

**Type:** Clinical Procedures**Subsection:** I- Infection Control**Authority:** Executive Director with Medical Director**Related Documents:****Preamble**

Hand hygiene relates to the removal of visible soil and the removal or killing of transient microorganisms from the hands. Hand hygiene may be accomplished using an alcohol-based hand rub/sanitizer or by soap and running water.

Hands are the main pathways of germ transmission during health care.

Proper hand washing or the use of sanitizer is a step in the prevention of spread of infection. It provides a healthy and safe environment for our residents, staff, and visitors.

Policy

It is the policy of Residential Hospice Grey Bruce that all staff and volunteers take all steps possible to prevent the spread of infection.

I-02.01 Hand Hygiene

Hand hygiene will be performed:

1. Before touching a resident to protect them against colonization and, in some cases, against exogenous infection, by harmful germs carried on your hands.
2. Before clean/aseptic procedures to protect the resident against infection with harmful germs, including his/her own germs, entering his/her body.
3. After body fluid exposure risk to protect you from colonization or infection with resident's harmful germs and to protect the health-care environment from germ spread.
4. After touching a resident to protect you from colonization with resident germs and to protect the health-care environment from germ spread.
5. After touching a resident's surroundings to protect you from colonization with resident germs that may be present on surfaces/objects in resident's surroundings and to protect the health-care environment against germ spread.

I-02.02 Washing Hands with Soap and Water

Wash hands when visibly soiled. Duration of the entire procedure should last between 40-60 seconds.

1. Wet hands and wrists thoroughly under running water.
2. Apply enough soap to cover all surfaces eliciting a good lather.
3. Lather soap well, being sure to scrub hands, fingers, palms, and wrists on all surfaces.

- 3.1. Scrub each finger on all sides;
- 3.2. scrub the back of each hand with the palm of the other hand;
- 3.3. scrub fingertips of each hand in the palm of the other hand;
- 3.4. scrub each thumb clasped in the opposite hand;
- 3.5. scrub each wrist clasped in the other hand.
4. Rinse thoroughly under running water. Leave water running.
5. Dry hands thoroughly with a paper towel.
6. Turn the water off using the paper towel and dispose of towel in the garbage.

I-02.03 Cleansing Hands with Alcohol Sanitizers

1. Apply a “loonie” sized amount of sanitizer to open palm.
2. Rub hands together palm to palm.
3. Rub in between and around all fingers.
4. Rub the back of hand with the palm of the other hand.
5. Rub fingertips of each hand in the palm of the opposite hand.
6. Rub each thumb clasped in the palm of the opposite hand.
7. Rub each wrist clasped in the opposite hand.
8. Keep rubbing until hands are dry. Paper towels are not required.

I-02.04 Review Cycle

Clinical Policies shall be reviewed in the odd year.

Original Approval: 04-2004
Reviewed On:
Revised On: 04-2013; 04-2014; 09-2020