



### What is hand hygiene?

A general term that applies to either handwashing, antiseptic handwash, antiseptic hand rub or surgical hand antisepsis.

### Why is hand hygiene important?

5-10% of patients contract a hospital acquired infection (HAI). Hand Hygiene is the **SINGLE** most important practice to prevent HAI's

### All about alcohol based hand rubs!

Alcohol-based hand rubs significantly reduce the number of microorganisms on skin, are fast acting and cause less skin irritation

True allergic contact dermatitis due to alcohol hand rubs is very uncommon

Alcohol-based hand rubs take less time to use than traditional handwashing

### How to apply Alcohol hand rub

Apply one pump of gel to palm of one hand.

Rub hands together covering all surfaces including backs of hands & between fingers.

Rub hands together until they are dry .

The whole alcohol hand rub procedure should take **15 seconds**

### All about gloves!

Gloves significantly reduce hand contamination and protect patients and health care personnel from infection.

Gloves may have microscopic holes in them and so **do not** eliminate the need for hand hygiene.

Hands should be decontaminated before donning and removing gloves.

### Keep your hands healthy.

Use warm water, not hot

Wet hands before applying soap

Rinse hands well and pat dry

Moisturise 3-4 times daily

Select a moisturiser compatible with Chlorhexidine gluconate

Nails should be kept short (< ¼ inch)

Artificial nails **MUST** not be worn

### Did you know?

**Hands visibly soiled** use soap and water or antimicrobial soap

**Hands not soiled** use alcohol hand rub for all routine hand hygiene

### Resources:

Wash up website - [http://www.wch.org.au/washup/index.cfm?doc\\_id=4770](http://www.wch.org.au/washup/index.cfm?doc_id=4770)