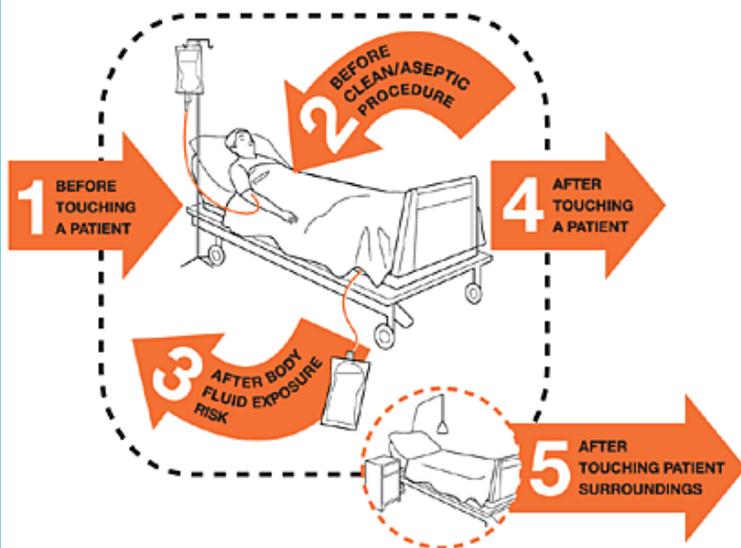


NATIONAL HAND WASHING AWARENESS WEEK DECEMBER 2-8, 2012

5 Moments for Hand Hygiene



2. Hand hygiene with soap and water instead of alcohol-based hand rub shall be performed:

- Anytime hands are visibly dirty or soiled with blood or other body fluids.
- Before eating.
- After using a restroom.
- When caring for a patient on Modified Contact Precautions.

Hand Hygiene

The Joint Commission reminds us that hand hygiene is **the** most important intervention for preventing health-associated infections. All OHSU Healthcare Workforce Members have responsibility for complying with hand hygiene at each of the defined 'five moments' of patient contact.

The 'five moments' come from the World Health Organization's evidence-based, field-tested, user-centered approach, which recommends that health-care workers should clean their hands:

- Before touching a patient.
- Before clean/aseptic procedures.
- After body fluid exposure/risk.
- After touching a patient.
- After touching patient surroundings.

NOTE: Gloves are not a substitute for hand hygiene.

PROCEDURES:

1. Hand hygiene by either hand washing or hand antisepsis shall be performed:

- Before patient contact including when wearing gloves during patient care.
- Before donning sterile gloves.
- Before clean/aseptic task (i.e. inserting/handling invasive devices in patient care).
- After patient contact.
- After body fluid exposure risk (i.e. contact with body fluids or excretions, mucous membranes, non-intact skin or wound dressings).
- Moving from a contaminated body site to another body site.
- After contact with inanimate objects and surfaces in the immediate vicinity of the patient.
- After removing gloves.



3. Procedure for hand hygiene using alcohol-based hand rub:

- Hands should be free of any visible debris.
- Apply amount of hand sanitizer recommended by manufacturer in palm of one hand.
- Rub hands together, covering all hands and finger surfaces until dry (should take about 15 seconds).



4. Procedure for hand hygiene using soap and water:

- Thoroughly wet hands under running water (warm or cool, not hot water).
- Apply enough soap to cover all hand surfaces.
- Vigorously lather hands and rub together to create friction for at least 15 seconds, covering all surfaces of the hands and fingers. Give special attention to areas between fingers, around and under rings and under fingernails. Keep fingertips point downward during cleaning.
- Rinse hands, wrists, and forearms thoroughly under the running water to remove soap residue.
- Pat hands dry with paper towels. Do not touch water faucets with clean hands; use a clean dry towel to turn off faucets. Discard paper towels in proper receptacle.

5. Fingernails

- Artificial nails or extenders will not be worn by anyone having direct patient contact.
- Natural nail tips will be kept less than ¼ inches long.

6. Skin Care

- Regardless of type of soap used, frequent hand washing will cause increased skin dryness.
- In order to prevent irritation to the hands, hospital approved and provided lotions compatible with antimicrobial soaps should be used liberally while at work. Personal lotions should be used

while away from work.

- If hands continue to remain dry, especially if skin integrity is affected, the employee should consult Employee Health as soon as skin breakdown is noticed. Poor skin integrity might increase the employee's risk of exposure to infectious pathogens.

From the OHSU Hand Hygiene Policy

Handwashing Statistics

from HealthReach Community Health Centers

- 2/3 of adults in the US wash hands after using the bathroom.
- 1 in 4 adults don't wash hands after changing diapers.
- Less than 1/2 of Americans wash hands after cleaning up after pets.
- 1 in 3 wash hands after sneezing/coughing.
- Less than 1 in 5 wash hands after touching money.
- 1 in 3 E.coli occurrences is caused from not washing hands before handling food.

The simple act of consistently performing this basic task properly will make a big difference at work, as well as in your own household, school and public settings.



What to Do if You Observe a Colleague Who's About to Miss a 'Moment'

from "Hand Hygiene" training on Big Brain

Ever been in a situation where you've observed someone who didn't clean their hands? Chances are they had good intentions by simply forgot or didn't know about the 'Five Moments.'

It can be an uncomfortable situation and you probably wondered what to do. Since we are all responsible for preventing the spread of infection, the best thing to do is to gently remind him/her to clean their hands.

Here are some tactic you can use to feel more confident and effective in your approach:

- Be direct, but quiet and respectful. You might try saying something like, "Excuse me, but I didn't see you clean your hands."
- Be discrete when you are around patients and families. You don't want to embarrass your colleague nor reduce the patient's confidence in their care.
- The "bug" sticker (below) can be affixed to the back of your ID badge. As a gentle reminder, you can "flash your badge" to let the person know they have not yet cleaned their hands and they might be contaminated.



Remember the goal is 100% compliance – every patient, every moment.

If you would like a "bug" sticker, you can contact the Department of Infection Prevention and Control at x46694 or email infcont@ohsu.edu.

Try the online Hand Hygiene Game — a great way to check your 'Five Moments' understanding:
<http://www.npsa.nhs.uk/cleanyourhands/resource-area/wi-five-game/>

Safety Is Everyone's Business

From Oregon Bridge Partners Toolbox Safety Topic, 12/19/2011

There are many situations in life where you rightly can be told to mind your own business, but workplace safety is not one of them. Your own safety and that of your co-workers, is most definitely your business. In fact, the more you discover about any workplace hazards or unsafe practices and correct them, the safer everyone will be. To start your own safety initiative and make it a daily practice you should ask plenty of questions. Consider the following:

- Am I aware of any situations or actions that could lead to problems? Could a stack of materials tip over?
- Could a construction vehicle in operation strike me or my vehicle?
- Could my choice of parking create a hazard? Is there a chance I could be hit?
- Could someone trip and fall? Should materials be moved out of the path or aisle?
- What about slipping hazards? Is the path I have chosen wet or muddy?
- Could something fall from above?
- Is there anything that could hinder the operation of emergency equipment? Is the fire extinguisher covered with someone's jacket, or is the emergency exit blocked?

If you identify a hazard, the next question is what you should do about it...

- Can I correct the hazard myself? Can I eliminate the hazard before others are exposed?
- Am I qualified to fix it? Don't attempt electrical work or other hazardous jobs unless you are a trained professional.
- Am I authorized to fix it? Even if you know how, make sure you have permission to do this kind of work.
- Do I have the correct equipment to deal with the problem? A chemical spill would require PPE and a specific type of absorbent material for cleanup.
- To whom should I report it? Your supervisor or contractor superintendent would be the place to start.
- Should I warn others away until it is taken care of? Spills should be barricaded so no one slips. Keeping everyone away is the first consideration after your own safety when dealing with dangers such as hazardous chemical releases or downed power lines.

When it comes to workplace hazards, the more eyes looking for them the better. **Keep your eyes open and your safety attitude on.** Everyone has the responsibility to make the workplace as safe as possible.



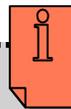
Vicky Stormo
Deputy Chief of Administration
OHSU Dept. of Public Safety

What Does Safety Mean to Me?

Safety can mean a lot of different things to different people. Everyone's life experiences brings a different perspective to that individual as to what safety means to them. That is why it is everyone's responsibility to "see something, do something". Public Safety looks at the big picture of behaviors that are unsafe, equipment, hazards, weather, risks, and more. If it makes you cringe, or makes you go 'whoa' — report it.

Report a Patient, Visitor, or Other Event/Incident: <https://psn.uhc.edu/PatientSafety/FLR.mvc>

Report and Employee, Volunteer, or Student Event/Incident (injury or Blood/Body Fluid Exposure): <http://www.ohsu.edu/xd/about/services/risk-management/workers-compensation/index.cfm>



For a current issue of SafetyNews online, and for archives, visit:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/general-safety/safetynews.cfm>

The SafetyTeam page is available at:

<http://www.ohsu.edu/xd/about/services/integrity/ehrs/general-safety/safetyteam.cfm>

These pages are updated regularly. If there are OHSU resources you'd like to see linked, please send suggestions to the SafetyTeam Coordinator at: safeteam@ohsu

Questions? Ask Environmental
Health & Radiation Safety:

503-494-7795

