



# Accred Ed

## Hand Hygiene Education

### How Are You Educated About Hand Hygiene?

- Orientation, Skills fairs, & iLearn modules
- IPAC Resources - [Hand Hygiene | Infection Prevention and Control](#) page
- Posters on unit and/or education boards
- Safety huddles
- Instructions are posted near alcohol-based hand rub (ABHR) & paper towel dispensers
- Infection Preventionists provide informal and formal education

### What are the 4 Moments for Hand Hygiene?



<b>1</b>	<b>BEFORE</b> initial patient / patient environment contact	<b>WHEN?</b> Clean your hands when entering: • before touching patient or • before touching any object or furniture in the patient's environment <b>WHY?</b> To protect the patient/patient environment from harmful germs carried on your hands
<b>2</b>	<b>BEFORE</b> aseptic procedure	<b>WHEN?</b> Clean your hands immediately before any aseptic procedure <b>WHY?</b> To protect the patient against harmful germs, including the patient's own germs, entering their body
<b>3</b>	<b>AFTER</b> body fluid exposure risk	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal) <b>WHY?</b> To protect yourself and the health care environment from harmful patient germs
<b>4</b>	<b>AFTER</b> patient / patient environment contact	<b>WHEN?</b> Clean your hands when leaving: • after touching patient or • after touching any object or furniture in the patient's environment <b>WHY?</b> To protect yourself and the health care environment from harmful patient germs

Adapted from WHO poster "Your 5 moments for Hand Hygiene", 2006.

### How & When Do You Use Alcohol Based Hand Rub?

- Apply enough ABHR to keep hands moist for 15 seconds
  - Rub all surfaces of hands until dry.
- ABHR is available at point of care (within 1 meter of patient care)
- ABHR is the preferred method to clean hands, unless visibly soiled

### When Do You use Soap and Water?

- When hands are visibly soiled,
- In some cases, soap and water may be recommended for *Clostridioides difficile* or Norovirus outbreaks