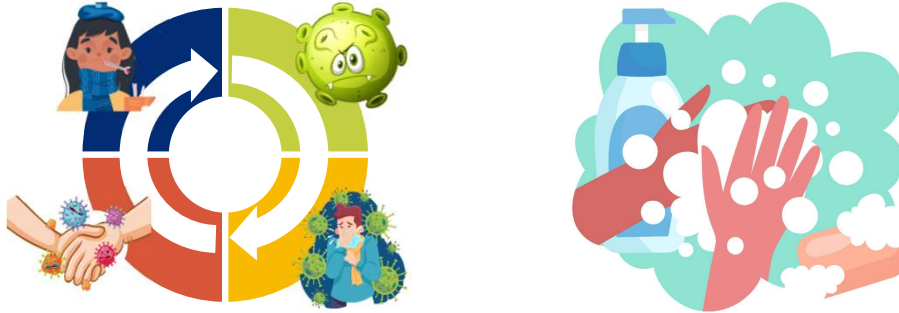


**Welcome**  
to the  
**Long Term Care RISE**

 Penn Medicine |  TEMPLE HEALTH

**Session on**  
**Hand Hygiene & the Cycle of Infection**



- **Optional:** Hang this print out on the door of your meeting room



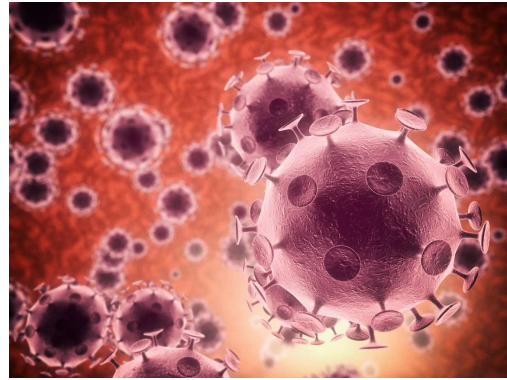
**OBJECTIVE:** Establish friendly connection with participants

**SUGGESTED SCRIPT:**

- Good Morning/Good Afternoon. My name is [FACILITATOR NAME].
- I am a [FACILITATOR ROLE].
- Our presentation for today is on Hand Hygiene. We know this is a topic you may already be familiar with so today will be a refresher for some and may provide new information and insight for others.
- Please make sure you have signed in.

# Let's do a HANDS-ON Activity!

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**OBJECTIVE:** Demonstrate how easily germs can spread person to person.

**PREPARATION:** Use a ball with glo germ on it. Alternatively you can perform the routine glo germ activity without the ball.

## **SUGGESTED SCRIPT:**

- Let's play a game. I'll begin by tossing the ball to one of you. Say your name and a fun fact about yourself. Then toss the ball to another person.
  - **Note to Facilitator: if you have more than 15 people in attendance, you may want to limit the game by asking for their name only.**
- Thank you all for participating! You may be asking yourself- what does this have to do with hand hygiene? Well, let me show you.
  - **Note to Facilitator: Use the blue light to show the participants how they now have the glo germ on their hands.**
- When I pass this blue light over your hands what do you see?
- Wouldn't it be great if germs were this easy to see? Well, they aren't but they pass from person to person as easily as the invisible glow paint I placed on this ball.
- I'm going to pass around hand sanitizer. If you put enough in one of your palms, rub it over your entire hands for 20 seconds, all of the "germs" should be gone. We can check with the blue light if anyone is interested.
- As the hand sanitizer shows – hand hygiene is the most important tool we have in combatting germs and diseases.

# Stay Healthy – Wash your Hands!

## HOW TO WASH YOUR HANDS



WET YOUR HANDS



APPLY THE SOAP



SCRUB YOUR HANDS



CLEAN YOUR THUMBS



RINSE YOUR HANDS



DRY WITH SINGLE USE TOWEL

**OBJECTIVE:** Washing hands correctly is critical to breaking the infection cycle

- Emphasize
  - Scrubbing hands for at least 20 seconds

### SUGGESTED SCRIPT:

- Washing your hands is one of the most important steps you can take in staying healthy. When you wash, make sure you:
  - Wet your hands with clean, running water (warm or cold), turn off the tap.
  - Apply soap.
  - Scrub your hands.
    - Rub them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Don't forget your thumbs!
    - Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
  - Rinse your hands well under clean, running water.
  - Dry your hands using a clean towel or air dry them. Washing hands with soap and water is the best way to get rid of germs in most situations.

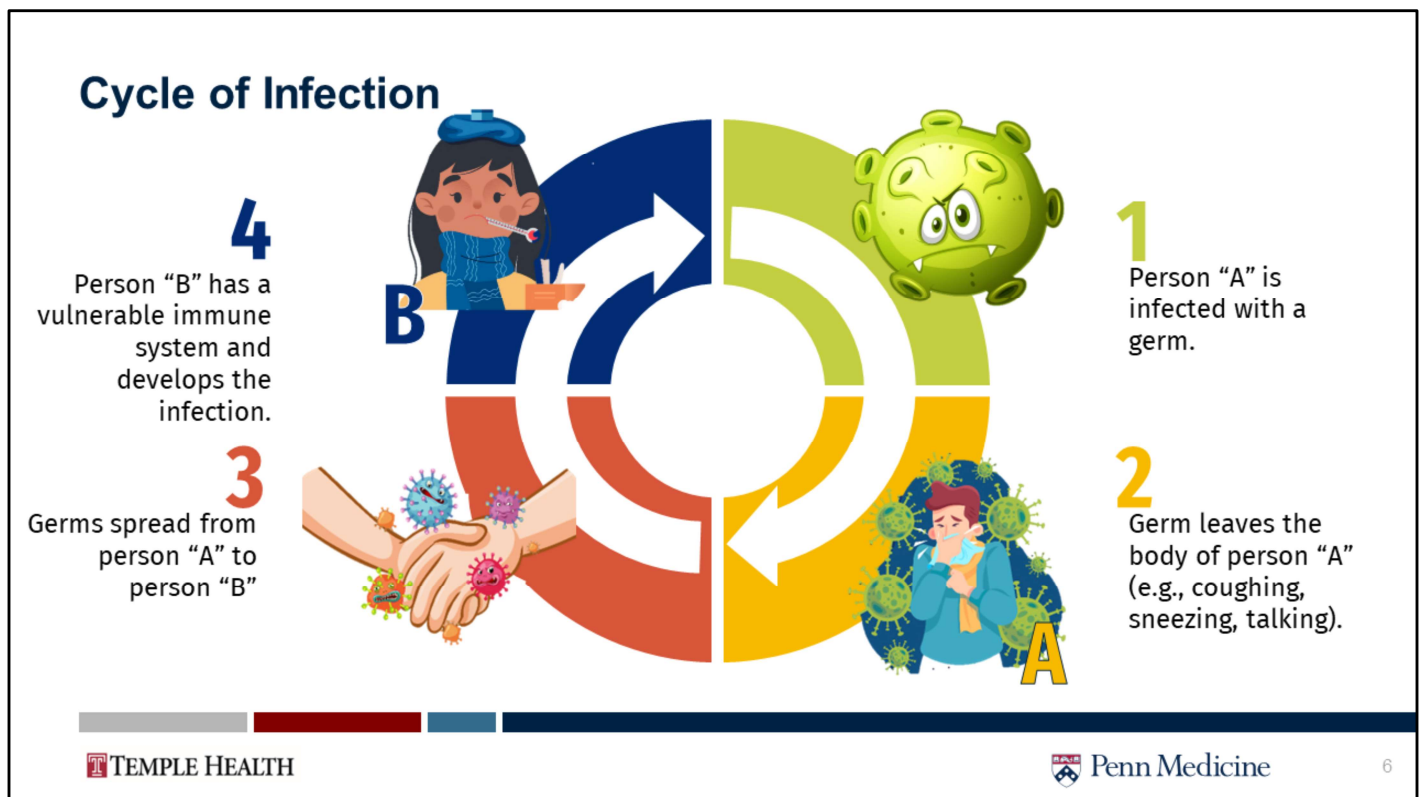
# Hand sanitizer works!



**OBJECTIVE:** Hand sanitizer is a good substitute when soap and water are not available

**SUGGESTED SCRIPT:**

- Hand sanitizer works well in most situation. The CDC recommends consumers use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Apply the hand sanitizer to the palm of one of your hands.
  - Rub your hands together.
  - Cover your entire hands – don't forget between your fingers and your thumbs!
  - Make sure all of your hands get thoroughly covered and rub your hands until they feel dry (which should be about 20 seconds.)
  - In some situations, soap & water should be used instead of hand sanitizer: hands visibly soiled, C. difficile or norovirus outbreaks



**OBJECTIVE:** Explain how the cycle of infection works.

- Emphasize:
  - That the cycle repeat indefinitely if no one takes action to stop it.

**SUGGESTED SCRIPT:**

- Does anyone know the difference between handwashing and hand hygiene?
  - **Facilitator Note:** Allow time for audience to answer the question. If you hear the wrong answer, remain positive “ok – that is part of the answer... How we explain it is...”
- Handwashing is the act of cleaning your hands with plain soap and water. Hand hygiene is a broader term that includes handwashing, antiseptic handwash, antiseptic hand rub and surgical hand antisepsis.
  - **Facilitator Note:** If you have a copy of the slide, hold it up. Start with the green “monster” and follow the arrows with your finger as you talk
- Let’s say a person has a germ that can cause an infection.
- Germs leave the infected person by way of their blood or body fluids. As you can see this man “A” is likely coughing and sneezing droplets everywhere.
- The germs reach you and can enter your body via contact, droplet, or through the air. It can enter your body through broken skin, ingestion, needle stick, or mucus membranes.
- In this case, the germs reaches person “B” when “A” and “B” were shaking hands. “B” has now been exposed. B’s immune system is vulnerable, and B may possibly develop the infection. Then the cycle repeats.

## Breaking the Cycle of Infection



Germs exist.  
We cannot change that.

**BUT....**

We CAN help our immune system stay strong!  
**Self-care, preventative care, immunizations!**



We can not stop the germs  
from leaving that person.

**BUT....**

We CAN stop the germs from reaching us....  
**Wash your hands! Use your PPE!**



**OBJECTIVE:** The infection cycle can be broken with simple steps.

### SUGGESTED SCRIPT:

- What are some of the ways we can prevent infections from spreading from one person to another?
  - **Facilitator Note:** Try to engage the audience – leave enough time for people to answer that it feels a little awkward.
- Can we do anything to stop the transmission of germs?
  - **Facilitator Note:** If you have a copy of slide 6 you can use it here and point to the green monster. You can also use this slide if you have it printed.
  - **Wait:** Allow audience to answer.
- NO. We can not change the fact that someone has a germ... but self-care, preventative care and immunizations keep your immune system strong and less vulnerable to those germs.
- Can we do anything to stop the germs from leaving an infected person and infecting someone else?
  - **Facilitator Note:** Wait, allow audience to answer.
- NO. At some point even people infected with germs have to talk, cough, use the bathroom, among other ways they can spread infection to other people.
- Is there anything you can do to make sure that those germs don't reach your body?
  - **Facilitator Note:** Wait, allow audience to answer. You may get some funny answers to this one. Try to use some humor here.
- YES-We CAN stop the germs from reaching us by practicing good hand hygiene and using PPE!



**OBJECTIVE:** To confirm the participants understand the key lessons on hand hygiene.

**SUGGESTED SCRIPT:**

- Pop quiz!
- This question is True/False. If you think it is true, give me a thumbs up. If it is false, give me a thumbs down.
- You can stop another person from spreading germs
  - Facilitator Note: The answer is false. Try to get the participants to have a discussion. Ask a person with thumbs down to explain their answer.
- For this question, please raise your hand if you have an answer.
- What are some ways you can stop or prevent germs from reaching you?
  - Facilitator Note: The answers are practice good hand hygiene and use your PPE.
- Final question! Raise your hand if you know the answer.
- What are some ways you be better prepared to fight off a germ that reaches you?
  - Facilitator Note: The answers are Self-care, preventative care, immunizations!





**OBJECTIVE:** To give participants time to ask any questions they may have.

**SUGGESTED SCRIPT:**

- What questions do you have about what you learned today?
  - Facilitator note: By asking in this way, rather than “does anyone have any questions” you are showing that you assume people will have questions, which will make participants more likely to ask questions if they have one.



## SUGGESTED SCRIPT

- Thank you for your participation today! That concludes our presentation on Hand Hygiene!
- We truly appreciate your time and participation.
- Please remember to sign in the attendance sheet
  - **Facilitator Note:** Wipe Down surfaces touched; Leave area like you found it. Provide Leave Behinds and/or copy of presentation