

UC Riverside, School of Medicine Policies and Procedures**Policy Title:** Hand Hygiene**Policy Number:** 950-03-014

Responsible Officer:	Director, Ambulatory Operations
Responsible Office:	Clinic Operations
Origination Date:	03/15/2016
Date of Revision:	05/09/2019; 08/03/2023
Scope:	UCR Health Clinics

I. Policy Summary

To ensure UCR Health has a comprehensive hand hygiene policy and to ensure all staff are aware of the principles and practice of good hand washing and disinfection, which will help maintain the highest standards of infection control and prevention thus reducing the risk of healthcare associated infection in patients and staff. To prevent the transmission of microorganisms from patient to patient by the hands of all healthcare providers.

II. Policy Text**A. Washing hands with plain soap or with antimicrobial soap and water as follows:**

1. When hands are visibly dirty or contaminated with blood or other body fluids.
2. Before eating.
3. After using the restroom.
4. After caring for patients with *Clostridium difficile*.

B. If hands are not visibly soiled, use alcohol-based hand rub for routinely decontaminating hands in the following situations:

1. Before direct contact with patients.
2. Before donning sterile gloves when inserting a catheter or other invasive device.
3. After direct contact with a patient's skin.
4. After contact with bodily fluids, mucous membranes, non-intact skin, and wound dressings if hands are not visibly soiled.
5. When moving from a contaminated body site to a clean body site during patient care.
6. After contact with inanimate objects in the immediate vicinity of the patient.
7. After removing gloves.

C. Clinical staff should wear gloves according to recommendations listed in CDC's Standard Precautions. These recommendations include:

1. Wear gloves when contact with blood or other potentially infectious body fluids could occur.
2. Remove gloves after caring for a patient - the same pair of gloves should not be worn for the care of more than one patient.
3. Change gloves during patient care when moving from a contaminated body site to a clean body site.
4. Perform hand hygiene immediately after removal of gloves.

III. Responsibilities

All health care staff

IV. Procedures

- A. Clinical staff, including new hires and trainees, must understand key elements of hand hygiene practices and demonstrate this knowledge by using appropriate technique when cleansing their hands (demonstrate competence).
- B. Hand hygiene is performed at the right time and in the right way and gloves are used appropriately as recommended by CDC's Standard Precautions (verify competency, monitor compliance, and provide feedback).
- C. Proper Hand Hygiene Steps:
 - 1. Be sure fingernails are short, filed and smooth.
 - 2. Push wristwatch and long uniform sleeves above wrist.
 - 3. Antiseptic hand rub
 - a. Dispense ample amount of product into palm of one hand.
 - b. Rub hands together, covering all surfaces of hands and fingers with antiseptic.
 - c. Rub hands together until antiseptic is dry, at least 15 seconds. Allow hands to dry completely before applying gloves.
 - 4. Handwashing using regular soap and water:
 - a. Stand in front of sink, keeping hands and uniform away from sink surface. If hands touch sink during handwashing, repeat steps.
 - b. Turn on water.
 - c. Avoid splashing water against uniform.
 - d. Wet hands and wrists thoroughly.
 - e. Apply soap.
 - f. Perform hand hygiene using plenty of lather and friction for at least 15 seconds. Interlace fingers and rub palms and backs of hand with circular motion at least five times each.
 - g. Areas underlying fingernails are often soiled Clean with fingernails of other hand and additional soap.
 - h. Rinse hands and wrists thoroughly, keeping hands down and elbows up.
 - i. Dry hands thoroughly from fingers to wrists with paper towels.
 - j. Turn off water using paper towels on faucet.

V. Forms/Instructions

Attachment A- How to Hand Wash

Attachment B - How to Hand Rub

VI. Revision History

New 3/2016

Revised 5/2019, 8/2023

Approvals:

COMPLIANCE COMMITTEE (XX/XX/XXXX)

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Paul Hackman

9/1/2023 | 4:01 PM PDT

DATE

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CHIEF COMPLIANCE AND PRIVACY OFFICER,
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DEBORAH DEAS

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DEBORAH DEAS, M.D., M.P.H

VICE CHANCELLOR, HEALTH SCIENCES
DEAN, SCHOOL OF MEDICINE

Attachment A

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



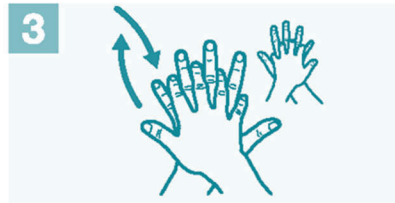
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



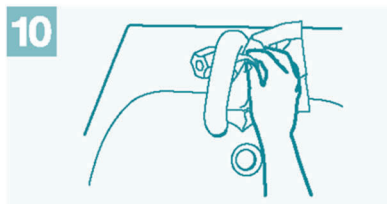
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



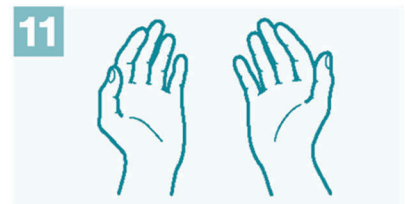
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety

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SAVE LIVES
Clean Your Hands

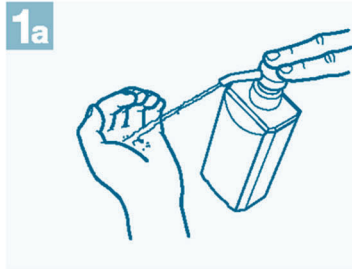
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Attachment B

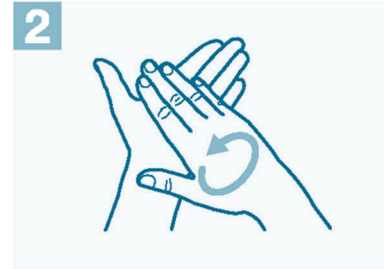
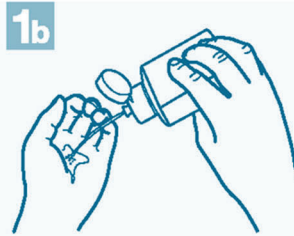
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

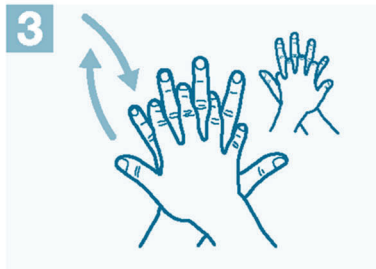
 **Duration of the entire procedure: 20-30 seconds**



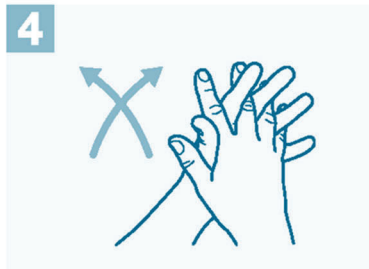
Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



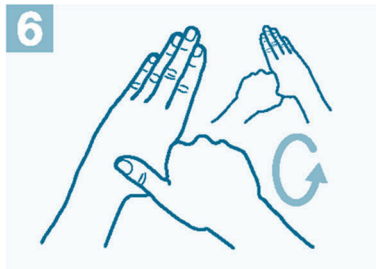
Right palm over left dorsum with interlaced fingers and vice versa;



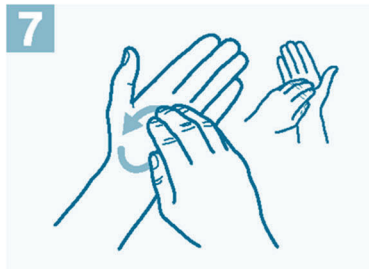
Palm to palm with fingers interlaced;



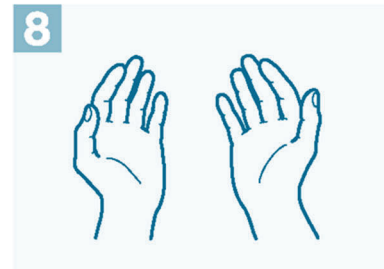
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



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