

INFECTION CONTROL PRACTICES & POLICIES FOR NURSING PROFESSIONALS

POLICY - HAND HYGIENE

POINTS TO REMEMBER

Learn how to clean your hands effectively

Wash your hands with soap and water:

- When starting a shift
- When visibly soiled
- Before drug rounds
- When serving food

INTRODUCTION

Hand hygiene is the single most important way of reducing cross-infection in the hospitals.

The purpose

1. To remove microbial contamination that has occurred by recent contact with patient / environment.
2. To prevent cross infection.

The general guidelines

- During clinical work, wear sleeves above the elbows.
- DO NOT WEAR a wristwatch or costume jewellery.

Hand washing should be carried out using either liquid soap (social hand washing) or using an approved skin disinfectant before a clinical procedure.

Alcohol rub (Sterilium) is to be used in high dependency areas as an alternative to hand washing to reduce bacterial load on clean hands.

