

Hand hygiene education is an important aspect of nursing practice, as it helps to reduce the risk of healthcare-associated infections. Nurses must understand the importance of proper hand hygiene and how to perform it correctly.

The main principles of hand hygiene education include:

1. Understanding the need for hand hygiene: Nurses must understand how healthcare-associated infections are transmitted and how proper hand hygiene can reduce the risk of transmission.
2. When to perform hand hygiene: Nurses must understand the different scenarios in which they need to perform hand hygiene, such as before and after patient contact, before and after performing invasive procedures, and after handling contaminated equipment. Hand hygiene should be performed when hands are visibly dirty, when hands are soiled with blood or other bodily fluids, and after using the bathroom
3. How to perform hand hygiene: Nurses must know the proper technique for hand hygiene, including the use of soap and water or alcohol-based hand rubs.
4. Compliance with hand hygiene protocols: Nurses must understand the importance of compliance with hand hygiene protocols and the consequences of non-compliance.

Overall, hand hygiene education is a critical component of nursing practice and can help to improve patient outcomes by reducing the risk of healthcare-associated infections.

Procedure

The procedure of hand hygiene for nurses involves the following steps:

1. Remove any jewelry or watches that could interfere with hand hygiene.

Push long sleeves up above wrists

2. Ask family for water source. Stand in front of sink, careful to keep clothing and hands away from sink surface to avoid contamination.

Wet your hands with clean, running water and apply soap.

3. Rub your hands together to create lather and scrub all surfaces of your hands, including palms, back of hands, wrists, fingers, and under fingernails. Scrub for at least 20 seconds. Avoid splashing.

4. Rinse your hands thoroughly with warm running water. Keep hands below elbow level.

5. Dry your hands with a clean paper towel.

6. Use a paper towel to turn off the faucet and to open the door if necessary.

It is important to perform hand hygiene before and after patient care, after touching any objects or surfaces that may be contaminated, and after removing gloves. Nurses should also follow the hand hygiene guidelines provided by their healthcare facility and wear appropriate personal protective equipment when necessary.

Hand hygiene using a waterless Alcohol-Based Antiseptic Rub - **If your hands are visibly soiled, you must use soap and water for hand hygiene.**

1. Begin by checking that your hands are visibly clean and dry.

2. Apply a small amount of alcohol based rub onto your palm. The amount of rub used should be sufficient to cover all surfaces of your hands.

3. Spread the rub evenly over both hands, ensuring that you cover the entire surface area including the back of your hands, fingers, nails and fingertips.

4. Rub your hands together until the alcohol-based rub has completely dried. This should take approximately 20-30 seconds.

5. Once dry, do not rinse or wipe your hands, as this will reduce the effectiveness of the alcohol in the rub.

6. If your hands become visibly soiled or contaminated during the day, you should wash them with soap and water instead of using the alcohol-based rub.

7. In healthcare settings, hand hygiene using waterless alcohol-based rubs should be performed before and after patient care, after handling contaminated equipment, and after removing gloves.

8. Remember that consistent and thorough hand hygiene is essential in preventing the spread of infection.