



Penn Medicine

LONG TERM CARE | RISE

For Facilitator Use Only

# Hand Hygiene for Health Care Workers

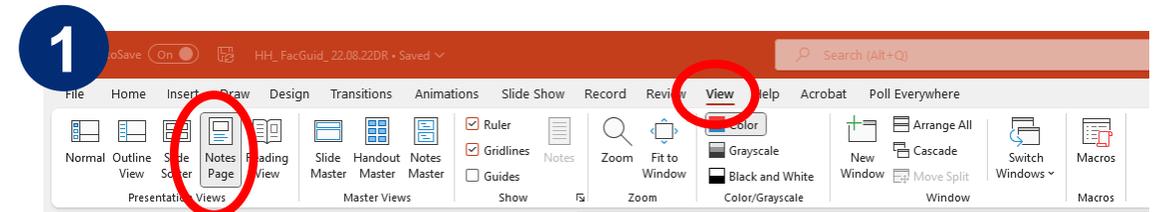
Facilitator Guide



# How to Use This Facilitator's Guide

► **Printing out copies is not required.**

- If you can, bring a print out of:
  - Slide 4 (session sign)
- You may want to print out the presentation for your own use. We recommend using Notes View (see picture 1)
- If you can't print anything out – no worries! You can view the notes on your phone or laptop.



► Each slide has a guide in the notes section.

- You can see guide at the bottom of slides (see picture 2) or note view
- Each slide has an “Objective”. This is the main point you want to make sure participants understand.
- There are “Facilitator Notes” throughout the Suggested Scripts. These are tips, or question answers for you as facilitator to use.

**LTC RISE**

**LTC: Long Term Care**

**RISE: Resiliency, Infrastructure And Support, Empowerment**

Who are we?	What do we do?
We are a non-regulatory team of social workers, physicians, nurses and more.	We assist Long Term Care facilities to be even better prepared for the future.
We are dedicated to supporting and empowering the staff and residents of Long Term Care facilities in Southeastern Pennsylvania	We have services and education on: <ul style="list-style-type: none"> <li>• Outbreak Support</li> <li>• Infection Prevention</li> <li>• Antibiotic Stewardship</li> <li>• Performance Improvement</li> <li>• Leadership Development</li> <li>• Resident-Centered Care</li> <li>• Emergency Preparedness</li> <li>• Recruiting and Workforce Resiliency</li> <li>• Occupational Health, Employee Health and Safety</li> <li>• Employee Engagement and Burnout</li> <li>• Data-Driven Quality Improvement</li> </ul>

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**OBJECTIVE:** Explain the mission of LTC RISE at a high level.

- Emphasize:
  - Non-regulatory
  - Variety of services and education.

**SUGGESTED SCRIPT:**

- How many of you have heard about or may be familiar with the LTC/RISE program?
  - Note to Facilitator: Try to engage participants on what they may have heard. Use this as another method for establishing rapport and understanding of the breadth of
- LTC/RISE stands for- Long term Care/Resiliency, Infrastructure and Support, Empowerment. That's a lot of words – but what does it really mean?
- We are a team dedicated to helping the staff and residents in Long Term Care facilities be as prepared as possible for the future.
- Our services and education span many topics including resident-centered care, emergency preparedness and antibiotic stewardship, to name a few. :
- Today we are here to talk a little about infection prevention education.
- If you'd like to hear more about our other topics, let me know after the session.

# Before Your Meeting

## Schedule Presentation

- Confirm a date and time for presentation
- Communicate:
  - Presentation is for all staff and residents
  - The session will be 30 minutes
  - A separate room or space is preferred

## Prepare for Presentation

- Gather Materials
  - Pens
  - Sign in sheet
  - Ball
  - Glo germ solution
  - Hand sanitizer
  - Optional:* Printed Session Sign
  - Optional:* Paint-safe tape
  - Optional:* Print out of notes pages of presentation

## Set up Presentation

- Set up space:
  - Clean workspace
  - Space chairs appropriately
  - Optional:* Display session sign
- Set up ball activity
  - Apply glo germ on ball
  - Allow to dry

**Welcome**  
to the  
**Session on**

# **Hand Hygiene for Health Care Workers**





# What is Hand Hygiene?

- ▶ **Hand Hygiene** is a general term that applies to handwashing, antiseptic handwash, antiseptic hand rub, or surgical hand antisepsis
  - **Hand Washing:** washing of hands with plain (i.e., non-antimicrobial) soap and water.
  - **Antiseptic Handwash:** handwashing with an antimicrobial soap and water.
  - **Antiseptic hand rub:** Using an alcohol-based hand sanitizer, including foam or gel
  - **Surgical Hand Antisepsis.** Commonly called as a surgical hand scrub. This is to remove as many microorganisms from the hands as possible before the sterile procedure.
- ▶ **Cleaning your hands reduces:**
  - The spread of potentially deadly germs to patient
  - The risk of healthcare provider colonization or infection caused by germs acquired from the patient



# Let's Play a Game!



## Activity Instructions

1

Facilitator tosses ball to a participant

2

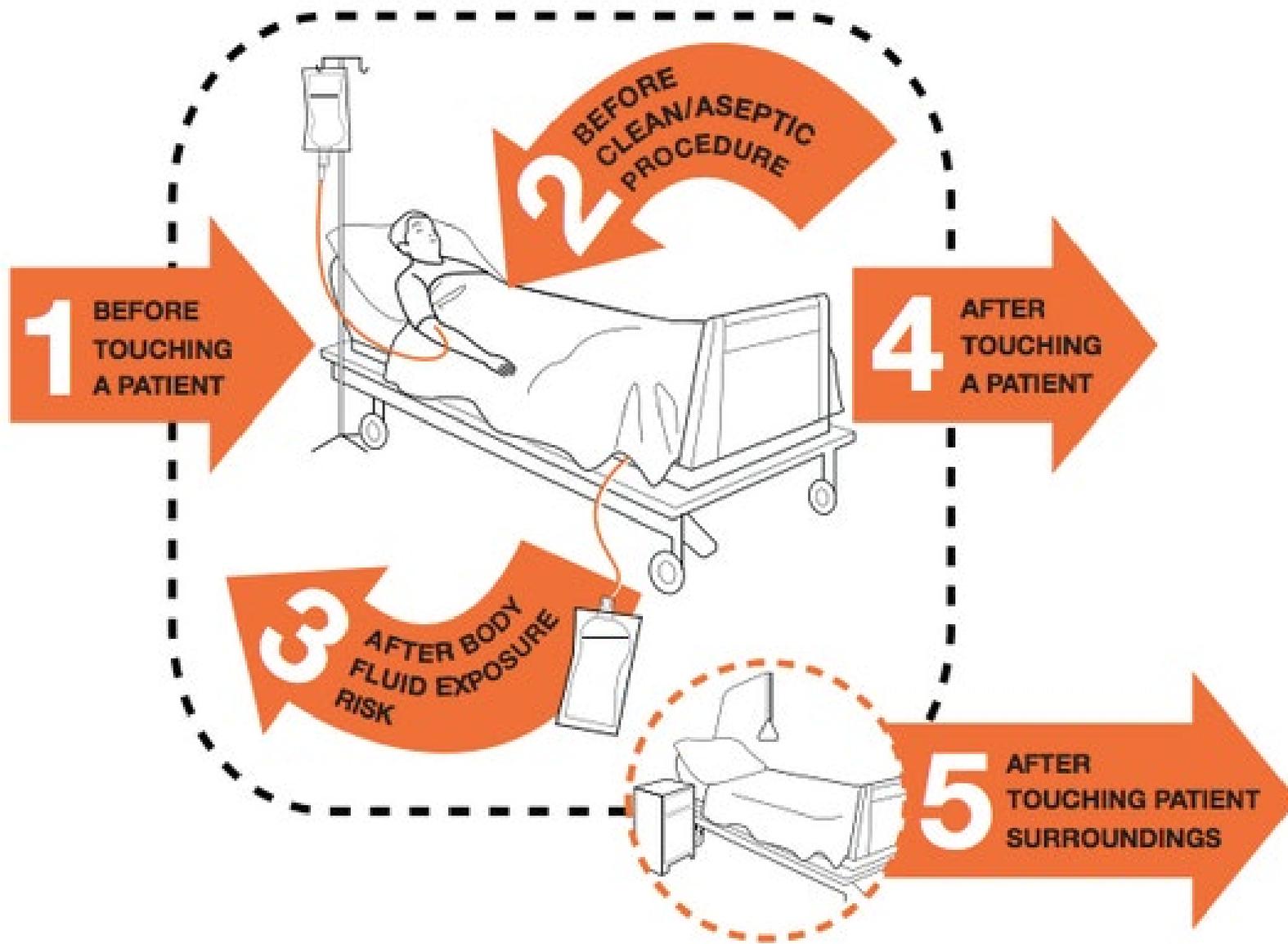
Participant says their name and a fun fact about themselves.

3

Participant throws the ball to another participant.

4

Process repeats until all participants have had a turn.



# When and How to Use an Alcohol-Based Hand Sanitizer:

## When?

- ▶ Immediately before touching a patient
- ▶ Before performing an aseptic task (e.g., placing an indwelling device) or handling invasive medical devices
- ▶ Before moving from work on a soiled body site to a clean body site on the same patient
- ▶ After touching a patient or the patient's immediate environment
- ▶ After contact with blood, body fluids or contaminated surfaces
- ▶ Immediately after glove removal

## How?

APPLY THE PRODUCT ON THE PALM OF ONE HAND



RUB HANDS TOGETHER



COVER ALL SURFACES UNTIL HANDS FEEL DRY (20S)



Areas most often missed by healthcare providers when using alcohol-based hand sanitizer:

**Thumbs | Fingertips | Between Fingers**

# When and How to Wash with Soap and Water

## When?

- ▶ When hands are visibly soiled
- ▶ After known or suspected exposure to spores (e.g. B. anthracis, C difficile outbreaks)
- ▶ After caring for a person with known or suspected infectious diarrhea

## How?



WET YOUR HANDS



APPLY THE SOAP



SCRUB YOUR HANDS



CLEAN YOUR THUMBS



RINSE YOUR HANDS



DRY WITH SINGLE USE TOWEL

## C. Difficile Requires Soap and Water

- ▶ C. difficile is a common healthcare-associated infection that causes severe diarrhea.
- ▶ C. difficile forms spores that are not killed by an alcohol-based hand sanitizer.
- ▶ The spores can be transferred to patients via the hands of healthcare providers who have touched a contaminated surface or item.
- ▶ The most important way that you can prevent the spread of C. difficile is by washing your hands with soap and water after touching potentially contaminated surfaces.

# Skin Care

- ▶ Lotions and creams can prevent and decrease skin dryness that happens from cleaning your hands
- ▶ Use only hand lotions approved by your healthcare facility because they won't interfere with hand sanitizing products





THANK YOU