

# Hand Hygiene

## Infection Prevention & Control



Northern Ireland Ambulance Service  
Health and Social Care Trust



# Why do we do HH?



- Appropriate hand hygiene prevents up to 50% of **avoidable** infections acquired during health care delivery, including those affecting the health care work force
- Appropriate hand hygiene reduces the risk of HCAI's amongst health workers
- Globally, out of every 100 patients, 7 in developed and 15 in developing countries will acquire a Health Care Associated Infection



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**A message to take away from today that will help you deliver safe, effective, high-quality, patient focussed care.....**



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# Seven Step Technique





# HH Video

- <https://youtu.be/KIJtorOdZl8>

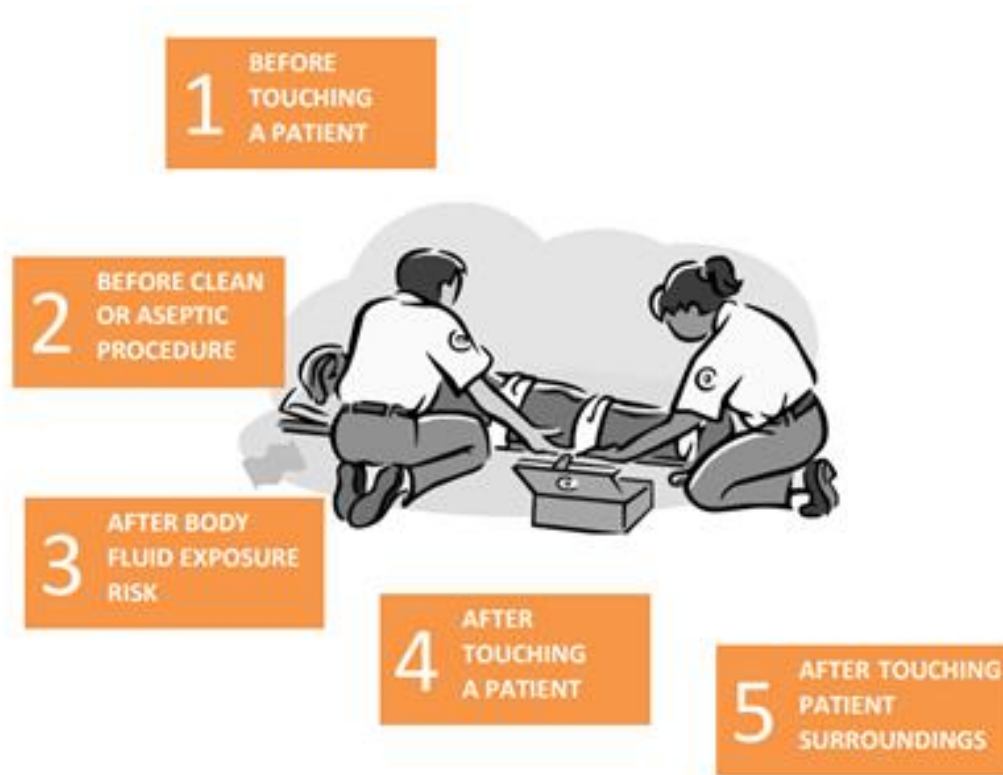


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# Hand Hygiene – 5 moments

Personal issue  
hand sanitiser **MUST**  
be worn at all times



# Moment 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.



# Moment 2 – Before ANTT

- **When:** Clean your hands immediately before any aseptic task.
- **Why:** to protect the patient against harmful germs, including the patient's own from entering his/her body.





# Moment 3 – After blood / body fluids

- **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.



# Moment 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.



# Moment 5 - After touching patient surroundings

- **When:** Clean your hands after touching any object or furniture in the patient's immediate surroundings when leaving—even if the patient hasn't been touched.
- **Why:** to protect yourself and the healthcare environment from harmful patient germs



# Ways to decontaminate my hands.....

1. Hand washing with liquid soap and water followed by careful hand drying



# Hand Hygiene



2. Application of alcohol based hand rub



# Hand Hygiene

Ways to decontaminate my hands.....



3. Cleansing physically dirty hands with an antibacterial hand wipe and then applying alcohol based hand rub



# When would you not use ABHR?

Alcohol based hand rub is not effective against ***Clostridium difficile (Cdiff)*** spores or with patients with unexplained gastroenteritis (Vomiting and/or diarrhea).

In these cases hands should be washed with **soap and water**.



# Bare Below the Elbow

- Only one plain band ring should be worn
- Nails should be natural and short, nail varnish and false nails should not be worn
- Wrist watches or wrist jewellery should not be worn
- No long sleeved garments to be worn

**National stance taken by all acute and ambulance trusts**



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# Learning from Audits undertaken at ED's

## What we do well:

- Seven Step technique when undertaken is well performed
- Hand Hygiene is undertaken at the right time and in accordance with the WHO 5 Moments

## Areas of Improvement:

- Not being BBE – Mainly wearing wrist watches, not pulling long sleeves up and having false nails/nail varnish
- Overuse of gloves leading to missed opportunities of HH

# NIAS Hand Hygiene Policy - 2021

Key messages from the policy:

- Bare below the elbow
- Seven Step Technique
- 5 Moments
- Audit requirements
- Roles and responsibilities

*\*\*Message about BBE in HH policy supersedes previous Uniform Policies. \*\**

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Title:	Hand Hygiene Policy		
Author(s)	Ruth Finn		
Ownership:	Lynne Charlton, Director of Quality, Safety and Improvement		
Date of SEMT Approval:		Date of Trust Board Approval:	
Operational Date:		Review Date:	
Version No:	Version 1	Supersedes:	
Key words:	Hand Hygiene, Seven Step Technique, 5 Moments, Bare Below the Elbow, Hand Washing, Hand Decontamination, ABHR		
Other Relevant Policies:	NIAS - Infection Prevention and Control Policy and Procedures V4.1, 2018  NIAS - Vehicle and Vehicle Equipment Decontamination Manual V1.3, 2020  NIAS - The management of Infection Prevention and Control Incidents and Outbreaks V1.2, 2020		

Date	Version	Author	Comments
	V0.1	R.Finn	Initial draft.
	V0.2	A Trust	Second draft incorporating changes agreed at regional meeting.
	V0.3	A Trust	Proposed final version incorporating feedback from Trusts.
	V0.4	A Trust	WHST comments incorporated
	V1.0	A Trust	Final Version issued.



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# Points of Contact

- IPC advice is available 24/7
- Request for urgent advice **IN HOURS** contact the **IPC team**:
  - Ruth Robb, IPC Lead – 07826516367, [ruth.rob@nias.hscni.net](mailto:ruth.rob@nias.hscni.net)
  - Claire Fitzsimons, Senior IPC practitioner, 07769741236, [Claire.Fitzsimons2@nias.hscni.net](mailto:Claire.Fitzsimons2@nias.hscni.net)
  - Paul McMillan, IPC practitioner, 07717 808240, [Paul.McMillan@nias.hscni.net](mailto:Paul.McMillan@nias.hscni.net)
- Request for urgent advice **OUT OF HOURS**: **EAC** (Crew line 02890 404021)
- Non-urgent queries: [\*\*IPC.Admin@nias.hscni.net\*\*](mailto:IPC.Admin@nias.hscni.net)



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# Thank you! – Any Questions?



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