
4. **Describe** the Hand Hygiene program within the Infection Prevention and Control Program of your facility using the following key components:
 - Purpose and objectives
 - Use of performance indicators (e.g., audit tools)
 - Staff education and motivational programs
 - Policy
 - Strong commitment by all stakeholders
 - Communicating performance indicator results

Required Readings

- Winnipeg Regional Health Authority Hand Hygiene Resources [Hand Hygiene Resources - Infection Prevention and Control - WRHA Insite](#)
 - **Acute:**
https://professionals.wrha.mb.ca/old/extranet/ipc/files/manuals/acutecare/RP_HH.pdf
 - **LTC:** [https://professionals.wrha.mb.ca/old/extranet/ipc/files/manuals/ltc/LTCRP.doc; page 3](https://professionals.wrha.mb.ca/old/extranet/ipc/files/manuals/ltc/LTCRP.doc;page3)
 - **Community:**
https://professionals.wrha.mb.ca/old/extranet/ipc/files/manuals/acutecare/RP_HH.pdf
- Winnipeg Hand Hygiene Toolkit
<https://professionals.wrha.mb.ca/old/extranet/ipc/files/routine-practices/HH-Toolkit.pdf>
- Manitoba Health [https://www.gov.mb.ca/health/publichealth/cdc/docs/ipc/rpap.pdf; page 63](https://www.gov.mb.ca/health/publichealth/cdc/docs/ipc/rpap.pdf;page63)
- Public Health Agency of Canada (PHAC): [Hand Hygiene Practices in Healthcare Settings - Canada](#)
- Hand Hygiene Module Manitoba eHealth Learning Management System:
<https://manitoba-ehealth.learnflex.net/include/login.asp?url=/users/index.asp>
- [Hand Hygiene Orientation Module Review](#)

Suggested Readings

- APIC Text of Infection Control and Epidemiology 4th Edition- Chapter 27. Hand Hygiene

OVERVIEW

Hand hygiene has been identified as the most effective way of preventing the transmission of HAIs to patients, staff and visitors in all healthcare settings. Hand hygiene represents a newer term in the healthcare vocabulary, thus it is critical all Infection Control Professionals become familiar with the new terminology and the heightened emphasis placed on hand hygiene in healthcare settings.

KEY CONCEPTS

Background and Evidence for Hand Hygiene

Describe the physiology of normal skin

Describe how healthcare-associated pathogens are transmitted from one patient to another

Why is adherence to hand hygiene considered the single most important practice for preventing the transmission of pathogens in healthcare?

What is the correlation between hand hygiene and healthcare-associated infections?

Hand Hygiene

Hand hygiene is considered the most important and effective infection prevention and control measure to prevent the spread of HAIs. Despite this, compliance with hand hygiene protocols by healthcare providers has been and continues to be low, ranging from 20-50%.

Define Hand Hygiene

Describe the 2 methods for performing hand hygiene

1.

2.

Outline the factors to determine which method to use

What is the preferred method for hand hygiene in healthcare settings and why?

Indications for the 4 Moments of Hand Hygiene

Name the 4 moments hand hygiene must be performed in healthcare settings

- 1.
- 2.
- 3.
- 4.

Hand Hygiene Technique

Correct technique is fundamental part of hand hygiene

Key Considerations for Hand Hygiene Technique

Discuss key points of consideration for each topic below in relation to hand hygiene

Adequate time

Areas often missed

Nail length

Artificial nails

Rings/jewelry/bracelets

clothing

Compare Techniques

Fill in the information regarding the 2 available methods for performing hand hygiene		
	ALCOHOL-BASED HAND RUB (ABHR)	SOAP AND WATER
Strengths		
Limitations		

Other Points to Consider

- Concentration of Alcohol for ABHR
- Plain vs Antimicrobial Soap for Hand Washing
- Ease of Use (Point of Care)
- Why doesn't use of gloves replace the need for hand hygiene?

Discuss specific issues regarding ABHR product and placement	
1. Describe any safety issues and their solutions	
2. Describe the impact of Manitoba Fire Code on ABHR placement	

METHODS

Select all elements from the list below that are included in your program's hand hygiene policy

- Indications
- Hand lotion use
- Use of ABHR
- Hand hygiene monitoring and compliance audits
- Use of artificial nails, jewelry, length of nails and nail polish

Hand Hygiene (HH) Education Program

HAND HYGIENE EDUCATION PROGRAM	COMMENTS
Does your facility/region have a HH education program?	
If so, when does it happen, to whom? and how often?	
Is education mandatory?	
Who has responsibility for the delivery of the HH education in your facility?	

Teaching Aids

Teaching aids such as **Glo Germ** have been used to reinforce technique and compliance with hand hygiene. Discuss and perform demonstration with your preceptor.

Review and become familiar with WRHA Hand Hygiene resources (posters, fact sheets, and so on) available at: [Hand Hygiene Resources | Routine Practices | Infection Prevention & Control | WRHA Insite](#)

Review the Hand Hygiene Toolkit:

<https://professionals.wrha.mb.ca/old/extranet/ipc/files/routine-practices/HH-Toolkit.pdf>

Hand Hygiene Compliance

Factors affecting compliance with Hand Hygiene	
List factors that reduce compliance with hand hygiene	
What are some ways to increase compliance of hand hygiene?	

What is the process when an HCW has a complaint of skin breakdown, which could possibly be due to hand hygiene products?

Is there a strategy to promote healthy skin care? If so, what is it?

Monitoring Hand Hygiene Compliance

Review the Hand Hygiene audit process at your facility	
1. Is there a HH audit process?	
2. Who conducts the audits?	
3. How do auditors learn how to perform HH audits?	
4. Identify the methods used for collecting data.	
5. Who analyzes the data from audits?	
6. How are audits reported?	
7. How is staff provided with feedback from the audits?	
8. How are improvement strategies chosen?	
9. Who is responsible for implementing improvement strategies?	
Arrange to attend HH Auditor training at the earliest convenience.	

NOTE: Infection Prevention and Control Staff do not normally complete hand hygiene audits, but ICPs and ICSAs will answer questions and support the facility auditors.

Hand Hygiene Program

Although hand washing with soap and water has been a part of personal hygiene rituals for centuries the link between hand washing and the spread of disease was only established about two hundred years ago. However, it was not until more recently that there has been great emphasis placed on hand hygiene in healthcare. Hand hygiene has been promoted as a critical indicator of an institution's commitment to patient safety. Some of the programs which have advocated hand hygiene include:

- Clean Care is Safer Care – World Health Organization
- STOP! Clean your Hands–Canadian Patient Safety Institute–Safer Healthcare Now!
- Just Clean Your Hands – Ontario Ministry of Health & Long Term Care

Comment on the following components of the Hand Hygiene Program in your facility/area	
Leadership Support <ul style="list-style-type: none"> • HH Policies & Procedures 	
Education <ul style="list-style-type: none"> • formal staff education, etc. 	
Champions or Role Models	
Patient Engagement	
Environmental Controls <ul style="list-style-type: none"> • Point of Care ABHR • Feedback from frontline staff 	
Ongoing Monitoring	
Quality Improvement Processes	

DOCUMENTATION AND REPORTING

One of the steps to a successful audit is the post audit stage which includes: reviewing and completing the audit summary report, meeting with stakeholders to discuss findings, as well as improvement strategies, and preparing and distributing a final report.

Complete the following regarding your facility's Hand Hygiene audit initiatives	
1. Does IP&C meet with the stakeholders regarding the audit results?	
2. Is there a final report generated for stakeholders?	
3. Who receives the final report?	
4. Are items prioritized for action?	
5. Are there time lines as to when the items will be actioned?	
6. Is there a date set for re-auditing?	

The WRHA would like to thank the Provincial Infection Control Network of British Columbia (PICNET) for allowing the use of their ICP Orientation Manual.

IP&C ORIENTATION MODULE EVALUATION – HAND HYGIENE

These modules have been developed in order to make your orientation to the WRHA Infection Prevention & Control Program a good experience. Please complete the below evaluation for each module so any necessary changes can be made to improve the manual for future use. Your thoughts and comments are greatly appreciated, thank you.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. The material was presented in a clear and organized way.				
2. The information in the module was consistent with the objectives stated.				
3. The required readings were useful.				
4. The instructions with in the module were clear.				
5. The amount of time given for the module was adequate.				
6. The module provided information that I needed in order to do my job.				
7. The module helped me to develop my critical thinking by using examples of IP&C situations.				

COMMENTS

1. Do you now feel better prepared to begin your job, recognizing that this is an orientation manual and not meant to replace an accredited infection control course?
2. Do you have any suggestions on how this module can be improved?
3. Are there any additional topics that should be included in this module?
4. Any further comments?