Rowan SOM Hand Hygiene Policy

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Adopted
9/23/2015

This document was prepared in conjunction with Kennedy Hospital Infection Control Policy Number: IC1106 in order to provide a consistent educational policy between both institutions regarding educating and instructing students how to properly perform hand hygiene in the clinical setting.
POLICY

In order to prevent the spread of infection in the health care setting all students will be required to learn how to properly cleanse their hands. This is to be done whether in the clinical setting or participating in simulated training/testing. This may be accomplished by using liquid soap and water and rubbing briskly for 15 seconds, or when hands are not visibly soiled, using an alcohol based hand sanitizer rubbing briskly until sanitizer has evaporated and hands are dry.

In order to maintain consistency with the infection control practices required at Kennedy Health Systems (our core teaching affiliate), we have adopted Kennedy’s Hand Hygiene Policy which closely mirrors the recommendations of the Centers for Disease Control (C.D.C.) and emphasizes the importance of hand hygiene in the healthcare setting. The steps outlined in the hand hygiene training program below must be followed at all times whether in the hospital, outpatient setting, or participating in a simulated patient encounter/OSCE. In order to be adequately prepared all students must complete all of the steps detailed in the educational exercise outlined below, attest that they have done so, and agree to adopt, implement and incorporate effective hand hygiene into their daily practice. Upon completion of the didactic program students will be required to give a satisfactory demonstration of proper hand washing technique. Presently satisfactory performance is being monitored by members of Kennedy’s Infection Control Department. It is important that you understand that students will not be permitted to rotate at any division of Kennedy Health Systems without first having undergone this training.

Students will be required to complete the following steps:

1. Received Dr. Hou’s lecture outlining policy and procedure.
2. Read and follow Kennedy Hospital’s Infection Control Policy Number: IC1106 on pages 3, 4, and 5 of this document.
3. Read and follow the World Health Organization’s Poster “Your 5 Moments for Hand Hygiene” on page 6 of this document.
4. Review page 7 “How to Handwash” and learn how to perform the proper technique by practicing the steps depicted in the images. Note the time required is at least 15 seconds.
5. Review page 8 “How to Handrub” which essentially follows the same steps as depicted on page 7 but uses an alcohol based sanitizing gel rather than soap and water. Learn to perform the proper technique by practicing the steps depicted in the images. Note the time required is at least 15 seconds or until hands are dry.
6. Review and actively participate in the CDC interactive course and watch the video at the end. Click this link to go to the interactive site http://www.cdc.gov/handhygiene/training/interactiveEducation/
7. Satisfactory demonstration of effective hand hygiene technique and sign off on the attestation form when complete.
8. Satisfactory completion of a quiz on Hand Hygiene.
# Policy: Hand Hygiene

**Manual:** Infection Control

**Function:** Surveillance, Prevention and Control of Infection

**Policy Number:** IC1106

**Implementation Date:** May, 1990  
**Last Revised Date:** May, 2013

**Author:** Infection Control Practitioners  
**Distribution:** System Wide

## POLICY

All associates, physicians, students, contracted workers and volunteers will cleanse their hands to prevent the spread of infection. This may be accomplished by using liquid soap and water and rubbing briskly for 15 seconds, or when hands are not visibly soiled, using the alcohol based hand sanitizers rubbing briskly until sanitizer has evaporated.

## PURPOSE

- To prevent the spread of microorganisms and/or infection from staff to patients, patients to staff and from patient to patient.
- Based on studies by the CDC and WHO, hand hygiene is the single most important means of preventing the spread of infection.
- Alcohol based hand sanitizers are a recommended form of hand hygiene as per the CDC AND WHO. Hand sanitizers are located in all areas of the system where hand hygiene could be performed.

## PHYSICIAN ORDER REQUIREMENT: N/A

## CONSENT REQUIREMENT: N/A

## RESPONSIBILITIES:

All associates, physicians, students, contracted workers and volunteers must cleanse their hands:

1. When going on and off duty  
2. Before and after touching a patient  
3. After touching patient surroundings or belongings  
4. Before clean/aseptic procedures  
5. After contact with any blood or body fluids  
6. Before donning and after removing gloves  
7. Before and after meals or breaks  
8. Before and after using the bathroom  
9. After blowing or wiping the nose  
10. Before and after handling medications  
11. When in doubt, wash your hands
**DEFINITION OF TERMS:** N/A

**EQUIPMENT:**

- Liquid soap or approved germicidal solution and paper towels
  **OR**
  - Alcohol based hand sanitizer

**Procedure for Soap and Water Cleaning**

*Required when caring for a patient with C Difficile Colitis*

<table>
<thead>
<tr>
<th>STEPS</th>
<th>KEY POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stand in front of sink, leaning forward slightly to prevent clothes from touching sink.</td>
<td>1. Avoids contamination of clothing.</td>
</tr>
<tr>
<td>2. Turn on water, adjust temperature.</td>
<td>2. Warm water is more effective than cold</td>
</tr>
<tr>
<td>3. Apply small, but adequate amount, of soap/solution.</td>
<td>3. Large amount is not necessary and is wasteful</td>
</tr>
<tr>
<td>4. Wet hands, using friction, rub hands well, remembering to clean between fingers, under nails and backs of hands, taking 15 seconds.</td>
<td>4. Friction provides mechanical removal of organisms</td>
</tr>
<tr>
<td>5. Rinse hands thoroughly with water, holding hands downward.</td>
<td>5. Bacteria will be flushed with water prevents re-contamination</td>
</tr>
<tr>
<td>6. Dry hands completely with paper towel.</td>
<td></td>
</tr>
<tr>
<td>7. Use paper towel to turn off faucet and to open bathroom door if necessary.</td>
<td>7. Prevent re-contamination from faucets and doorknobs.</td>
</tr>
</tbody>
</table>
Procedure for Hand Sanitizer Use

* Not For Use On Hands That Are Visibly Soiled *

<table>
<thead>
<tr>
<th>STEPS</th>
<th>KEY POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Squirt a thumbnail sized amount of sanitizer onto your hands.</td>
<td>1. Do not use alcohol hand sanitizer after caring with a patient with c. difficile colitis; soap and water hand hygiene is required</td>
</tr>
<tr>
<td>2. Rub the sanitizer briskly over both hands and wrists, covering all areas.</td>
<td>3. The hand sanitizer is flammable. Hands must be dry before using any equipment</td>
</tr>
<tr>
<td>3. Continue rubbing until the sanitizer has completely evaporated.</td>
<td>4. Hands that are visibly soiled require washing with soap and water for 15 seconds.</td>
</tr>
<tr>
<td>4. Do not rinse hands.</td>
<td></td>
</tr>
</tbody>
</table>

Non-petroleum or mineral oil based hand lotion is recommended only if hands chap very easily. The use of a small personal disposable bottle of lotion is permitted. Contamination can occur from more than one employee using the same container. However, in common areas such as Nurses Stations, Pantry areas, Med Rooms etc. a large shared container of KUH approved hand lotion may be used. Hands should be thoroughly washed prior to application of hand cream/lotion.

AGE SPECIFIC TECHNICAL CONSIDERATIONS: N/A

DOCUMENTATION: N/A

REFERENCES:

2. Purell Hand Sanitizer educational information, GOJO Industries, 2008
3. 2007 Guidelines for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings, CDC
5. Addendum 1, 5 Moments of Hand Hygiene, WHO Guidelines on Hand Hygiene in Health Care, page 123, 2009

ORIGINAL APPROVAL:
May, 1990

REVIEW DATES:
Annually through September, 2005
March, 2007
February, 2011

REVISION DATES:
Your 5 Moments for Hand Hygiene

1. **Before Touching a Patient**
   - **When?** Clean your hands before touching a patient when approaching him/her.
   - **Why?** To protect the patient against harmful germs carried on your hands.

2. **Before Clean/Aseptic Procedure**
   - **When?** Clean your hands immediately before performing a clean/aseptic procedure.
   - **Why?** To protect the patient against harmful germs, including the patient’s own, from entering his/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 Touching a Patient**
   - **When?** Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient’s side.
   - **Why?** To protect yourself and the healthcare environment from harmful patient germs.

5. **After Touching Patient Surroundings**
   - **When?** Clean your hands after touching any object or furniture in the patient’s immediate surroundings, when leaving – even if the patient has not been touched.
   - **Why?** To protect yourself and the healthcare environment from harmful patient germs.

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**World Health Organization**

**Patient Safety**
A World Alliance for Safer Health Care

**SAVE LIVES**
Clean Your Hands

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WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Program, for their active participation in developing this material.

May 2009
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 15 seconds

- Wet hands with water;
- Apply enough soap to cover all hand surfaces;
- Rub hands palm to palm;
- Right palm over left dorsum with interlaced fingers and vice versa;
- Palm to palm with fingers interlaced;
- Backs of fingers to opposing palms with fingers interlocked;
- Rotational rubbing of left thumb clasped in right palm and vice versa;
- Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- Dry hands thoroughly with a single use towel;
- Use towel to turn off faucet;
- Your hands are now safe.

Adapted from WHO How to Handwash Modified by G.J. Scott, D.O. for Kennedy/Rowan purposes only
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 15-20 Seconds or Until Dry

1a
Apply a palmful of the product in a cupped hand, covering all surfaces;

1b
Rub hands palm to palm;

2

3
Right palm over left dorsum with interlaced fingers and vice versa;

4
Palm to palm with fingers interlaced;

5
Backs of fingers to opposing palms with fingers interlocked;

6
Rotational rubbing of left thumb clasped in right palm and vice versa;

7
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8
Once dry, your hands are safe.

Adapted from WHO How to Handrub and Modified by G.J. Scott for Kennedy Rowan Purposes Only
HAND HYGIENE ATTESTATION FORM

Student Name: __________________________________________ Date: __________________________

My signature below attests that I have completed the Hand Hygiene Training required jointly by the Rowan SOM Department of Clinical Education and Kennedy Health Systems by satisfactorily completing all of the following steps:

1. Received Dr. Hou’s lecture outlining the Hand Hygiene policy and procedure.
2. Read Kennedy Hospital’s Infection Control Policy Number: IC1106 on pages 3, 4, and 5 of the hand hygiene policy document.
4. Reviewed page 7 “How to Handwash” and learned how to perform the proper technique using soap and water by practicing the steps depicted in the images.
5. Reviewed page 8 “How to Handrub” and learned how to perform the proper technique using alcohol based hand sanitizing gel by practicing the steps depicted in the images.
6. Reviewed and actively participated in the CDC interactive course and watched the video at the end of the module.
7. Satisfactory demonstration of effective hand hygiene technique.
8. Completed the Quiz On Hand Hygiene.

Student Signature: __________________________________________ Date: __________________________

Students email: __________________________________________________________

Program Monitor Sign Below

The student above has satisfactorily demonstrated effective hand hygiene technique.

Monitors Name __________________________________________ __________________________

Monitors Signature: __________________________________________ Date: __________________________

Please return completed document to: Dr. George Scott Assistant Dean Department of Clinical Education c/o Mrs. Diane Vilardo Office of Academic Affairs, Academic Center Suite 210
E-mail: vilardcd@rowan.edu