

## Hand Hygiene

### 5<sup>th</sup> May is World Hand Hygiene Day

**Save Lives: Clean Your Hands – Help stop the spread of harmful germs in healthcare.**

Together, we can prevent infections and antimicrobial resistance (AMR) in your health care setting and build a culture of safety and quality in which hand hygiene is given high priority.

**Hands may look clean, but micro-organisms are always present. Hand hygiene saves lives when performed correctly at the right time.**

### When to wash hands

#### The 5 key moments of hand hygiene to prevent transmission of infection

- Before contact with a resident
- Before any aseptic task
- After exposure to blood or bodily fluid
- After supporting a resident to use the toilet or with personal hygiene
- After contact with a resident, such as use of a hoist, helping them to walk, dress or eat.

### Soap and water or hand sanitiser?

#### **Liquid soap and water**

Hand washing correctly with soap and water is always preferable to using hand sanitiser. In particular, when there has been:

- Exposure to blood or bodily fluid or risk of this exposure, such as taking someone to the toilet or bathing them
- Exposure to someone who has sickness or diarrhoea or C. difficile
- When you have removed your gloves
- When your hands are visibly soiled.

#### **Hand sanitiser**

The correct use of hand sanitiser can also be used to thoroughly decontaminate hands. Situations where hand sanitiser can be used include:

- Before entering residents' rooms and before touching a resident or their surroundings
- After touching a resident or their surroundings
- Don't use hand sanitiser if your hands are visibly soiled or if there has been exposure, or risk of exposure, to an infectious disease or blood or bodily fluid.

## How to wash hands

- Follow the steps carefully
- Ensure you use enough liquid soap or hand sanitiser
- Complete each action for 3-5 seconds ensuring a good coverage of liquid soap or sanitiser

## How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds



World Health Organization



Patient Safety



SAVE LIVES  
Clean Your Hands

## How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



World Health Organization



Patient Safety



SAVE LIVES  
Clean Your Hands

## Hand Hygiene Facts

- **Appropriate use of hand hygiene can prevent up to 50% of avoidable infections during healthcare delivery.** Guidelines and evidence (who.int)
- **Between your fingertips and your elbow there are between 2 and 10 million bacteria**
- **26% of people have faecal bacteria on their hands.** Handwashing: Why are the British so bad at washing their hands? - BBC News
- **1 in 6 people have faeces on their mobile phone.** Handwashing: Why are the British so bad at washing their hands? - BBC News
- **80% of diseases are transmitted by touch.** How Infections Spread | Infection Control | CDC

## Gloves off campaign

The gloves off campaign was created by an NHS Lead Nurse for Infection Prevention and Control and two NHS Lead Practice Educators to address the over-use of non-sterile gloves.

When used correctly, medical gloves are a vital part of personal protective equipment (PPE). But there are many occasions when gloves are not needed, and hand hygiene is completely effective at protecting you and your residents.

### You do not have to wear gloves when...



Checking blood pressure



Dispensing medication to a resident



Handing out food & drinks



Pushing a chair, trolley or bed & mobilising a resident



Touching a resident



Using a phone or computer



Giving IM injections & drawing IV medication

**For more information on the gloves off campaign please visit:**

**[NHS England » 'The gloves are off' campaign](#)**

## IPC Advice, Support, Information & Resources:

- Advice, support, and information for care home staff on the management of all infections: E.g., Covid 19; MRSA; CDI; *E. coli*; Scabies
- Advice & support to undertake a range of care home IPC audits to national standard.
- Support safe hospital discharge for residents who have been treated for an infection.
- IPC annual training programme (2023/24) & bespoke IPC courses for care home managers, clinical staff, IPC link champions, care and domestic staff.
- Advice & support on new builds & extensions to meet IPC specifications.

A wide range of excellent **IPC policies and procedures** are available to help you to manage infections in your care homes. Please follow the link below: [Care Services Cumberland - Policies and Procedures | Cumbria County Council](#)

## Training Dates for Your Diary

### May

- Infection prevention and control training for residential care settings 2024  
Tuesday 7<sup>th</sup> May 1pm-3.30pm [Click here to join the meeting](#)
- Infection prevention and control training for community-based services 2024  
Thursday 23<sup>rd</sup> May 1pm-2.30pm [Click here to join the meeting](#)

### June

- Infection prevention and control training for residential care settings 2024  
Thursday 6<sup>th</sup> June 10am-12.30pm [Click here to join the meeting](#)
- Infection prevention and control training for community-based services 2024  
Wednesday 26<sup>th</sup> June 10am-11.30am [Click here to join the meeting](#)

## Webinars

### May

- Hand Hygiene & Gloves Off Campaign webinar Thursday 30<sup>th</sup> May 2pm-3pm  
[click here to join the meeting](#)