Infection Control is practiced to reduce the risk of acquired or transmitted infections among health care workers and patients.

Infection Control is to improve patient health outcomes by identifying and reducing the risks of infection in patients and health care workers.

Infection Control is a comprehensive guideline to ensure that there is a functioning coordinated process in place, to reduce the risks of acquired and transmitted infections among patients and health care workers.

Failure to perform appropriate hand hygiene is considered the leading cause of health care associated infections and spread of multiresistant organisms and has been recognized as a major contributor to infection outbreaks.

Hand washing is the least expensive and most effective procedure to prevent infection. **NOTE**: It remains the # 1 non compliance issue in a health care.

Hand washing is a simple procedure that protects both the healthcare worker and patient.

Each healthcare worker must respect hand washing as an integral part of infection and disease control.

Participation in an organization wide proactive education program in an effort to reduce and control the spread of infection.

Continuing education on hand washing hygiene related to infection control practices, is to ensure a safe environment for clients, family members and health care workers.

Regular site evaluation to ensure a safe environment for clients, family members and health care workers

Practice OSHA hazardous waste management and disposal practices. (If applicable).

**Self-reported factors for poor adherence to recommended hand hygiene practices**

1. Hand washing agents cause irritation and dryness.

2. Sinks are incontinently located/shortage of sinks

3. Lack of soap and paper towels
4. Often to busy/insufficient time

5. Patient needs take priority

6. Hand hygiene interferes with health care worker relationship with patients.

7. Low risk of acquiring infection from patients.

8. Wearing cloves/beliefs that glove use negates the need for hand hygiene.

9. Lack of knowledge

10. Not thinking/forgetfulness

11. Skepticism regarding the value of hand hygiene.

12. Disagreement with the recommendations

13. Lack of scientific information of definitive impact of improved hand hygiene on health care and associated infection rates.

**Additional perceived barriers to appropriate hand hygiene**

1. Lack of participation in hand hygiene promotion at individual or institutional level.

2. Lack of role model.

3. Lack of individual or institutional priority for hand hygiene.

4. Lack of administrative sanction of noncompliance/rewarding compliers

5. Lack of individual or institutional safety climate

**Hand Washing Hygiene Guidelines**

Hands should be washed after contact with patient’s intact skin or other potentially infectious materials.

1. Blood
2. Stool
3. Urine
4. Expectorant (sputum/nasal mucus) from the patient. Including Kleenex
5. After checking a patient’s pulse and/or Blood Pressure
   **NOTE:** In the past a stethoscope has been overlooked as a means of spreading infection. Remember to wash stethoscope if used on different patients or if an infection/illness of patient is present at the time of taking B/P
6. Lifting a patient from a bed or chair
7. Contact with environment in the immediate vicinity of the patient
8. Before donning gloves
9. After removing gloves
10. Arriving to work and before leaving work
11. After health care worker or helping patient use the bathroom facilities
12. Touching pets – when care and serves are performed at the patient’s residence
13. Eating or drinking
14. (When preparing food for the client) After handling raw foods, fish, poultry or eggs
15. Wound care
16. Changing dirty linens or clothing
17. Sneezing/coughing
18. Touching or using telephones, remote TV controls **NOTE:** These are the worst areas to find bacteria
19. Countertops
20. Shaking hands
21. visibly soiled hands
22. When the healthcare worker or patient is ill

**Hand Washing Guidelines:**

1. Hands should be thoroughly wet under a moderate stream of water.
2. Hands should be vigorously lathered with soap or an antibacterial agent and rubbed together for a minimum of 15-20 seconds before rinsing under running water.
3. Care should be taken to include the area between the fingers, under the fingernails, palms, top of hands and the wrists using a continuous friction motion.
   Note: Acrylic nails are also a hazard, as all kinds of bacteria can collect underneath the acrylic nails, especially if the acrylic nail is not securely glued to the nail.
4. Hands should be rinsed thoroughly with cool water decreasing the chance of drying and chapping hands.
5. Rings should be left in place while washing.
6. Use of hand lotion after washing is recommended to avoid drying and chapping of hands.

Selection of hand hygiene products

1. Soap and water is the most effective to reduce the bacteria found on the hands of personnel.
2. Antiseptic soaps and detergents are the most effective and non antimicrobial soaps are the least effective
3. Alcohol based hand rubs agents reduce the number of bacteria on the hands of personnel

NOTE: CDC recommends - Only use alcohol based hand sanitizer when soap and water are not available.
4. Soap and water are recommended for visibly soiled hands.

Methods to maintain skin health

1. Lotions and creams can prevent or minimize skin dryness and irritation cause by irritant contact dermatitis.
2. Recommended schedule for applying lotions/creams.
3. 

Gloves are effective when used properly

Indications for, and limitations of, glove use

1. Hand contamination may occur as a result of small, undetected holes in the gloves.
2. Change gloves immediately after patient care
3. When moving from a contaminated body site to a clean body site.
4. Contamination may occur during glove removal. (Use correct glove removal procedure)
5. Wearing gloves does not replace the need for hand washing.
6. Failure to remove gloves after caring for a patient may lead to transmission of micro organizations from a patient to a family member or the health care worker.
7. Never reuse gloves

Sources
World Health Organization
OSHA Regulations Bloodborne Pathogens/Universal Protection
CDC guidelines
Put on the first glove

1. Grasp the cuff at the folded edge and remove it from the wrapper with one hand
2. Step away from the table or tray
3. Keeping the hands above the waist, insert the fingers of the other hand into the glove
4. Pull the glove on touching only the exposed inner surface of the glove.

**NOTE:** If there is difficulty in getting the fingers fully fitted into the glove fingers, make the adjustments after both gloves are on.

Put on the second glove

1. Insert the fingertips of the gloved hand under the edge of the folded over cuff
   **NOTE:** The gloved thumb may be kept up and away from the cuff area or may be inserted under the edge of the folded over cuff with the fingertips.
2. Keeping the hands above the waist, insert the fingers of the un gloved hand into the glove
3. Pull the glove on
4. **Do Not** contaminate either glove

**NOTE:** Anything below the waist is considered contaminated.

**Adjust the gloves to fit properly**

1. Grasp and pick up the glove surfaces on the individual fingers to adjust them
2. Pick up the palm surfaces and work the fingers and hands into the gloves
3. Interlock the gloved fingers and work the gloved hands until the gloves are firmly on the fingers

Sources
World Health Organization
OSHA Regulations Bloodborne Pathogens/Universal Protection
CDC guidelines
Removal of Gloves

1. Grasp one glove at the heel of the hand with the other gloved hand
2. Peel off glove, retaining it in the palm of the gloved hand
3. Reach under the cuff of the remaining glove with one or two fingers of the ungloved hand
4. Peel off the glove over the glove being held in the palm
5. Do not contaminate self
6. Discard the gloves according to local SOP
7. Perform hand washing procedure

**NOTE:** Non powdered gloves should be used, as powdered gloves may increase reactions with alcohol based hand rubs.

**NOTE:** Prolonged use of gloves for contact precautions in the absence of considering the need to perform hand washing can result in transmission of germs.

**DEFINITION**

**Compliance**

Compliance is either a state of being in accordance with established regulations, guidelines, specifications, or legislation or the process of becoming so. Software, for example, may be developed in compliance with specifications created by some standards body. In the legal system, compliance usually refers to behavior in accordance with legislation, such as HIPAA (United States Health Insurance Portability and Accountability Act of 1996).

**Non Compliance**

Failure or refusal to conform to or follow rules, regulations, or the advice or wishes of another.

Sources
World Health Organization
OSHA Regulations Bloodborne Pathogens/Universal Protection
CDC guidelines
Caregiver Name__________________________Title______Date________

1. Infection Control is practiced to reduce the risk of acquiring or transmitting infections among health care workers and patients. True False

2. Name 2 regulatory agencies that recommend good hand washing hygiene guidelines.

_________________   ___________________

3. Hands should be washed after contact with___________________ ________________

____________________

4. It is a good practice to wash the stethoscope if using it on more than 1 patient. True False

5. Don’t wash your hands before putting on gloves. True False

6. Lack of support from administration can lead to hand hygiene noncompliance. True False

7. Washing hands briskly with soap and water is the most effective way to reduce bacteria. True False

8. Hand lotion and creams can reduce chapping and drying of hands. True False

9. Rings should be left in place when washing hands True False

10. Hand contamination may occur if small microscopic holes are in the gloves True False

11. Wearing gloves does not replace the need to wash your hands immediately after removing the gloves. True False

12. You can wear the same pair of gloves throughout the day True False

13. Acrylic nails are considered safe. True False

14. Name 3 self reported reasons why health care workers do not wash their hands.

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Sources
World Health Organization
OSHA Regulations Bloodborne Pathogens/Universal Protection
CDC guidelines