

INFECTIOUS DISEASES PROTOCOL	COMISIÓN GLOBAL DE SALUD PUBLICA
HAND HYGIENE	V0 – March 2020

OBJECTIVE

Contribute to the control and prevention of health care associated infections.

DEFINITION OF THE PROCEDURE

Health personnel, administrative staff, suppliers and any other person involved in the patient care process will follow the five moments for hand hygiene defined by the World Health Organization (WHO)

Hand washing and disinfection procedures are used in the hospital in accordance with hand hygiene recommendations.

TARGET POPULATION

Health personnel, administrative staff, caregivers and any other health-care worker involved in the patient care process, hospitalization or ambulatory services.

POPULATION NOT COVERED IN THIS PROTOCOL

Do not apply.

PROTOCOL USERS

Health personnel, administrative staff, suppliers, patients and their families.

CONTRAINDICATIONS

Do not apply.

GLOSSARY

- 1. WHO multimodal hand hygiene strategy:** The WHO multimodal hand hygiene strategy has five key components; system change, training and education, evaluation and feedback, reminders in the workplace and institutional safety climate.
- 2. Health care associated infection (HCAI):** These infections are occurring in a patient during the process of care in a hospital or other health care place which was not present or incubating at the moment of admission. It includes infections contracted in hospitals but can also appear after the discharge. In addition, that can include occupational infections among staff.

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- 3. Transitory flora:** They are organisms recently acquired through contact with an infected person or object or contaminated surfaces. The organisms change and depend on their origin. *E coli*, *Pseudomonas spp*, *Serratia spp.*, *Staphylococcus aureus*, *Bacillus gram negatives*, *Klebsiella pneumoniae* y *Enterococci*. These transitory organisms can be found on the hands of health personnel and can subsist on the skin for several periods (from a few minutes to several hours or days)
- 4. Resident Flora:** Organisms that live and multiply on the skin and can change from one person to another, they are generally low in virulence and rarely cause localized skin infections. Most of the resident organisms are found on the superficial layers of the skin, approximately 10% to 20% live in the deep epidermal layers and are generally not pathogenic. Organisms considered as resident flora include coagulase negative staphylococci and “diphtheroid”.
- 5. Hand washing:** Any action of hand hygiene in order to remove dirt, organic material and/or microorganisms by a physical or mechanical action.
- 6. Hand hygiene:** Generic term that refers to any practice taken to clean hands.
- 7. Chlorhexidine gluconate:** The antimicrobial activity of chlorhexidine is attributable to the addition and subsequent destruction of the cytoplasmic membrane, resulting in the precipitation of cell content. Chlorhexidine has good activity in gram-positive bacteria and sometimes less activity against gram-negative bacteria and fungi and minimal activity against tubercle bacillus. The use of Chlorhexidine is recommended because it has adequate safety in its handling, it is not absorbed at the level of the skin, its action is intermediate since it acts after 15 seconds of its application, it remains active on the skin for six hours after

8. Solid alcohol: The antimicrobial activity of alcohols results from their ability to denature proteins. Alcohol solutions containing 65–95% alcohol are most effective. Alcohols have excellent germicidal activity against Gram positive and Gram negative and vegetative bacteria including multi-resistant pathogens (methicillin resistant staphylococci), also against Mycobacterium tuberculosis and fungi.

RESOURCES

Products for sanitizing hands, talkers of steps and moments of hand washing

SAFE WORKING CONDITIONS

Health personnel with chlorhexidine dermatitis should report it to occupational safety. Soap, disinfectants and towels are located in areas and / or points of care where hand washing and disinfection procedures are required, according to the recommendation of the WHO Multimodal Strategy.

DESCRIPTION OF THE PROCEDURE

The five moments for hand hygiene defined by the WHO are:

FIRST MOMENT: Before contact with the patient (IB)

Examples:

- Greet the patient
- Patient mobilization
- Bath the patient
- Take the pulse
- Take temperature
- Abdominal palpation
- Chest auscultation

SECOND MOMENT: Before aseptic activities (IB)

Examples:

This moment corresponds to the manipulation or placement of a device,
Aspiration of secretions
Injured skin care
Wound care
Catheter insertion
Opening of vascular accesses.
Food preparation

THIRD MOMENT: After contact with body fluids or excretions, mucous membranes, non-intact skin or manipulation of wound dressings (IA).

Examples:

Aspiration of secretions
Injured skin Care
Care of wounds
Manipulation of any fluid drainage system:
Endotracheal tubes,
Urinary catheters and Naso-gastric tubes
Hospital waste
handling Cleaning medical instruments

FOURTH MOMENT: After contact with the patient (IB)

Examples:

Take blood pressure
Greet the patient
Patient mobilization
Bath the patient
Take the pulse
Take temperature
Abdominal palpation
Chest auscultation

FIFTH MOMENT: After contact with inanimate surfaces or objects surrounding a patient.

Examples:

Change of sheets
Handling of infusion pumps
Handling of monitors

Move the feeding table

Hand hygiene must be considering the following indications

FIGURE 1

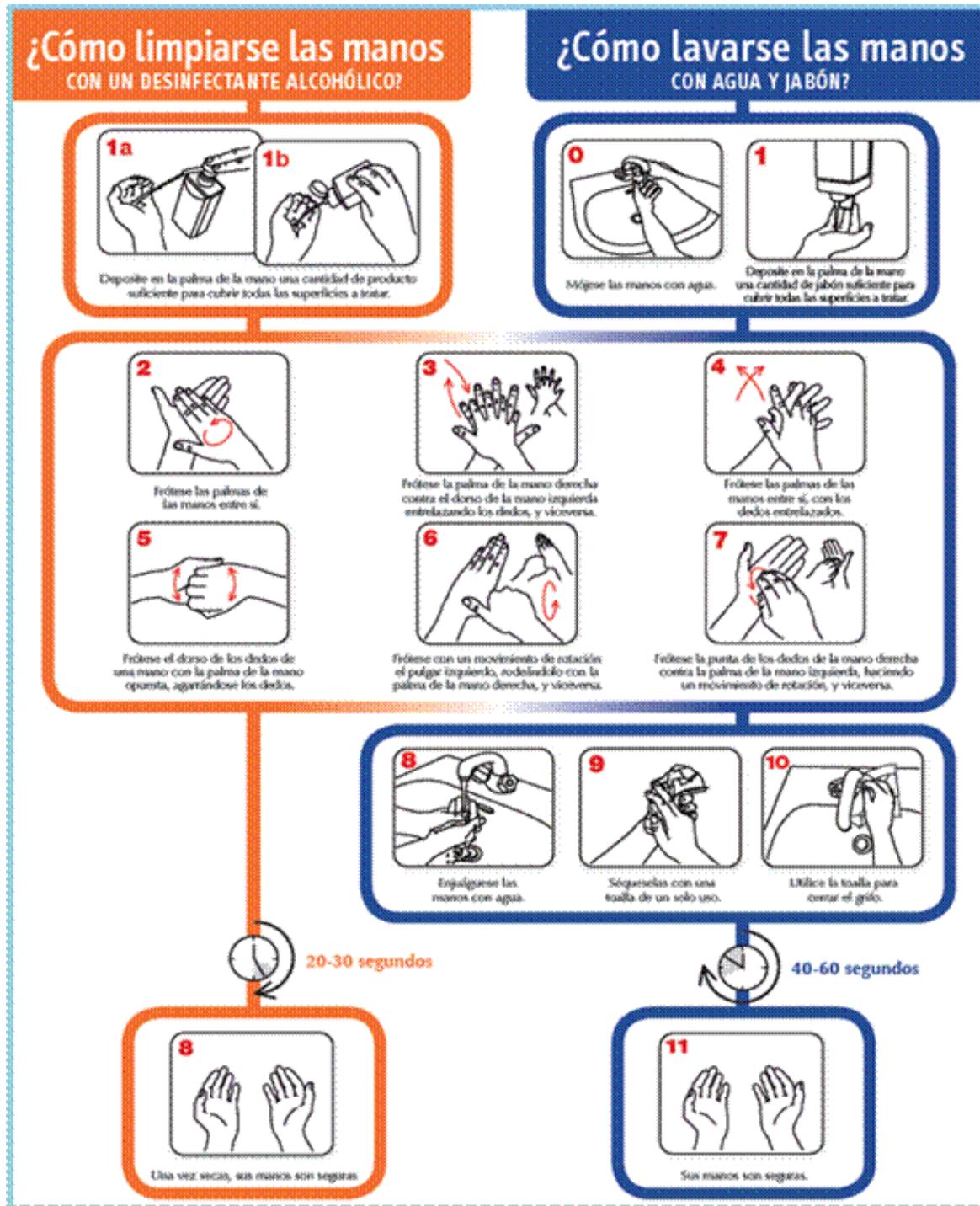


FIGURE. 1 How to handwash?

0. Wet hand 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 finger interlaced
5. Backs of fingers to opposing palm with fingers interlocked
6. Rotational rubbing on 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 towel
10. Use towel to turn off faucet
11. Your hand and now safe.

SURGICAL WASH:

Have the mask correctly placed.

1. Moisten hands and forearms and apply antimicrobial soap.
2. Make friction in the entire area of the hands, in the forearms above the elbow, making circular movements from the distal to the proximal part without returning
3. Rinse with plenty of water
4. Apply antimicrobial soap and repeat the procedure
5. Rinse with plenty of water, dropping from the fingers towards the elbows, keeping the arms separated from the trunk and the hands above the elbow level.
6. Dry with a paper towel, without letting the edges of the towel touch the surgical gown.

The initial washing time before performing the first surgical procedure is 5 minutes, for other procedures at least 3 minutes

ADVERSE EVENTS AND THEIR MANAGEMENT

TYPES OF ADVERSE EVENTS	IMMEDIATE ACTION	MONITORING IMMEDIATE ACTIONS	RESPONSIBLE
Dermatitis Due to Chlorhexidine use	Report the situation to occupational safety	Verify that the report has been effective	Infectious Diseases Coordinator

CONSIDERATIONS

The following is a list of recommendations that must be considered for hand hygiene process.

1. Remove jewelry; rings, bracelets and watches in which moisture can be accumulate resulting in a risk factor for hand contamination and proliferation of opportunistic microorganisms.
2. Having short nails, studies have documented that the subungual areas of the hands have high concentrations of bacteria of higher frequency. Staphylococci coagulase negative, Gram. -negatives including Pseudomonas spp, Corynebacterium sp. and yeasts.
3. Do not use nail polish since microscopic imperfections in the enamel could harbor or predispose the growth of bacteria on the nails (Pseudomonas spp, Candida spp).
4. Paper towels for drying hands should be disposable.
5. The use of gloves does not exempt from hand washing.
6. In the case of infections or suspected Clostridium difficile infections, you should always wash your hands with soap and water.

CARE AFTER THE PROCEDURE

Do not apply.

RECOMMENDATIONS FOR THE PATIENTS

The education process to the patients and their families will be by means of educational brochures specifying the importance of handwashing in the prevention of infections associated with health care.

INDICATORS

DESCRIPTION	METHOD
hand washing compliance	Number of positive handwashing observations / Total observations made * 100.

FLOW CHART

Do not apply.

ATTACHED

Do not apply.

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