

Hand Hygiene Staff Education Guide

Five Moments of Hand Hygiene

1. Before Clean/Aseptic Procedure

Clean your hands immediately before performing a clean/aseptic procedure. This protects the patient from infection due to pathogens carried on your hands and from his/her normal flora.

2. After Body Fluid Exposure Risk

Clean your hands immediately after an exposure risk to body fluids, including oral care, after cleaning a skin lesion, and after glove removal. This protects yourself and the environment from pathogens carried on your hands.

3. Before Touching A Patient

Clean your hands as you enter the patient zone, before touching the patient. This protects the patient from pathogens carried on your hands.

4. After Touching A Patient

Clean your hands after activities that involve touching a patient, such as physical assessment and bathing. This protects yourself, the environment and subsequent patients from pathogens carried on your hands.

5. After Touching A 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. This protects yourself, the environment, and subsequent patients from pathogens carried on your hands.

Hand washing is the first line of defense in preventing the spread of infection.

Common reasons for infection transmission include:

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

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.



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Healthcare-Associated Infections

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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 	Antibiotics	<ul style="list-style-type: none"> Very contagious Hand gel not effective
Methicillin Resistant Staphylococcus Aureus (MRSA)	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, the lungs or the 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 chlorinated water only 	<ul style="list-style-type: none"> Good hand washing Wash Foods Germ wipes not effective alone 	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 or 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 	Antibiotic Therapy	<ul style="list-style-type: none"> Most common culture VRE strand Increased 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 	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 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 	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



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