



# **DEDER GENERAL HOSPITAL**

## ***Standard Operating Procedure (SOP) for Hand hygiene***

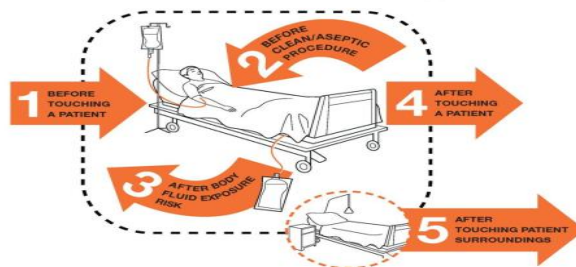
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### **Your 5 Moments for Hand Hygiene**

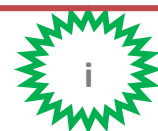


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***Deder, Oromia***

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## **Purpose:**

The purpose of this SOP is to outline the procedures for effective hand hygiene in order to reduce the risk of infection transmission. Hand hygiene is one of the most important preventive measures in infection control, especially in healthcare settings, food preparation environments, and any other context where proper sanitation is crucial.

## **Scope:**

This SOP applies to all employees, contractors, healthcare workers, patients, and visitors who are involved in direct patient care, food handling, or activities requiring proper hand hygiene in the facility.

## **Definitions:**

### **1. Hand Hygiene:**

Practices aimed at removing visible dirt, organic material, and killing or removing microorganisms from the hands using soap and water or an alcohol-based hand sanitizer.

### **2. Alcohol-Based Hand Sanitizer:**

A gel, liquid, or foam formulation containing 60-95% alcohol designed to reduce microbial counts on hands without the use of water.

### **3. Handwashing:**

The act of using soap and water to remove dirt, organic material, and microorganisms from the hands.

#### **4. Healthcare-Associated Infections (HAIs):**

Infections acquired by patients during the course of receiving treatment for other conditions within a healthcare setting.

### **Responsibilities:**

#### **1. All Employees:**

Must strictly adhere to the hand hygiene guidelines outlined in this SOP. Ensure compliance and immediately report any incidents of non-compliance to supervisors.

#### **2. Supervisors/Managers:**

Responsible for overseeing and ensuring staff compliance with hand hygiene practices. Conduct regular audits and provide feedback to staff.

#### **3. Visitors/Patients:**

Must be informed about the hand hygiene practices and are expected to follow guidelines provided by the healthcare or facility staff.

### **Materials Required:**





- 1. Soap (liquid or bar)**
- 2. Clean, running water (hot or cold)**
- 3. Alcohol-based hand sanitizer (60-95% alcohol concentration)**
- 4. Disposable paper towels**
- 5. Hand drying equipment (air dryers)**
- 6. Waste bins for disposal of paper towels**

## Procedure:







### 1. When to Perform Hand Hygiene:

Hand hygiene must be performed at specific times, including but not limited to:

#### **Before:**

-  Contact with patients
-  Handling food or medications
-  Performing clean or aseptic procedures (e.g., inserting medical devices like catheters)
-  Touching wounds or non-intact skin

#### **After:**

-  Contact with patients or their surroundings
-  Exposure to body fluids (e.g., blood, saliva, urine)
-  Contact with potentially contaminated surfaces or materials
-  Removing gloves
-  Using the restroom
-  Handling garbage or soiled equipment

### 2. Handwashing with Soap and Water:

This method should be used when hands are visibly dirty or after contact with bodily fluids.

**Steps:**

1. Wet hands with clean, running water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands together, ensuring to cover all areas (palm, back of hands, between fingers, under fingernails).
4. Scrub for at least 20 seconds (the time it takes to hum “Happy Birthday” twice).
5. Rinse hands thoroughly under running water.
6. Dry hands with a clean disposable towel or air dryer.
7. Use the disposable towel to turn off the faucet and, if necessary, open the door.

**Duration:**

Minimum of 20 seconds scrubbing time, plus additional time to rinse and dry hands properly.

**3. Using Alcohol-Based Hand Sanitizer:**

Use when soap and water are unavailable, or when hands are not visibly soiled.

**Steps:**

1. Apply an adequate amount of alcohol-based sanitizer (enough to cover all hand surfaces) to the palm of one hand.
2. Rub hands together, covering all areas of the hands, including palms, back of hands, between fingers, and under nails.
3. Continue rubbing until hands feel dry (about 20-30 seconds).

## **Important Considerations:**

- ✎ If hands are visibly dirty or contaminated with body fluids, use soap and water instead of hand sanitizer.
- ✎ Ensure alcohol concentration in the sanitizer is between 60-95% for effective disinfection.

## **Special Considerations:**

### **1. Jewelry and Accessories:**

- Remove rings, watches, bracelets, and other hand or wrist jewelry as they can harbor bacteria and interfere with proper hand hygiene.

### **2. Fingernails:**

- ✎ Keep fingernails short and clean. Avoid artificial nails or nail polish, especially in healthcare settings, as they can trap bacteria.

### **3. Skin Health:**

- ✎ Regularly moisturize hands with skin-friendly products to prevent dryness or skin damage caused by frequent washing or sanitizer use.
- ✎ Staff with skin conditions (e.g., dermatitis) should consult infection control for appropriate products.

## **Monitoring and Compliance:**

### **1. Audits:**

Monthly hand hygiene audits will be conducted to evaluate compliance with this SOP. These audits will include direct observation, compliance rates, and staff feedback.

### **2. Non-Compliance:**

Employees found to be non-compliant with hand hygiene

protocols will receive corrective training and may face disciplinary action if repeated non-compliance occurs.

### **3. Feedback Mechanism:**

Supervisors will provide immediate feedback to staff during audits, and regular team meetings will review performance and address issues

## **Training:**

### **1. Initial Training:**

All employees must complete hand hygiene training during their orientation.

### **2. Refresher Training:**

Annual refresher training on hand hygiene will be provided.

Additional training sessions may be scheduled following changes in guidelines or audit findings.

### **3. Training Records:**

Documentation of training will be maintained by the Human Resources or Infection Control department.

## **Emergency Procedures:**

### **1. In Case of Outbreaks or Epidemics:**

Hand hygiene protocols may be reinforced or modified during outbreaks (e.g., flu season, COVID-19 pandemic) to increase handwashing frequency and expand monitoring.

### **2. Temporary Modifications:**

If the facility experiences a water shortage or sanitation issue, alcohol-based hand sanitizer stations will be installed at all critical points to ensure continued hygiene practices.



**References:**

1. World Health Organization (WHO), **Guidelines on Hand Hygiene in Health Care.**
2. Centers for Disease Control and Prevention (CDC), **Hand Hygiene Recommendations.**
3. Local health regulations and infection control guidelines.