

# ATLANTIC MEDICAL IMAGING

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## POLICY STATEMENT AND PROCEDURAL GUIDELINES

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### CATEGORY: INFECTION CONTROL

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#### **Subject: Hand Hygiene Guidelines**

#### **Purpose:**

Hand hygiene is the single most important means of preventing cross contamination infections in the healthcare setting.

#### **Hand Hygiene:**

- Removes the maximum number of possible pathogenic organisms present on the skin.
- Prevents or reduces incidence of cross infections.
- Minimize skin infections of the hands.

#### **Policy:**

#### **Hands MUST be washed or sanitized:**

- Upon arrival at your work area.
- Before contact with each patient, his/her environment, and items in contact with patient.
- After patient contact.
- After toileting.
- Before and after meals.
- Before leaving the work area for home.
- Before and after glove use.

#### **Procedure:**

#### **A. Traditional Soap and Water (to be performed if hands are visibly soiled)**

- Wet your hands under running water.
- Apply soap and scrub into a lather.
- Friction, motion and rinsing under running water aid in the mechanical removal of bacteria.
- When the fingers and thumbs of both hands are interlaced and moved back and forth, the interdigital areas are cleaned.
- Wash hands for 20-25 seconds.
- Thoroughly rinse hands under running water.
- Use paper towels to blot and dry the hands.
- Use dry paper towel to turn off the faucets.

#### **B. Alcohol Based Hand Rub:**

- Not recommended when hands are visibly soiled.
- Apply recommended amount of product to palm of one hand and rub hands

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together, covering all surfaces of hands and fingers until dry.

- Follow the manufacturer's recommendations regarding the volume of product to use.
- Do not wipe off residual or wave hands in the air to dry the product (rubbing hands together until product is completely dry).
- Waterless hand hygiene stations should be strategically located to encourage compliance to hand hygiene guidelines and to be used as an adjunct to soap and water hand wash.

#### **C. Glove Use:**

- Glove use is an extension of proper hand hygiene.
- Clean gloves are indicated for potential touching of blood, body fluids, secretions, excretions, contaminated environments, and items visibly soiled by body fluids.
- Sterile gloves - Any aseptic/sterile procedure.

#### **D. General Hygiene is an extension of proper hand hygiene**

- Fingernails will be trimmed short (recommend no longer than ¼ inch). Polish must not be chipped or visibly worn.
- Hands and forearms should be free of open lesions and breaks in the skin.

#### **Compliance:**

Hand hygiene will be monitored monthly within the offices and reviewed at the quarterly Infection Control and Safety Committee Meeting.

#### **References**