On completing this module, you will be able to:

- Discuss why adhering to hand hygiene and other infection-prevention protocols is important.
- Identify when to clean your hands.
- Describe how to clean your hands.
- Select the correct product for hand hygiene based on isolation types.
- Describe how to create a culture of excellent hand hygiene.
Infection Control

Hospital Acquired Infections

• Healthcare acquired infections cause significant illness and death to our patients on a daily basis.

• According to 2011 CDC survey, 1 in 25 hospitalized patients has at least 1 HAI on any given day and about 75,000 of these patients die from their infections every year.

• The unintended pneumonias, blood stream, surgical site, and urinary tract infections increase hospital stays and delay the recovery of our patients.

• A new strain of Clostridium difficile causes severe diarrhea, resulting in longer hospital stay and increase the chance of death by more than 30% in at risk patients.

• The increasing resistance to most antibiotics by different bacteria such as CRE (or Carbapenem-resistant enterobacteriaceae) are posing new challenges in healthcare

Kaiser Permanente is not immune to this problem, and we are committed to the prevention and spread of these infections
Renewed Commitment To Patient Safety

The medical community and the society at large, know proper hygienic practices including hand hygiene prevent spread of infection and save lives.

- Health care providers must overcome the barriers to proper hand hygiene.
- Each provider must take ownership.
- A patient who enters a hospital or medical center for care will come into contact with multiple health care providers.
- Even one missed opportunity of proper hand hygiene can undo the efforts of everyone else.

*We urge you to make changes to your routine that will prevent your patients from getting infected.*
Possible Barriers To Hand Hygiene - Which Is It For You?

- No time to do it
- Inappropriate placement of sinks/degermers
- Ineffective or insufficient education
- Hands full
- Wearing gloves interferes with process
- Perception that hand hygiene is not needed if wearing gloves
- Health care workers forget
- Distraction
- Safety culture does not stress hand hygiene at all levels
- Lack of accountability and just-in-time coaching
- Hand hygiene compliance data not collected and/or reported accurately or frequently

Think about it

*Which barrier(s) apply to you?*

*What can you do in your workplace to overcome any of these barriers?*
Infection Control

Hand Hygiene Strategy

WHO 5 moments for Hand Hygiene

BEFORE

- Entering the patient’s room
- Touching the patient’s environment
- Performing clean or invasive procedure
- Donning PPE

AFTER

- Leaving the patient’s room
- Touching the patient environment
- Contact with any blood or bodily fluids
- Doffing PPE
Alcohol-based hand rub is a convenient and very effective approach to hand hygiene.

*** Kills over 90% of non-spore forming bacteria ***

It only takes 10 seconds to prevent infection using this degerming product. This product comes in either gel or foam.

Dispense about a dime-sized of gel or an egg-sized amount of foam into your palm.

Rub your hands together, covering all surfaces until your hands are dry.
Use Soap & Water
When:

Hands are visibly soiled
Hands or gloves have been contaminated with blood or bodily fluids
After contact with patient infected with C. difficile, Norovirus or has unexplained diarrhea
After eating
After using the restroom

**** Alcohol hand rubs are NOT effective for removing C. difficile spores****

Washing with soap and water
1. Wet your hands
2. Apply soap
3. Rub your hands together for at least 15 sec covering finger webs and under nails
4. Rinse your hands and dry with paper towel
5. Use the paper towel to turn off the faucets
Numerous studies have documented that nails and nail beds harbor high concentration of organisms or germs. Outbreaks of drug-resistant organisms in critical care units have been attributed to the use of artificial nails. Wearing artificial nails may contribute to the transmission of harmful germs to the patients.

KPNC Fingernail policy applies to all staff who have direct contact with patients or patients’ environment, equipment and supplies.

Natural nail tips should not extend beyond the tip of the finger:
- Any nail polish – if allowed - must be intact, not chipped. Nail polish is not allowed in perioperative areas.
- Artificial nails, including tips, wraps, and acrylic gels, shall not be worn by staff (as defined above).
**Gloves**

- Wearing gloves reduces the risk of acquiring and transmitting germs, it does **NOT** eliminate the risk.
- Wearing gloves is not a substitute for hand hygiene.
- You must **degerm or clean** your hands before putting on gloves and after removing gloves.
- Change gloves when moving from a dirty to clean site.
- Remove gloves before leaving patient’s room.
- Again, clean your hands **AFTER** removing gloves.

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**When to Use Gloves**

Wear gloves when contact with blood or other body fluid is anticipated.

Wear gloves when taking care of patient on Contact or Contact Plus precautions.
Respiratory Etiquette

The following measures can be used to contain respiratory secretions and prevent transmission of respiratory infections, including influenza.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the wastebasket.
- Clean your hands after coughing or sneezing with soap and water or alcohol-based hand rub.
- Avoid touching your face, eyes, and mouth.
Contact Precautions is one of the techniques that may be used to reduce the risk of spreading or transmitting multiple drug-resistant organism (MDRO) infections such as Methicillin-resistant Staphylococcus aureus (MRSA) and Vancomycin Resistant Enterococcus (VRE) in the facility.

Patients requiring Contact Precautions will be put on isolation and have a sign posted by the door of their rooms.
Infection Control

Techniques Used to Prevent Spread of MDRO

Requirements for Contact Precautions:

- **Patient placement**: patient may be placed in private rooms or with other patients with low risk of acquiring MRSA per facility’s policy.
- **Gloving and gowning**: wear gloves and gown upon entering patient’s room before touching patient or patient’s environment.
- **Dedicated equipment**: use disposable equipment or supplies whenever possible or use dedicated equipment. Reusable equipment must be cleaned before using on another patient.
- **Patient transport**: limit movement or transport of patients out of the room to medically necessary purposes. If necessary, ensure to cover or contained affected site. Remove contaminated PPE and clean hands prior to transporting patient, and then don clean PPE to handle patient at the destination.
- Perform **hand hygiene** before donning and after doffing PPE

Other Techniques to Prevent MDRO:

- Antibiotic stewardship
- Environmental cleanliness
Contact Plus Precautions are put in place when a patient is suspected or confirmed to have Clostridium difficile infection (C. diff), Norovirus, or other diarrhea with unknown sources.

Requirements for Contact Plus Precautions

1. Degerm your hands
2. Put on gown and gloves
3. Clean any multiple-use instruments/equipment with bleach wipes after using on the patient
4. Remove the gown and gloves before leaving the room
5. Clean your hands with soap and water as you leave the room

Alcohol degermer is not effective in removing Cdiff spores from hands.
Patient education is another important tool against infection.

- Educate your patients and their family and visitors about hand hygiene, respiratory etiquette, and isolation technique if used.
- This may help reduce the spread of infection from patient to visitor or vice versa and/or to the common areas in your medical center.
- Be sure to document the information provided if patient education is part of your job.
- *Educational hand-outs are available in the Clinical Library in Health Connect*
Some Things to Think About

As a busy health care worker, you have many interruptions and distractions………

It may feel like you are too busy to degerm your hands every time you should.

Hand hygiene may seem a simple solution, but there is a significant amount of evidence proving that it is the most effective weapon against infection.

A small investment of time now prevents complications for the patient later.

An ounce of prevention is truly worth a pound of cure!
Support your team

- You are not alone in your fight against infection.
- Help create a culture of hygiene that protects you, your team, and your patients.
- Remind each other and follow infection-prevention protocols.

KP’s Commitment

KP is committed to support hand hygiene.

- Consider the hospital system as part of your support team.
- The best way is to create a culture where it is everyone’s responsibility to remind each other about hand hygiene and infection prevention protocols.

What You Can Do

- Lead by example.
- Follow all infection prevention protocols.
- Remind others when you notice a missed hand hygiene opportunity.
- Thank the person who reminds you of your missed hand hygiene opportunity.
- If you see empty dispensers, inconvenient dispenser location or any barrier to compliance, bring it to the attention of the appropriate leader.
**Preventing HAI**

1. True or False

It is everyone’s responsibility to observe all infection-prevention protocols at all times to prevent patients from acquiring infections during their hospital encounters.

2. Multiple choice: Which of the following are the appropriate actions to take to help prevent infections? Select all that apply:
   - A. Clean your hands between each patient
   - B. Wear gloves
   - C. Clean your hands after contact with a patient’s environment, such as light switches or IVs.
   - D. Educate patient and patient’s visitor about infection-prevention protocols
   - E. Remind other healthcare workers to observe infection-prevention protocols
   - F. All of the above

3. Multiple choice: When should you degem when working with each patient? Select all that apply.
   - A. When you enter the patient’s room
   - B. Prior to performing a task
   - C. Before you examine the patient
   - D. When you leave the patient’s room
   - E. All of the above

4. True or False

If you wear gloves, it is NOT necessary to wash or sanitize your hands after removing the gloves.

5. True or False

Employees who have direct patient contact are not allowed to wear artificial nails.
6. True or False

Patients should be encouraged to remind staff and visitors to clean their hands before touching them.

7. Multiple choice: In addition to Standard Precautions, what type of precautions may be used for a patient with MRSA or VRE?
   A. Airborne Precautions
   B. Contact Precautions
   C. Contact Plus Precautions
   D. Droplet Precautions

8. Multiple choice: In addition to Standard Precautions, what type of precautions are necessary for a patient with C. difficile infection?
   A. Airborne Precautions
   B. Contact Precautions
   C. Contact Plus Precautions
   D. Droplet Precautions