

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

#### Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

#### 語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來為您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

#### Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لیگوئج، انٹرنیشنل ایڈیٹیشن سپورٹ سروس (LIPS)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بک آفس سے پیر سے بعد 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

#### Help us to help you

It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

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# Tameside and Glossop Integrated Care NHS Foundation Trust



## Advice on Handwashing Staff Information Leaflet

Hand Hygiene is the single most important measure for the prevention of cross infection

### Reasons for handwashing

Effective hand hygiene is one of the basic principles of infection prevention/control, resulting in the prevention of cross infection and protection of staff and patients. If carried out efficiently it contributes more than any other single thing to the control of healthcare associated infections. It is unfortunately often neglected or carried out poorly.

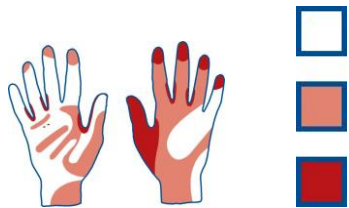


All aspects of clinical care involve the use of hands, which form a chain of contact from one patient to another.

- This potential chain of infection is broken by the use of standard precautions including effective hand hygiene.

All disciplines of staff have a responsibility to their patients or clients, and to themselves, to employ effective hand hygiene. Hand hygiene is the most effective measure in reducing the risks of transmission and is essential in the event of an outbreak when staff are exposed to diarrheal illnesses.

Studies show that healthcare staff frequently use poor hand washing techniques. The areas most commonly neglected are the tips of fingers, palm of the hand, and the thumbs.



Least frequently missed

Less frequently missed

Most frequently missed

### Your 5 Moments for Hand Hygiene (WHO 2009)

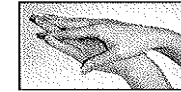
1. Before touching a patient.
2. Before clean/aseptic procedure.
3. After body fluid exposure risk.
4. After touching a patient.
5. After touching patient surroundings.  
Additionally also after handling any item that is soiled  
Before and after handling food

### How do I wash my hands?

- To be effective hands should be wet thoroughly with water before applying liquid soap from a dispenser.
- All surfaces of both hands should be vigorously massaged with the lather using the technique described below.
- Make sure you rinse all the soap off your hands under the running water and then dry your hands thoroughly with disposable paper towels.
- Alcohol hand rub offers a practical and acceptable alternative to handwashing in most situations, provided hands are not dirty. However hands need to be washed with liquid soap and water after approximately 5 applications of alcohol hand rub.
- Please remember soap and water hand washing must be used when dealing with patients who have diarrhoea.



Palm to palm.



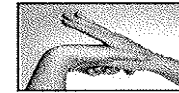
Right palm over left dorsum and left palm over right dorsum.



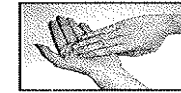
Palm to palm fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



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



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

Care of the hands is very important for everyone, but particularly so for healthcare staff. Cover any cuts or abrasions with a waterproof plaster. Nails should be kept clean and short. Acrylic nails and nail varnish must not be worn in the clinical area. Jewellery must not be worn in the clinical area, a plain wedding band is allowed. Staff must adhere to 'bare below the elbow' (please refer to the trusts Bare Below Elbow Policy). Should you develop any skin conditions contact your Occupational Health Department, who will be happy to give you advice.

If you would like more information please contact the Infection Prevention Nurses Ext 6194

### REFERENCE

PRATT, R.J.et al. Epic3 (2013) The epic project : Developing National Evidence-Based Guidelines for preventing Healthcare Associated infections in NHS hospitals in England.  
Journal of Hospital infections 47(supplement): S1- S70  
Infection Control Nurses Association (2002)  
Hand Decontamination Guidelines.  
ICNA in association with Regent: London  
World Health Organisation (2009) WHO Guidelines on Hand Hygiene in Healthcare. First Global Patient Safety Challenge Clean Care is Safer Care.