

System Infection Prevention

| | |
|---|---|
| POLICY TITLE: Hand Hygiene | CLINICAL POLICY AND PROCEDURE MANUAL |
| POLICY #: INF.1109 | CATEGORY SECTION: Infection Prevention |
| System Approval Date: 6/23/16 | Effective Date: 03/04 |
| Site Implementation Date: 8/5/16 | Last Revised/Approved: 10/23/14 |
| Prepared by: Donna Armellino, RN, DNP, CIC Vice President, Infection Prevention and members of the Site Specific Infection Prevention Committee | Notations: N/A |

GENERAL STATEMENT of PURPOSE

Hand hygiene is the single most effective measure in the prevention of the transmission of infection; effective hand hygiene must be practiced by all health care personnel. The purpose of this policy is to outline hand hygiene with soap and water and with alcohol-based hand rubs to reduce transient hand bacteria and decrease the spread of infection in the healthcare setting.

POLICY

Health care organization employees are responsible to perform hand hygiene to minimize the risk for transmission of infection. Attachment A “Hand Hygiene Guidelines” provides guidelines for hand hygiene to achieve this goal.

SCOPE

This policy applies to all members of the Northwell Health workforce including, but not limited to: employees, medical staff, volunteers, students, physician office staff, and other persons performing work for or at Northwell Health; faculty and students of the Hofstra Northwell School of Medicine conducting research on behalf of the School of Medicine on or at any Northwell Health facility; and the faculty and students of the Hofstra Northwell School of Graduate Nursing & Physician Assistant Studies.

DEFINITIONS

N/A

PROCEDURE:

Refer to Attachment A “Hand Hygiene Guidelines” to minimize the risk for transmission of infection.

CLINICAL REFERENCES /PROFESSIONAL SOCIETY GUIDELINES

Ellingson K, Haas J, Aiello A, Kusek L, Maragakis L et al. 2014. Strategies to prevent healthcare associated infections through hand hygiene. *Infection Control and Hospital Epidemiology*. 35: S2; S155 -78.

REFERENCES to REGULATIONS and/or OTHER RELATED POLICIES

1. Joint Commission Surveillance, Prevention and Control of Infections
2. New York State Department of Health 405.11
3. World Health Organization Guidelines on Hand Hygiene in Health Care 2009. Retrieved May 10, 2016 at http://apps.who.int/iris/bitstream/10665/44102/1/9789241597906_eng.pdf.
4. Centers for Disease Control and Prevention. Retrieved on April 25, 2015 at <http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>.
5. U.S. Food and Drug Administration. Protecting and Promoting Your Health. Retrieved on May 10, 2016 at <http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/IndustryandRegulatoryAssistanceandTrainingResources/ucm135577.htm>.

ATTACHMENTS

Attachment A: Hand Hygiene Guidelines

FORMS

N/A

| APPROVAL: | |
|---|---------|
| System Clinical P&P Committee | 6/3/16 |
| System PICG/Clinical Operations Committee | 6/23/16 |

Standardized Versioning History:

*=Clinical Policy Committee Approval; ** =PICG/Clinical Operations Committee Approval

7/24/13* 8/15/13**

9/24/14* 10/23/14 (Electronic Vote)**

Hand Hygiene Guidelines

- I. Perform hand hygiene** (even when gloves are used):
 - a. Before and after contact with each patient.
 - b. After contact with blood, bodily fluids, mucous membranes, secretions, excretions, and non-intact skin even if gloves are worn.
 - c. After contact with an inanimate object that is potentially contaminated.
 - d. When moving from a contaminated body-site to a clean body site during patient care.
 - e. Before handling food or eating.
 - f. After using the bathroom, eating, coughing or sneezing.
 - g. Before donning gloves and after removing them.
 - h. Before administering medication.
 - i. Before performing an invasive procedure such as inserting a central venous catheter, urinary catheter, peripheral vascular catheter, or other invasive devices.
 - j. When hands are visibly soiled.

- II. Perform Hand Hygiene with Alcohol-based hand sanitizer:**
 - a. Whenever hands are not visibly soiled.
 - b. When there is no outbreak of *Clostridium difficile* or gastrointestinal illness.

- III. Wash hands thoroughly with soap and water for a minimum of 15 to 20 seconds:**
 - a. Prior to preparing or serving food
 - b. When visibly soiled
 - c. When there is an outbreak of *Clostridium difficile* or gastrointestinal illness potentially related to norovirus
 - d. After using the bathroom
 - e. Before eating

- IV. Hand hygiene for health care personnel (HCP) caring for patients:**
 - a. **Hand hygiene procedure with soap and water:**
 - i. Locate appropriate equipment: liquid soap, warm running water, and paper towels.
 - ii. Turn on water, adjust temperature.
 - iii. Wet hands and wrists with running water before applying soap.
 - iv. Keep hands with fingers downward so water will run into sink and not down arms.
 - v. Apply soap to hands. Use only facility approved liquid soap. Rub the soap on all surfaces of the hands and wrists using friction. Friction can be obtained by rubbing hands rapidly and firmly together. Wash all surfaces for at least 15 to 20 seconds:
 1. back of hands
 2. palms
 3. wrists
 4. between fingers, including thumbs

5. under fingernails and around cuticles
- vi. Rinse hands thoroughly under running water keeping hand downward, avoid touching the sink.
- vii. Dry hands thoroughly with paper towel(s).
- viii. If using sink with hand controls, turn off faucet with paper towel.
- ix. Discard paper towel.

Note: Use hospital approved hand lotion when a hand lotion product is used.

b. Alcohol hand sanitizer procedure:

- i. Apply an adequate amount of sanitizer to cover all surfaces of both hands to the palm of one hand. Apply at least the size of a nickel of the product to the palm of your hand, wall mounted foam dispensers will automatically calculate the amount of the solution. The procedure should take about 20 seconds.
- ii. Rub hands together, covering all surfaces of hands, fingers, and fingernails until hands are dry.
- iii. Once hands are dry they are considered to be clean.
- iv. When hands become tacky due to repeated use of sanitizer, they should be washed with soap and water.

V. Nails:

- a. HCP who have direct patient care responsibilities and/or are preparing medications should not wear artificial nails, gel nail extenders, tips or wraps. These are associated with harboring pathogens on fingertips. Natural nails should be less than ¼ inch long.
- b. Nails should be free of chipped polish and any glued on ornamentation.

VI. Other issues related to hand hygiene:

- a. The hands including tissue around nails should be intact and inflammation free. Persons having contact dermatitis must report the condition to the Supervisor and to the Employee Health Service. Persons diagnosed with contact dermatitis of hands must not care for patients or equipment until the condition resolves.
- b. HCP who have brace or other appliance that renders them unable to completely wash hands must be placed on alternate duty until the condition is resolved.
- c. Only hospital approved hand lotion that is compatible with the hospital-approved soap should be used. A paper towel dispenser with paper towel should be wall mounted within easy reach of sink but far enough away to avoid splash contamination.
- d. A soap dispenser with soap within a disposable, replaceable container should be wall mounted.
- e. Handwashing sinks should be easily accessible by health care personnel, patients and visitors and not used for any other purpose.
- f. In new construction and when an area is refurbished Infection Prevention should be consulted with regard to the placement and number of clinical handwashing sinks.
- g. For hand washing procedure in areas such as within the operating room refer to the surgical hand scrub protocol.

VII. Hand hygiene for employees working within food preparation area:

- a. Staff working in the food preparation area must wash hands with soap and water for a minimum of 15 to 20 seconds as outlined above upon arrival in the work area and before preparing food.
- b. Alcohol based hand rub is prohibited in the food preparation area.