



Hand Hygiene Staff Education Guide

Hand Washing

Hand washing is the first line of defense in preventing the spread of infection. Common reasons for infection transmission are:

- Improper use of gloves
- Frequent entry in and out of patient rooms
- Staff's hands are always full
- Distraction due to multi-tasking
- Inconvenient placement of sinks and sanitizing dispensers

This guide was developed as an educational guide to common hospital acquired infections that exist within healthcare facilities. This handout includes a definition of each organisms, risks for exposure, interventions for prevention, signs and symptoms associated with these illnesses, treatment and contraindications and is organized in a fashion for staff training.

Your Patient Safety Consultants

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Five Moments of Hand Hygiene



Moment	When	Why
Before Clean/Aseptic Procedure	Clean your hands immediately before performing a clean/aseptic procedure	To protect the patient from infection due to pathogens carried on your hands and from his/her flora
After Body Fluid Exposure Risk	Clean your hands immediately after an exposure risk to body fluids, including oral care, after skin lesion and after glove removal	To protect yourself and the environment from pathogens carried on your hands
Before Touching a Patient	Clean your hands as you enter the patient zone, before touching the patient	To protect the patient from pathogens carried on your hands
After Touching a Patient	Clean your hands after activities that involve touching a patient, such as physical assessment and bathing	To protect yourself, the environment and subsequent patients from pathogens carried on your hands
After Touching Patient's Surroundings	Clean your hands after touching any object or furniture in the patient's immediate surroundings when leaving the patient zone, even if the patient has not been touched.	To protect yourself, the environment and subsequent patients from pathogens carried on your hands

Adapted from Save Lives: Clean Your Hands, a global campaign to improve hand hygiene among HCWs, and a major component of the WHO's Clean Care is Safer Care program and AJIC May 2012 Supplement



Healthcare Associated Infections



Organism	Causes	Signs and Symptoms	How to Prevent Transmission	Treatment	Special Notes
Clostridium Difficile (C. Diff)	Overuse of antibiotics	<ul style="list-style-type: none"> • Severe diarrhea • Foul odor 	<ul style="list-style-type: none"> • Wash hands with soap and water • Clean surfaces with bleach-based or accelerated Hydrogen peroxide 	<ul style="list-style-type: none"> • Antibiotics 	<ul style="list-style-type: none"> • Very contagious • Hand gel not effective
MRSA (Methicillin Resistant Staphylococcus Aureus)	Bacterium affects all parts of the body	<ul style="list-style-type: none"> • Mild skin infections - sores or boils • Severe skin infections - infect surgical wounds, the bloodstream, lungs or urinary tract 	<ul style="list-style-type: none"> • Wash hands with soap and water, hand gel • Use bleach-based products to clean surfaces 	<ul style="list-style-type: none"> • Antibiotics • Resistant to methicillin, amoxicillin, penicillin, oxacillin, and many other common antibiotics 	<ul style="list-style-type: none"> • Very Contagious • Do not share clothing/towels • Bathe with Dial soap • Resistant to some antibiotics
E. Coli	Contaminated food/water, exposure to fecal material, person to person/animal contact	<ul style="list-style-type: none"> • Diarrhea 	<ul style="list-style-type: none"> • No petting animals • Clean food prep stations • Foods thoroughly cooked • Drink only chlorinated water 	<ul style="list-style-type: none"> • Good hand washing • Wash foods • Germ wipes not effective alone 	<ul style="list-style-type: none"> • Exposure day after up to one week
Enterococcus	Natural organism lives on skin and in the intestines	<ul style="list-style-type: none"> • Skin - wound, red, swollen, tender • Urine - urgency, frequency, burning, fever, chills, back/flank pain • Abdomen - pain, nausea and vomiting • Endocarditis - fever, night sweats, flu-like symptoms 	<ul style="list-style-type: none"> • Wash hands with soap and water, hand gel • Contact precautions 	<ul style="list-style-type: none"> • Antibiotic Therapy 	<ul style="list-style-type: none"> • Most common culture • VRE strand • Increase risk for elderly due to comorbidities • Increase incidence in the nursing home and hospital
Pseudomonas	Normal organism that doesn't make healthy persons ill	<ul style="list-style-type: none"> • Fever • Confusion • Shock 	<ul style="list-style-type: none"> • Wash hands with soap and water, hand gel • Clean equipment 	<ul style="list-style-type: none"> • Antibiotic Therapy 	<ul style="list-style-type: none"> • Keep pools and spas treated since bacteria favors moisture • Illnesses range from ear infection to pneumonia • Does not normally affect healthy persons • Developed Antibiotic Resistance
Influenza	Virus spread through respiratory droplets	<ul style="list-style-type: none"> • Fatigue • Fever • Aching muscles • Headache • Cough 	<ul style="list-style-type: none"> • Wash hands with soap and water, hand gel • Vaccination • PPE 	<ul style="list-style-type: none"> • Antibiotic Therapy • Antiviral • Prophylactic medications to ease symptoms 	<ul style="list-style-type: none"> • Contagious • Attacks the respiratory system • Incubation period 1-4 days • Detected by nasal swab testing
Klebsiella	Respiratory droplets, spread of fecal flora	<ul style="list-style-type: none"> • Head pain • Nausea • Dizziness • Impaired memory 	<ul style="list-style-type: none"> • Wash hands with soap and water, Hand Gel • PPE Equipment • Females wipe from front to back 	<ul style="list-style-type: none"> • Antibiotic Therapy 	<ul style="list-style-type: none"> • Direct Contact is primary source of transmission with patients or objects within their setting • Normal Flora in the body • Multidrug Resistant Strand



We have developed a Hand Hygiene Toolkit with additional resources. Visit LHATrustFunds.com/Toolkits to check out these new resources for you!



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