

IPC Newsletter

A learning and training resource



World Hand Hygiene day May 5th 2021

Celebrated every year on 5 May, Hand Hygiene Day mobilizes people around the world to increase adherence to hand hygiene in health care facilities, thus protecting health care workers and patients from infections.

Washing your hands properly will reduce the spread of infections. Hands may look clean but they may have germs on that are not visible. The best way to remove these germs is to wash your hands with warm water and soap. Liquid soap is better than a bar of soap as bars of soap can carry bacteria.

- When visibly dirty
- Before preparing food
- Before eating meals/snacks
- After handling pets or their waste
- After visiting the toilet, changing incontinence pads or babies' nappies
- Before and after carrying out tasks, such as using a blood glucose monitor, emptying a commode or urinary catheter bag or dressing a wound.

Alcohol hand Gel

Can be used as an alternative if rubbed in all areas of the hands, and should not be used if hands are visibly dirty

Printable versions of the correct stages of hand washing and using alcohol gel can be found at the following links: -

[PHE handwashing advice \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

[PHE handwashing advice 2 \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

Remember bare below the elbow

- Being free from long sleeved clothing
- Removing hand and wrist jewellery (plain band ring only)
- Keeping nails short and clean
- Not wearing false or gel nails or nail polish/jewellery
- Covering cuts and abrasions with a waterproof dressing

Your 5 moments of Hand Hygiene

1. Before touching a resident
2. Before clean/aseptic procedure
3. After body fluid exposure risk
4. After touching a resident
5. After touching residents surrounding

[Sign up for Save Lives: clean hands campaign \(who.int\)](https://www.who.int/campaigns/save-lives-clean-your-hands/sign-up-save-lives-clean-your-hands)

<https://www.who.int/campaigns/save-lives-clean-your-hands/sign-up-save-lives-clean-your-hands>

Your 5 Moments for Hand Hygiene



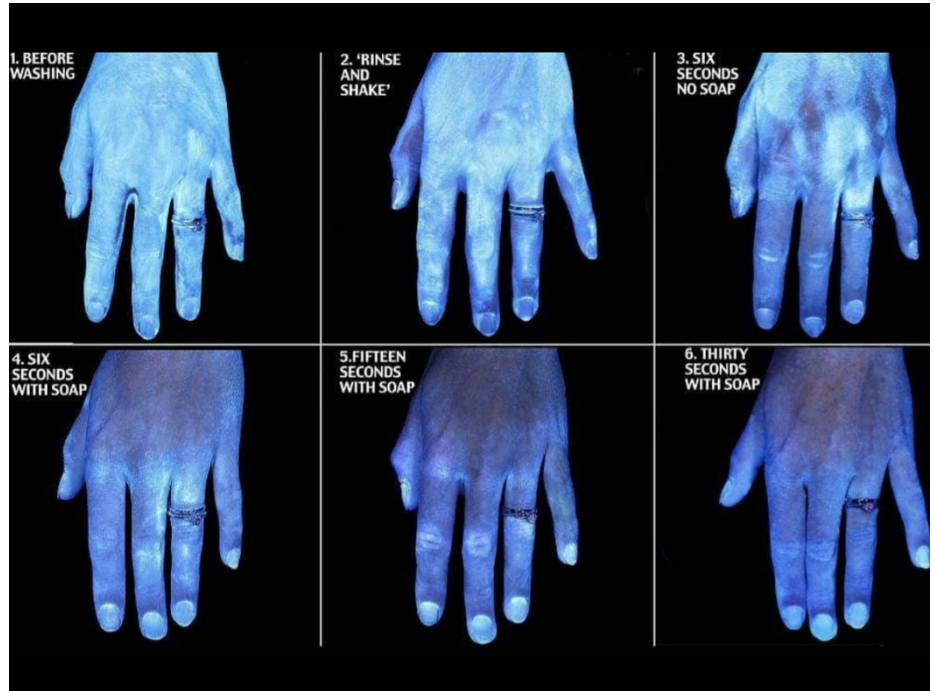
Moment	When	Why
1 BEFORE TOUCHING A PATIENT	WHEN: Clear your hands before touching a patient when approaching her/his. To protect the patient against harmful germs carried on your hands.	WHY: Clear your hands before touching a patient when approaching her/his. To protect the patient against harmful germs carried on your hands.
2 BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN: Clear your hands immediately before performing a clean/aseptic procedure. To protect the patient against harmful germs, including the patient's own, from entering her/his body.	WHY: Clear your hands immediately before performing a clean/aseptic procedure. To protect the patient against harmful germs, including the patient's own, from entering her/his body.
3 AFTER BODY FLUID EXPOSURE RISK	WHEN: Clear your hands immediately after an exposure risk to body fluids such as blood, sweat, tears, vomit, or diarrhoea. To prevent contact and the health care environment from harmful patient germs.	WHY: Clear your hands immediately after an exposure risk to body fluids such as blood, sweat, tears, vomit, or diarrhoea. To prevent contact and the health care environment from harmful patient germs.
4 AFTER TOUCHING A PATIENT	WHEN: Clear your hands after touching a patient if and when an audible surveillance, when leaving the patient's side. To protect the patient and the health care environment from harmful patient germs.	WHY: Clear your hands after touching a patient if and when an audible surveillance, when leaving the patient's side. To protect the patient and the health care environment from harmful patient germs.
5 AFTER TOUCHING PATIENT SURROUNDINGS	WHEN: Clear your hands after touching any object or structure in the patient's immediate surroundings, when leaving – even if the patient has not been touched. To prevent contact and the health care environment from harmful patient germs.	WHY: Clear your hands after touching any object or structure in the patient's immediate surroundings, when leaving – even if the patient has not been touched. To prevent contact and the health care environment from harmful patient germs.



Hidden Germs

Here is an example of the hidden germs which can stay on your hands, as shown by using a light box

- There are an estimated 1500 Bacteria on just 1cm of your hand
- Handwashing could prevent 1 in 5 respiratory infections
- Handwashing can prevent 1 in 3 diarrhoea related sickness
- Handwashing can reduce the risk of cross-contamination and many foodborne illnesses



Promoting Hand Washing & Health



Have posters up and around can help to promote good practices, and can help to engage the onlooker in good hand hygiene practices

Talk about hand washing and its benefits

Encourage the use of soap to eliminate bacteria

Remember to always check your PPE Stock levels and that you have a variety of sized gloves available for use when required, remember always wash your hands following the removal of gloves.

Resources available

<http://www.lancashire.gov.uk/practitioners/health/infection-prevention-and-control.aspx>

[NHS England » Standard infection control precautions: national hand hygiene and personal protective equipment policy](#)

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

<https://www.facebook.com/PublicHealthEngland/videos/covid-19-hand-washing/3306167406063043/>

[How to wash your hands | NHS - YouTube](#)

It would be great if you could all share your ideas and thoughts on what you are planning or did for Hand Hygiene Day. Please tweet us at @LancsIPC <https://twitter.com/lancsipc> infectionprevention@lancashire.gov.uk

