

Hand Hygiene for Health Care Workers

Facilitator Guide



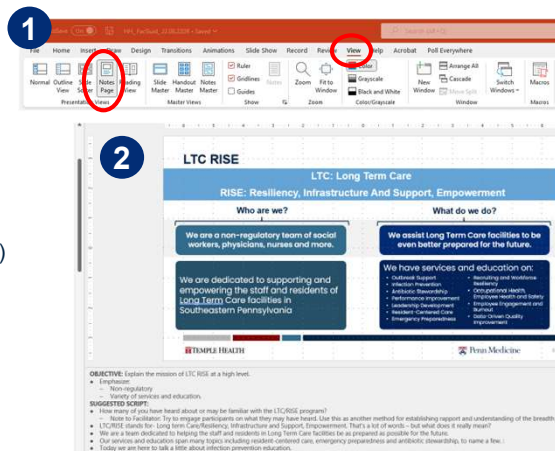
How to Use This Facilitator’s Guide

▶ **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.



Before Your Meeting

For Facilitator Use Only

Schedule Presentation

- Confirm:
 - Date and time of presentation
 - Presentation is for staff
 - 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
Long Term Care RISE
PennMedicine | TEMPLE HEALTH
Session on
Hand Hygiene for Health Care Workers



- **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.

What is Hand Hygiene?

- ▶ **Hand Hygiene** is a general term for assuring that hands are free from harmful germs that could be carried between residents. Two primary methods:
 - Handwashing with soap and water
 - Alcohol-based hand sanitizer
- ▶ Performing hand hygiene frequently reduces:
 - The spread of potentially deadly germs to patient
 - The risk of healthcare provider colonization or infection caused by germs acquired from the patient

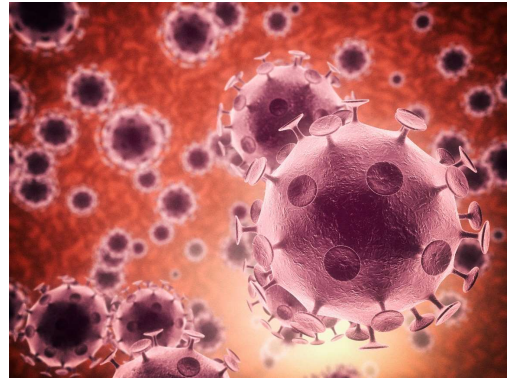


OBJECTIVE: Demonstrate how easily germs can spread person to person.

SUGGESTED SCRIPT:

- So, exactly what is Hand Hygiene and why is it so important for Health Care Workers and those in the long term care and medical communities?
- Hand hygiene is general term for assuring that hands are free from harmful germs that could be carried between residents.
- There are two primary methods for hand hygiene: soap and water, or alcohol based hand sanitizer
- Washing your hands frequently reduces the spread of deadly germs to the patient and less the risk that a healthcare provider colonization or infection caused by germs spread by the patient.
- Reducing your risk and that of the residents here at [FACILITY NAME] is of the utmost importance. As we all know, residents in a long term care facility are typically more vulnerable than the average adult. Minimizing the risk posed to them from a variety of infections is critical for the health of the patient and our greater community.

Let's do a HANDS-ON Activity!



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

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.

Your Moments for Hand Hygiene

Health care in a residential home

1	BEFORE TOUCHING A PATIENT	WHEN?	Clean your hands before touching a patient.
2	BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN?	To protect the patient against harmful germs carried on your hands.
3	AFTER BODY FLUID EXPOSURE RISK	WHEN?	Clean your hands immediately before performing a clean/aseptic procedure.
4	AFTER TOUCHING A PATIENT	WHEN?	To protect the patient against harmful germs, including the patient's own, from entering his/her body.
1	BEFORE TOUCHING A PATIENT	WHEN?	Clean your hands immediately after a procedure involving exposure risk to body fluids (and after glove removal).
2	BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN?	To protect yourself and the environment from harmful patient germs.
3	AFTER BODY FLUID EXPOSURE RISK	WHEN?	Clean your hands after touching the patient at the end of the encounter or when the encounter is interrupted.
4	AFTER TOUCHING A PATIENT	WHEN?	To protect yourself and the environment from harmful patient germs.

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OBJECTIVE: Define when an HCW must perform hand hygiene

SUGGESTED SCRIPT:

- There are 4 times when you are around a patient that you must perform hand hygiene
1. Before Touching a Patient
 - When? Clean your hands before touching a patient when approaching him/her
 - Why? To protect the patient against harmful germs carried on your hands
 2. Before Clean / Aseptic Procedure
 - When? Clean your hands immediately before performing a clean / aseptic procedure
 - Why? To protect the patient against harmful germs, including the patient's own germs, from entering his/her body
 3. After Body Fluid Exposure Risk
 - When? Clean your hands immediately after an exposure risk to body fluids (and after glove removal)
 - Why? To protect yourself and the healthcare environment from harmful patient germs
 4. After Touching a Patient
 - When? Clean your hands after touching a patient and his/her immediate surroundings, when leaving the patient's side
 - Why? To protect yourself and the healthcare environment from harmful patient germs
- To summarize – you need to wash your hands before and after touching the patient, their belongings and surroundings, before and after a procedure, and after a potential body fluid exposure and after removing gloves.
 - You need to perform hand hygiene so often to keep you, your patient and the

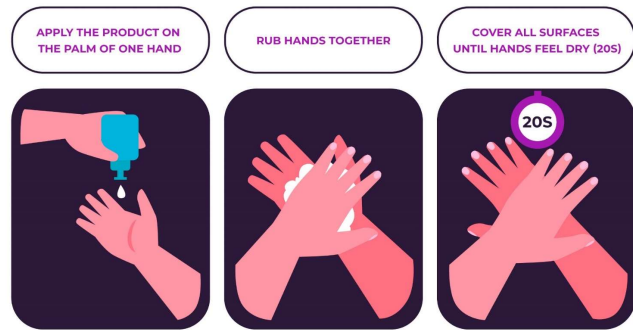
environment as safe as possible from harmful germs.

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?



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

Thumbs | Fingertips | Between Fingers

OBJECTIVE: When to use hand sanitizer

SUGGESTED SCRIPT:

- We just talked about when you need to perform hand hygiene. Specifically, you can use hand sanitizer:
 - 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
- 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.)

When and How to Wash with Soap and Water

When?

- ▶ When hands are visibly soiled
- ▶ After known or suspected exposure to spores (e.g. Norovirus, *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

OBJECTIVE: Washing with soap and water – not hand sanitizer is important in several situations

SUGGESTED SCRIPT:

- You want to make sure to use soap and water when:
 - Your hands are visibly soiled
 - You think you have been exposed to spores (e.g. Norovirus, *C difficile* outbreaks)
 - After you have cared for a person with known or suspected infectious diarrhea
- I am sure you all know how to wash your hands, but it can't hurt to have a refresher.
 - 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.

***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.

OBJECTIVE: Understand *C. Difficile* requires soap and water

SUGGESTED SCRIPT:

- Review script on slide

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 or gloves

OBJECTIVE: Address the skin dryness that can occur with ABHR

SUGGESTED SCRIPT:

- If you perform hand hygiene enough, it is possible that the alcohol based hand sanitizer may dry out your skin
- Lotions and creams can prevent dryness but it is important to only use hand lotions approved by your healthcare facility
- It is possible that non-approved lotions may interfere with the hand sanitizer and make it less effective, or interfere with using gloves



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 for healthcare workers!
- 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