

Hand Hygiene & Isolation Precautions — Demo Policy

Applies to all clinical settings; for demonstration only.

Demo Policy • For training only • Version 0.1 • Generated Oct 06, 2025

Scope

Applies to all clinical staff, students, volunteers, and contractors in inpatient and outpatient areas. This policy summarizes minimum expectations for hand hygiene and isolation precautions to reduce healthcare-associated infections.

Key Definitions

Alcohol-Based Hand Rub (ABHR): $\geq 60\%$ alcohol product. Soap-and-Water: handwash at sink for at least 20 seconds. Standard Precautions: minimum infection prevention practices for all patient care. Transmission-Based Precautions: additional measures for patients with known/suspected infection.

Indications for Hand Hygiene (the '5 Moments')

1) Before touching a patient [Moment 1]. 2) Before clean/aseptic procedures [Moment 2]. 3) After body fluid exposure risk [Moment 3]. 4) After touching a patient [Moment 4]. 5) After touching patient surroundings [Moment 5]. Note: Use ABHR for routine decontamination; use soap-and-water when hands are visibly soiled or for *C. difficile*/norovirus.

Technique

ABHR: Apply palmful of product; rub all surfaces (palms, dorsum, interdigital, thumbs, fingertips, wrists) until dry (~20–30 sec). Soap-and-Water: Wet hands; apply soap; scrub all surfaces for ≥ 20 sec; rinse; dry with towel; use towel to turn off faucet.

Gloves

Gloves are not a substitute for hand hygiene. Perform hand hygiene before donning and after doffing gloves. Change gloves between tasks and when torn/soiled.

Isolation Categories

Standard Precautions for all patients. Contact Precautions: gown + gloves for organisms spread by direct/indirect contact (e.g., MRSA, C. difficile). Droplet Precautions: surgical mask within 6 ft (e.g., influenza, meningococcus). Airborne Precautions: N95/respirator + AIIR room (e.g., TB, measles, varicella).

Donning & Doffing PPE (sequence)

Don: gown → mask/respirator → eye protection → gloves. Doff: gloves → gown → exit room → hand hygiene → eye protection → mask → hand hygiene. Perform hand hygiene at each step as indicated.

Room Signage & Patient Transport

Post isolation signs at room entry. For transport, maintain required precautions (e.g., mask patient for droplet/airborne); notify receiving department. Clean and disinfect equipment per manufacturer instructions.

Environmental Cleaning

Use approved hospital disinfectants. For C. difficile, use sporicidal agent. High-touch surfaces require increased frequency.

Compliance

Units monitor compliance and provide feedback. Non-compliance is addressed via coaching and, if persistent, through corrective action.