HAND HYGIENE

Clean Hands
are
Caring Hands

Hand Hygiene for Health

A simple way to reduce healthcare associated infections for our clients in all healthcare facilities

To avoid infections for ourselves, our families and other staff

Hand Hygiene History

Ignaz Semmelweis

In 1847 Ignaz discovered hands washed in chlorinated lime, led to fewer infections in women after childbirth

Did you know?

- 250,000 Canadians contact healthcare associated infections every year?

- An infection can increase the length of stay in by 3 – 5 days

- An additional 5 days in hospital costs approximately $6000 (2012)*

- 250,000 infections a year x $6000 costs approximately $1.5 billion per year!!

The Real Cost…..

- **8,000 to 12,000 Canadians die yearly as a result of healthcare associated infections (HAI)**

- **This is equal to the combined number of deaths from breast cancer (5,000) and motor-vehicle accidents (3,000) each year**

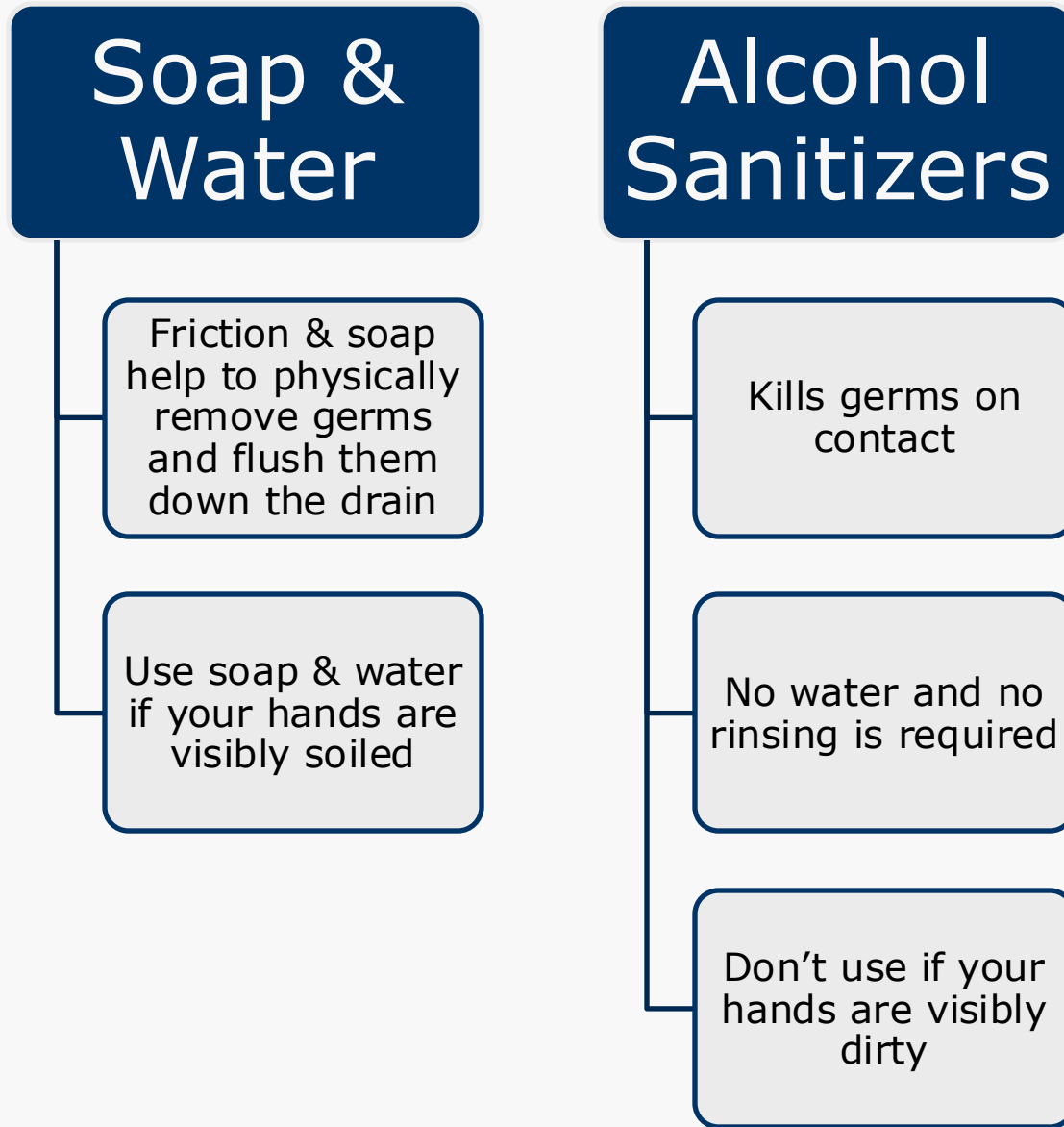Interior Health

In Comparison…….

4 airplanes carrying 250 passengers, would have to crash every month, killing everyone on board, to equal the number of deaths that occur yearly from health care associated infections.

12,000 Canadian deaths

Hand hygiene is the number one way to reduce the incidence of infections in all healthcare facilities

Hand Hygiene

Soap & Water

- Friction & soap help to physically remove germs and flush them down the drain

- Use soap & water if your hands are visibly soiled

Alcohol Sanitizers

- Kills germs on contact

- No water and no rinsing is required

- Don't use if your hands are visibly dirty

Interior Health

How To Wash

...using soap and water

Wash Your Hands!

1 Wet Hands 2 Soap 3 Wash for 15 seconds

4 Rinse 5 Dry 6 Turn Off Water with Paper Towel

Interior Health

Provided by University of Nebraska-Lincoln Extension in Lancaster County and the Lincoln-Lancaster County Health Department

823236 Sept 24-09

How To Wash

...using alcohol sanitizers

Your 4 Moments for Hand Hygiene

(#1) Before initial patient / patient environment contact

When

- Clean your hands when entering:
  - before touching patient or
  - before touching any object or furniture in the patient's environment

Why

- To protect the patient/patient environment from harmful germs carried on your hands

(#2) Before aseptic procedure

When

- Clean your hands immediately before any aseptic procedure

Why

- To protect the patient against harmful germs, including the patient's own germs, entering his or her body

(#3) After body fluid exposure risk

When

- Clean your hands immediately after an exposure risk to body fluids (and after glove removal)

Why

- To protect yourself and the healthcare environment from harmful patient germs

(#4) After patient/patient environment contact

When

- Clean your hands when leaving:
  - after touching patient or
  - after touching any object or furniture in the patient's environment

Why

- To protect yourself and the healthcare environment from harmful patient germs

Interior Health

"Did you wash your hands?"

Interior Health

Infection Prevention & Control