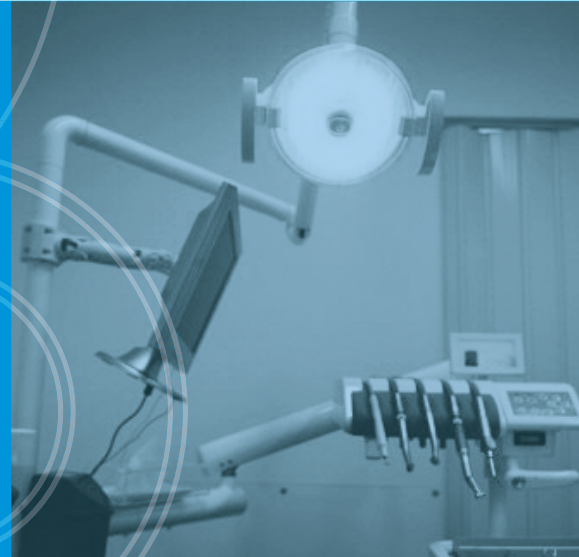


Health Regulation Department

Guidelines on Dental Infection Prevention and Safety



2012



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for their contributions

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Chapter 3

HAND HYGIENE

Hand hygiene is considered the single most important way to reduce the risk of disease transmission. To ensure you always use the proper technique, consider the type and length of procedures you will be performing, the degree of contamination you are likely to encounter, and the persistence of anti-microbial activity you will need.

(Refer to Policy and procedure on hand hygiene- PHCSS)

- Perform hand hygiene with both a non-antimicrobial or antimicrobial soap and water when hands are visibly dirty or contaminated with blood or other potentially infectious material. If hands are not visibly soiled, an alcohol-based hand rub can also be used. Follow the manufactures instructions.
- Indications for hand hygiene include: (Refer to Hand hygiene audit tool on opportunity based procedure and the "five moments for hand hygiene- WHO)
 - a. when hands are visibly soiled.
 - b. after barehanded touching of inanimate objects likely to be contaminated by blood, saliva or respiratory secretions.
 - c. before and after treating each patient.
 - d. immediately after removing gloves.

The WHO five moments for hand hygiene are as follows:

1. Before touching the patient
 2. before Clean/aseptic procedure
 3. After body fluid exposure risk
 4. After touching a patient
 5. After touching patient surroundings
- For oral surgical procedures, perform surgical hand antisepsis before donning sterile gloves. Follow the manufacturer's instructions either by using an anti microbial soap and water, followed by drying hands and application of an alcohol-based surgical hand scrub product with persistent activity.
 - Store liquid hand-care products in either disposable closed containers or closed containers that can be washed and dried before refilling. Do not add soap or lotion to (i.e. top off) a partially empty dispenser.
 - Avoid using multiple use, hanging towels in health-care settings. Disposable paper towels are more hygienic
 - The Hand-Hygiene Process should include the six critical steps which will ensure that all the areas of the hands are covered. Posters that demonstrate and remind the health care personnel and even the public for proper Hand hygiene





could be posted within and around the areas of an organization.

Hand hygiene is an essential infection control practice to protect patients, healthcare personnel, and visitors, and is required for both Standard and Expanded Precautions. Hand hygiene should be performed immediately after removing PPE, during PPE changes (with removal if necessary), and between patient contacts. Wash your hands thoroughly with soap and warm water or, if hands are not visibly soiled, use an alcohol-based hand rub.

Alcohol based hand rubs: these agents provide persistent antimicrobial activity on the skin and are particularly useful for a quick asepsis and it can be done on the go. Critically placed hand-rub dispensers will enable an easy access when a hand-wash is not feasible. But these agents are NOT effective cleaners and should NOT be used when hands are visibly soiled

Special Consideration for Hand Hygiene and Glove Use

- Use hand lotions to prevent skin dryness associated with hand washing
- Consider the compatibility of lotion and antiseptic products and the effect of petroleum or other oil emollients on the integrity of gloves during product selection and gloves use.
- Keep fingernails short with smooth, filed edges to allow thorough cleaning and prevent glove tears.
- Do not wear artificial finger nail or extenders when having direct contact with patients (especially those in high risk)
- Nail varnishes and paints are also not recommended
- Do not wear hand or nail jewelry if it makes donning gloves more difficult or compromise the fit or integrity of the gloves.





AWARENESS POSTERS on HAND HYGIENE

Rub "n" Go With clean hands!

- Decontaminate your hands with an alcohol hand rub
- Do it as you walk or talk
- No sink or paper towels
- Allow to Dry naturally



Two squirts of Hand rub Liquid onto Palm



Rub Hands together Palm to Palm



Rub fingertips of each hand in opposite palm



Rub in between and around fingers and cover palm over palm



HAND RUB

Perform the Conventional Hand Wash whenever hands are visibly Soiled!

Avoid unsafe spillage on the floor during Dispensing!

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THINK, ACT, LIVE!

Where did you miss through your hand-wash?



Remove jewellery and wet hands and wrists with warm water



1 or 2 Squirts of liquid or Foam Soap



STEP 1 Lather Soap and scrub hands, Palm to Palm



STEP 2 Scrub in Between & around fingers



STEP 3 Scrub Back of each hand with opposite palm



STEP 4 Scrub Finger tips of each hand



STEP 5 Rotational rubbing with clasped fingers



STEP 6 Scrub each thumb clasped in opposite hand



Rinse Thoroughly under running water



Pat hands dry with paper towel



Turn off water faucet using same towel

Hand Washing

Six Steps to Clean Hands, a better life!



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Spreading Awareness!