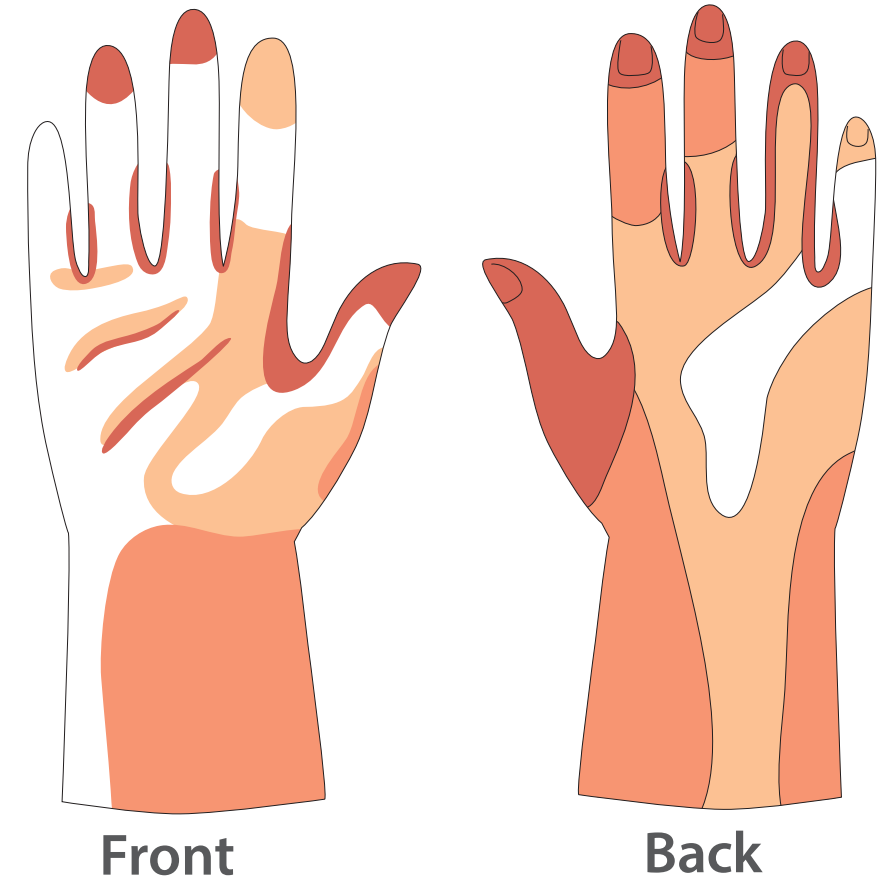


Connect Through Life

SARAYA

Hand Hygiene Training 2023



What is Hand Hygiene

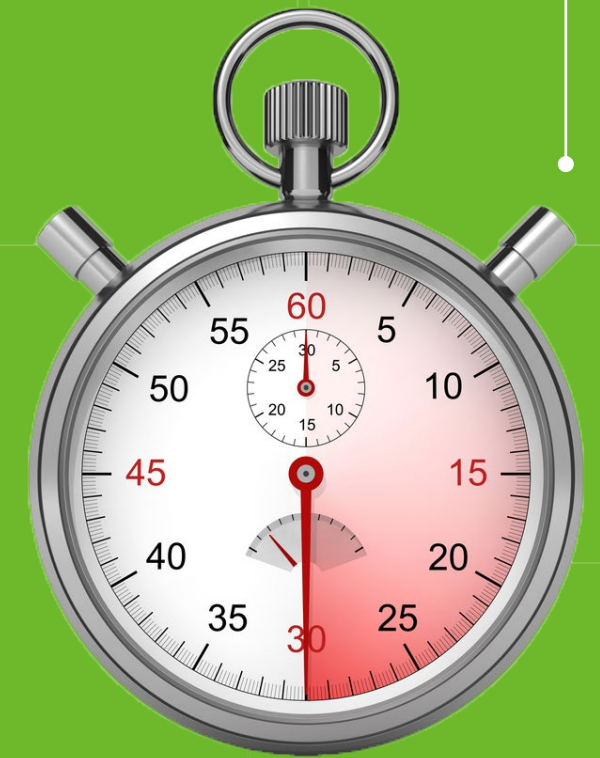
- Hand Hygiene is a general term referring to any action of hand cleansing.
- This includes the use of a soap / solution (non-antimicrobial or antimicrobial) and water, or a waterless antimicrobial agent to the surface of the hands (e.g. alcohol-based hand rub).
- When performed correctly, Hand Hygiene results in a reduction of microorganisms on hands.
- Hand Hygiene is the single most effective action to reduce hospital acquired infections.

The 3 elements to be effective in hand hygiene

Right Product

Right Volume / Time

Right Technique



Right Product

- The recommended product for hand hygiene is **HAND SOAP**. Studies have shown that a foam soap is more effective, yet more cost effective. In work environments we would recommend antibacterial soaps, however not necessary for home environments.



- Alcohol based hand rubs are good alternatives especially when time is a constraint, and excellent options when performing Moments 1, 4 & 5 of Hand Hygiene.
- We do recommend spray sanitisers as this will allow for product to be applied to areas of most concerns with cross contamination.



Right Volume / Time



- Washing hands with soap and water creates friction and removes bacteria and germs. Always remember to wet hands before applying soap. Volume depends on products, for SARAYA products 1 pump of hand soap is enough to be effective. Liquid soaps require more volume to create a good lather.
- Handwashing should take 40 seconds (2 versus of happy birthday) to wash and rinse, then extra time to dry

Right Volume / Time

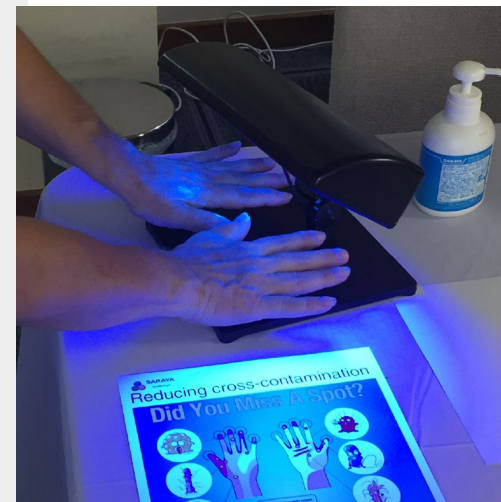


- Sanitising with Alcohol based hand rubs require **2mL** of a 70% v/v solution to be effective.
- Hand Hygiene Australia states that hands should be wet for 15 second then continue to rub until dried. (1 verse of happy birthday)
- Not all hand sanitisers are the same, and following the manufacturers instructions is important.

Right Technique

Black Light Test

1. Apply the testing hand moisturiser cream to the hands and rub all over both hands.
2. Place hands under the black light, you will see a white substance on your hands
3. Wet hands with water, wash hands with soap for 30-40 seconds to remove the moisturiser.
4. Pat dry hands with Paper Towel (ensure hands are dry)
5. Place hands back under the black light, if you observe and white substance this indicated the spots you have missed during hand washing, and indicates potential risks if in real life situations if bacteria or virus was present on hands and missed during hand washing.



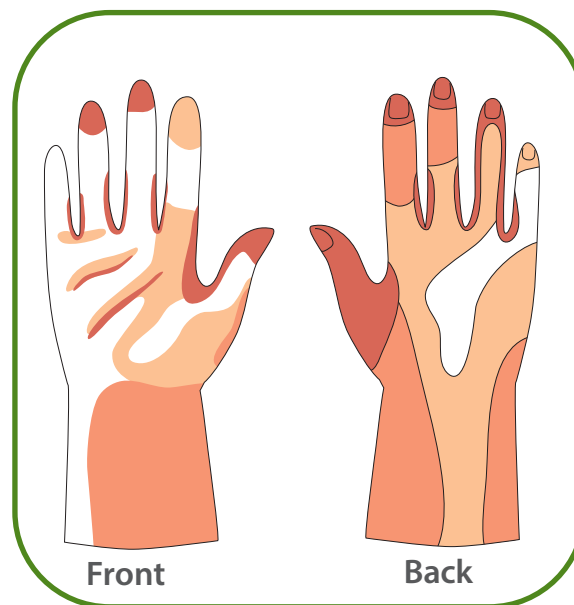
10 Steps to Correct Hand Washing



- Following the 10 Steps to correct hand washing, Steps 2 – 9 should take 40 seconds, followed by rinsing and drying
- Note – Pat dry hands with paper towel

Right Technique

- As discovered during the black light test, cuticles and thumbs are regularly missed during hand washing.



Most frequently missed
Frequently missed
Less frequently missed

SARAYA Australia Hand Hygiene Station

9 Steps to Correct Hand Sanitising



www.saraya.com.au



SARAYA

- Using Alsoft hand rub, apply the sanitiser to the nails and thumbs first. (areas often missed during hand washing), then continue on following the steps 2 – 9 for an effective hand rub.



Hand Care

- Contact dermatitis can affect some HCW's. Most often this is caused by water, but on occasions also a result of product. (always wet hands before applying soap to skin).
- Regular use of a skin moisturiser can prevent dry skin



SARAYA Hand Care Station

HandShield Moisturiser and Barrier Cream



Saraya Natrapower[®] Handshield[®] is a unique 2-in-1 natural barrier cream that continues to protect and moisturise for 4 to 6 hours even after repeated washes.

Australia Toll-Free - 1300 835 550
New Zealand Toll-Free - 0800 835 550

1. Apply Handshields to hands
2. Rub hands for 1min until product is absorbed into the skins.
3. NatraPower Handshield will not wash off during handwashing.
4. We recommend reapplying every 4 hours.

Moment 1

Before touching a patient

- **Touching a Patient in anyway**

Shaking hands, assisting a patient to move, allied health interventions, touching any medical device connected to the patient (for example, intravenous line pump, urinary catheter)

- **Any personal care activities**

Bathing, dressing, brushing hair, putting on personal aids such as glasses

- **Any non-invasion observations**

Taking a pulse, blood pressure, oxygen saturation, temperature, chest auscultation, abdominal palpation, applying ECG electrodes, cardiocography

- **Any non-invasion treatment**

Applying an oxygen mask or nasal cannula, fitting slings/braces, application of incontinence aids

- **Preparation and administration of oral medication**

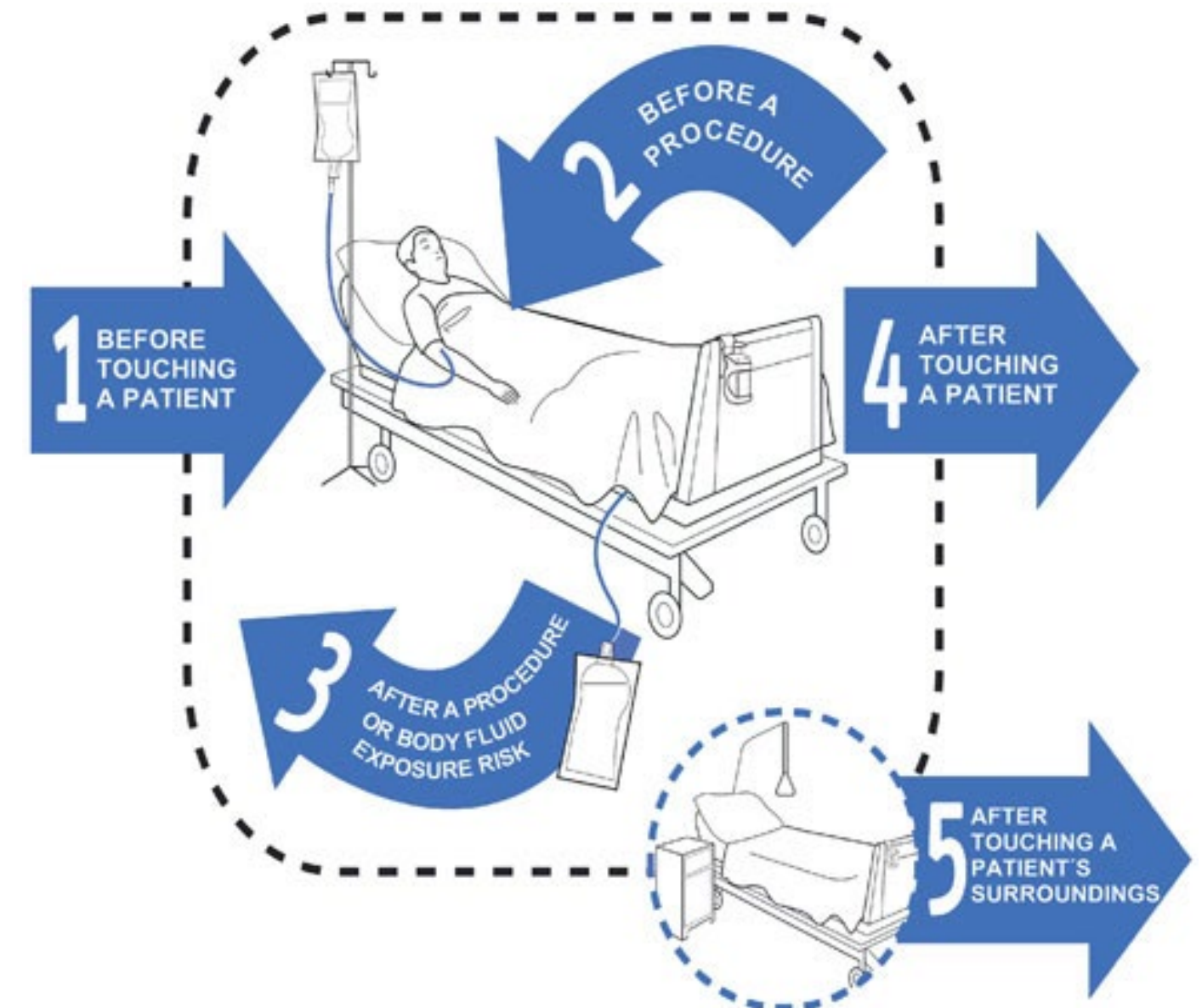
Oral medications, nebulised medications

- **Oral care and feeding**

Feeding a patient, brushing teeth or dentures

Moment 1

Perform Hand Hygiene on entering the patient's zone before touching patient



Moment 4

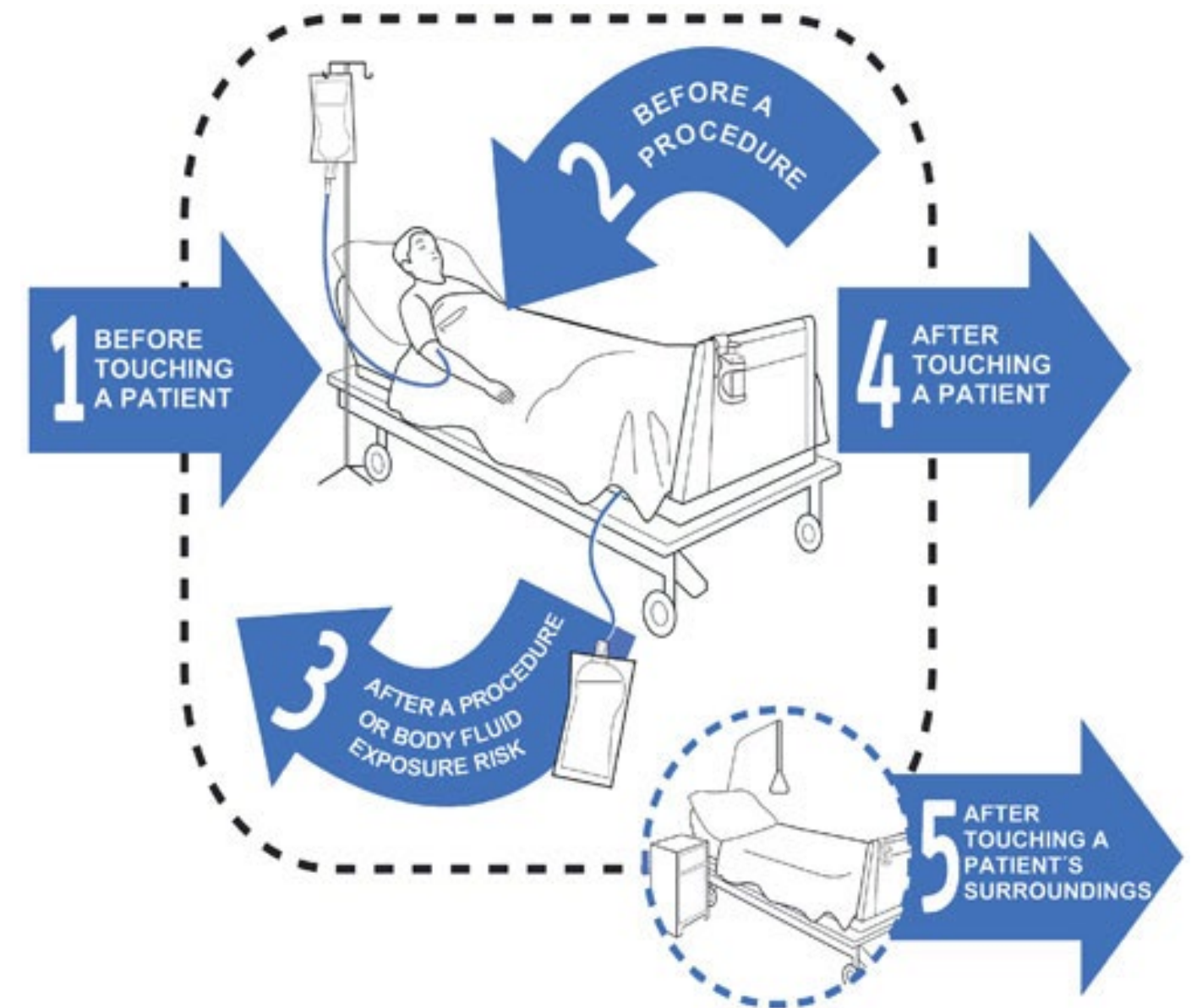
After touching a patient

- After Moment 1

Moment 4

Hand hygiene after touching a patient.

Perform hand hygiene before you leave the patient zone.



Moment 2

Before a procedure

- **Insertion of a needle into a patient's skin, or into an invasive medical device**

Venepuncture, blood glucose level, arterial blood gas, subcutaneous or Intramuscular injections, intravenous line flush

- **Preparation and administration of any medications given via an invasive medical device, preparation of a sterile field**

Intravenous medication, nasogastric tube (NGT) feeds, percutaneous endoscopic gastrostomy (PEG) feeds, dressing trolley set up

- **Administration of medications where there is direct contact with mucous membranes**

Taking a pulse, blood pressure, oxygen saturation, temperature, chest auscultation, abdominal palpation, applying ECG electrodes, cardiotocography

- **Insertion of, or disruption to, the circuit of an invasive medical device**

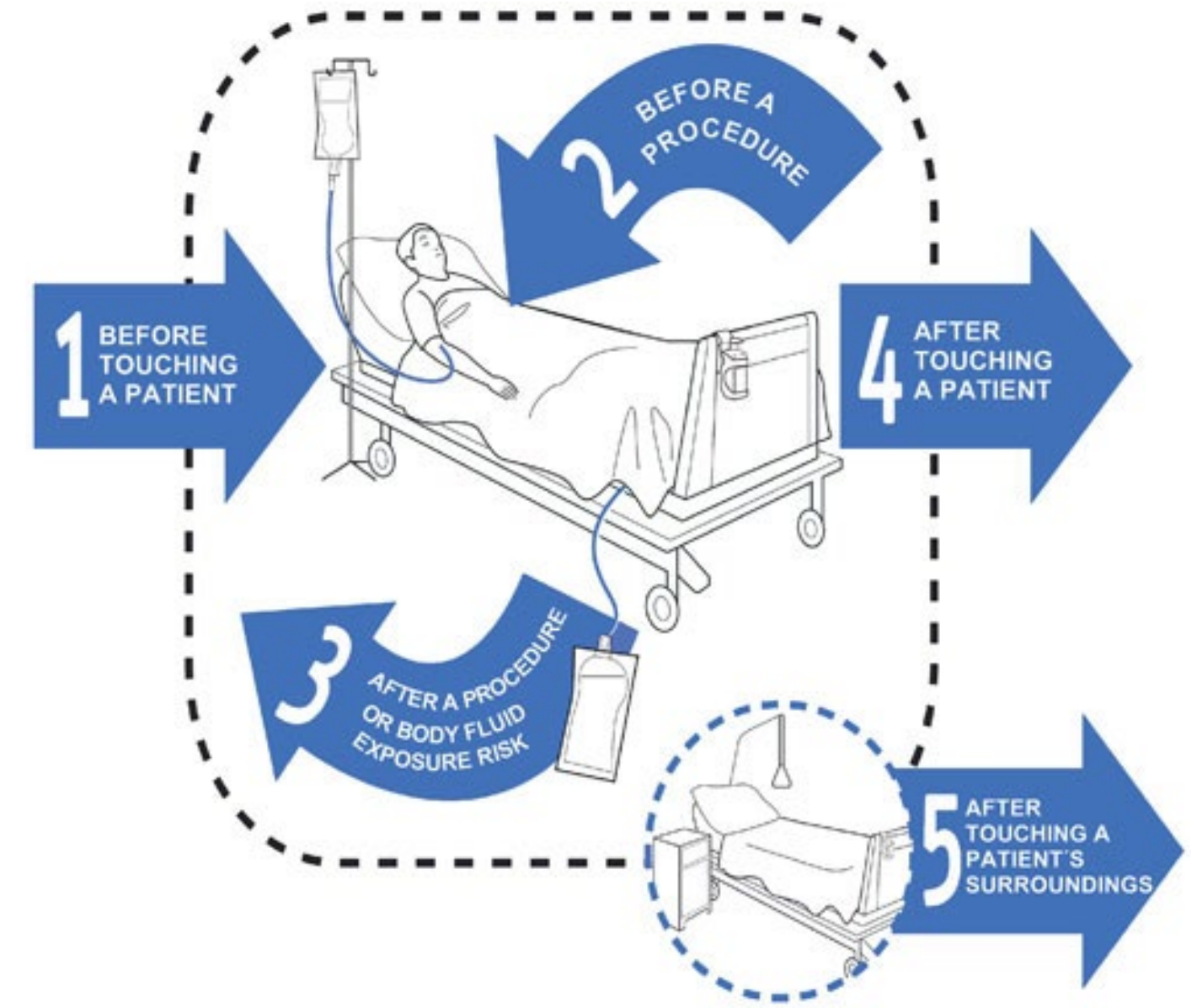
Procedures involving the following: endotracheal tube, tracheostomy, nasopharyngeal airways, suctioning of airways, urinary catheter, colostomy/ileostomy, vascular access systems, invasive monitoring devices, wound drains, PEG tubes, NGT, secretion aspiration

- **Any assessment, treatment and patient care where contact is made with non-intact skin or mucous membranes**

Wound dressings, burns dressings, surgical procedures, digital rectal examination, invasive obstetric and gynaecological examinations and procedures, digital assessment of newborn palate

Moment 2

Immediately before a procedure. Once hand hygiene has been performed, nothing else in the patients environment should be touched prior to the procedure starting



Moment 3

After Procedure or body fluid exposure

- After Moment 2

- After any potential body fluid exposure

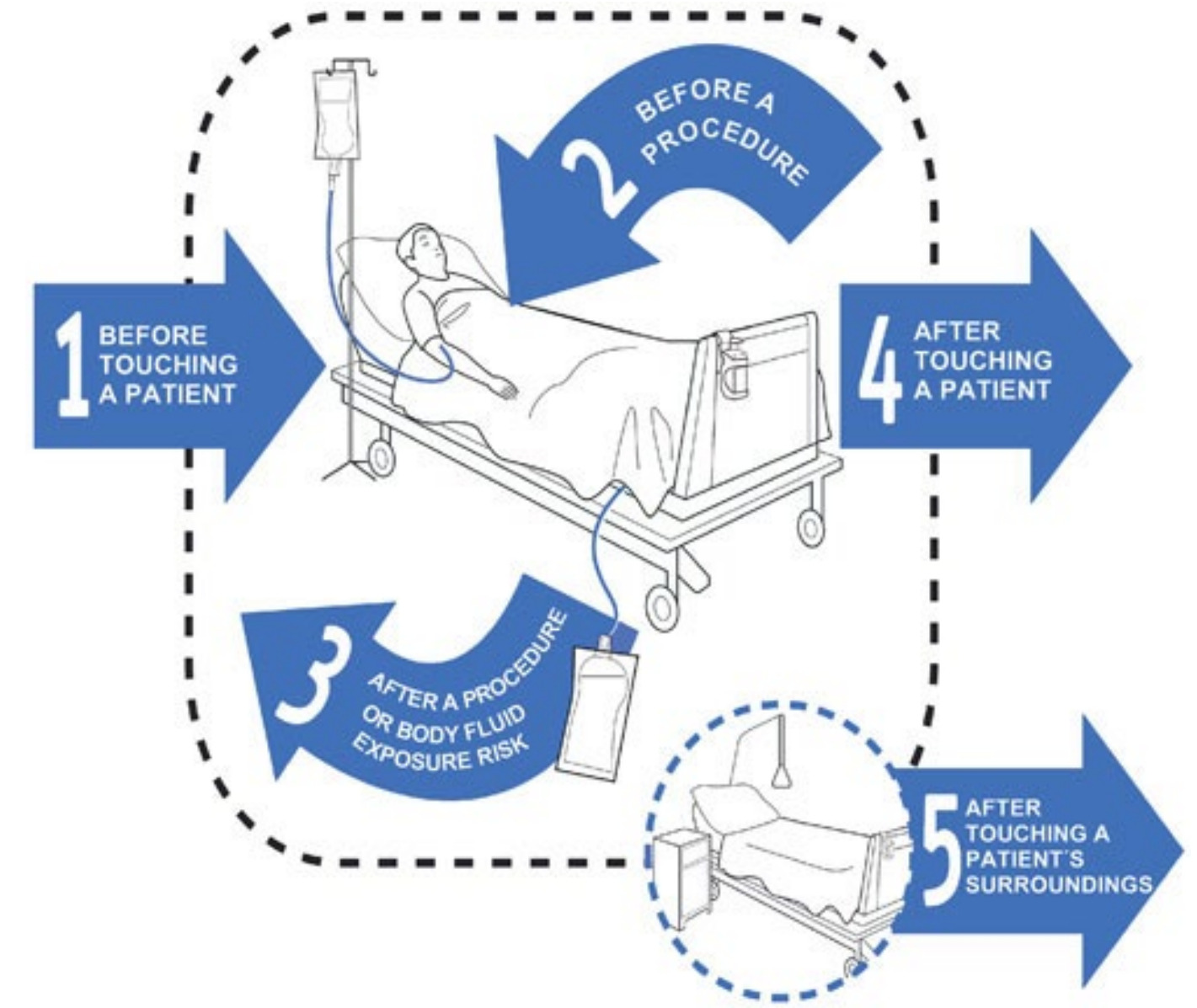
Contact with a used urinary bottle/bedpan, contact with sputum either directly or indirectly via a cup or tissue, contact with used specimen jars/pathology samples, cleaning dentures, cleaning spills of urine, faeces or vomit from patient surroundings, after touching the outside of a drain

Contact with any of the following: blood, saliva, mucous, semen, tears, wax, breast milk, colostrum, urine, faeces, vomitus, pleural fluid, cerebrospinal fluid, ascites fluid, organic body samples (for example, biopsy samples, cell samples, lochia, meconium, pus, bone marrow, bile).

Moment 3

Hand hygiene immediately after a procedure or body fluid exposure risk as hands could be contaminated with body fluid.

Even if you have had gloves on you should still perform hand hygiene after removing them as gloves are not always a complete impermeable barrier. Hands may also have been contaminated in the process of removing the gloves.



Moment 5

After touching a patient's surroundings

- After touching the patient's immediate surroundings when the patient has not been touched.

Patient surroundings include: bed, bedrails, linen, table, bedside chart, bedside locker, call bell/TV remote control, light switches, personal belongings (including books, mobility aids), chair, foot stool, monkey bar

Moment 5

Hand hygiene after touching a patient's surroundings even

when the patient has not been touched.

Always hand hygiene before leaving the room.

