



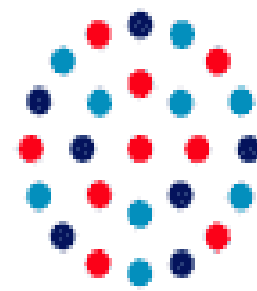
# Hand Hygiene

**Stefan Morton**

**Hand Hygiene Coordinator**



# Evidence



Health  
Protection  
Scotland

- Improved adherence to hand hygiene (i.e. hand washing or use of alcohol-based hand rubs) has been shown
  - to terminate outbreaks in health care facilities
  - to reduce transmission of antimicrobial resistant organisms
  - to reduce overall infection rates

*<http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>*

*[http://www.who.int/patientsafety/information\\_centre/guidelines\\_hhad/en/index.html](http://www.who.int/patientsafety/information_centre/guidelines_hhad/en/index.html)*



# Recent Results

- Results taken from  
Jan / Feb 2012  
National Audit

<b>Nurse</b>	<b>Medical</b>	<b>AHP</b>	<b>Others</b>
95%	84%	97%	97%

- Results taken from  
April 2007 National  
Audit

<b>Nurse</b>	<b>Medical</b>	<b>AHP</b>	<b>Others</b>
75%	50%	69%	50%



# Did You Know?

- 50% Reduction of Staph. Aureus in NHSGGC
- C.Difficile cases 0.24 per 1000 days  
(Nationally 0.32, HEAT Target below 0.39)
- Surgical Site Infections below National Average -  
19 infections in 2476 operations
- 2601 Cleanliness Champions
- 86,000 additional MRSA screenings per annum
  - MRSA Colonisation = 15x more likely to develop an HAI
- Central Line infections in some ITUs reduced to one per year
- Hand Hygiene Compliance at **92%**
- All areas scored **green (>90%)** in Cleaning Standards

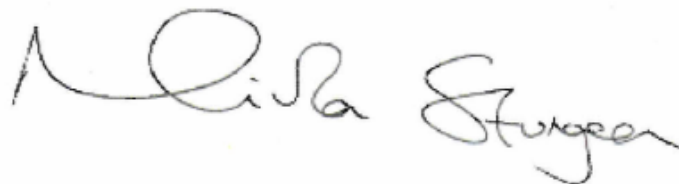
26 January 2012

## HPS REPORT ON NATIONAL HAND HYGIENE COMPLIANCE: 17<sup>th</sup> BI-MONTHLY REPORT

Health Protection Scotland on 25 January 2012 published its latest bi-monthly report on hand hygiene compliance. Encouragingly, national compliance remains high at 95% and all Health Boards exceeded the required 90% target. Good hand hygiene is one of the most effective ways of preventing the spread of infections and I congratulate all Boards on the hard work that has delivered and maintained the generally high standards reported by HPS.

Alongside these very positive results, I was disappointed to see that this is the fourth report in a row in which compliance by doctors has remained below 90%. Despite previously excellent progress made in doctors' hand hygiene compliance since the campaign was introduced in 2007, it unfortunately continues to be significantly lower than that seen by other staff groups such as nurses. The zero tolerance policy to non compliance is a clear and unequivocal message to the public that all NHS staff will demonstrate continuing excellence in hand hygiene performance and I expect doctors to take a leading role in this area.

My officials have contacted Health Protection Scotland to consider further work at a national level to help improve hand hygiene compliance by doctors. I would encourage you to look at what actions can be taken in your own Board to ensure that all staff, including doctors, continue to wash their hands at every appropriate opportunity.

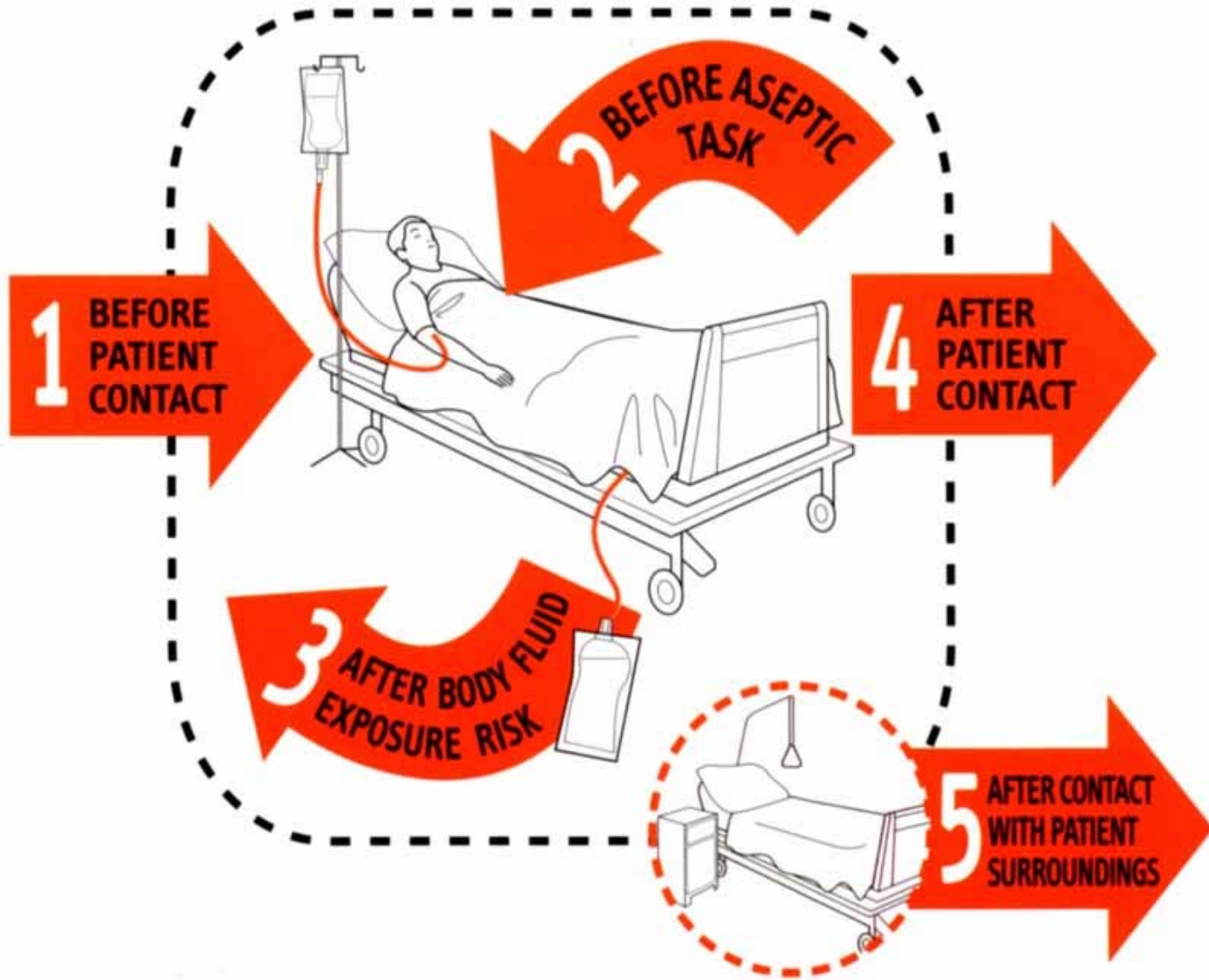


NICOLA STURGEON

# Responsibility

- **“Make the care of your patient your first concern;  
Listen to your patients and respond to their *concerns* and *preferences*”**  
  
**“Respond constructively to the outcome of audit, undertaking further training  
where necessary”**  
  
**“Participate in regular reviews and audit of the standards and performance of the  
team, taking steps to remedy any deficiencies”**  
  
**“You must protect patients from risk of harm.  
The safety of patients must come first at all times”**  
**Good Medical Practice, GMC**
- **“Patients must not be inhibited in asking staff if they have washed their hands”  
John Reid Sec. State for Health, DOH 2004**
- **The total cost of reminding a professional colleague to perform hand hygiene is  
almost zero, yet the savings in money, time and suffering may be immense.**

# WHEN? Your 5 moments for hand hygiene





# How to Clean Your Hands

1



Palm to palm.

2



Right palm over left dorsum  
and left palm over right dorsum.

3



Palm to palm  
fingers interlaced.

4



Backs of fingers to opposing  
palms with fingers interlocked.

5



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

6



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

***Delivering better health***





# Combined Compliance

- National focus is on Combined Compliance
- Staff have to take the opportunity and carry out Hand Hygiene to set criteria

Handwashing	Handrubbing
Bare below the elbows (i.e. jewellery and wristwatches should not be worn and sleeves should be at elbow level)	Bare below the elbows (i.e. jewellery and wristwatches should not be worn and sleeves should be at elbow level)
Wet hands and apply liquid soap covering all surfaces of the hands (6 Steps)	Apply the alcohol based hand rub
Rinse hands	Rub hands together until dry ensuring that the alcohol based hand rub covers all surfaces of the hands (6 Steps)
Dry hands using a paper towel	
Dispose of paper towel using a method that does not recontaminate hands	

# Simply

- Before AND after glove use
- Before AND after all contacts
- 15-30 seconds for hand wash / gel
- Wet hands before applying soap
- Use paper towels to turn taps off
- No watches, jewellery, false or painted nails
- Alcohol gel for visibly clean hands
- Soap and water for visibly dirty hands and/or loose stools



- <http://www.nhsggc.org.uk/infectioncontrol>

NHSGGC Infection Control

- [www.washyourhandsofthem.com](http://www.washyourhandsofthem.com)

Campaign website

- <http://www.who.int/gpsc/en/>

WHO website

- <http://www.show.scot.nhs.uk/>

SHOW website

- <http://www.hps.scot.nhs.uk/haic/ic/publicationsdetail.aspx?id=36570>

Full Audit report