

# X Healthcare: How to Perform Hand Hygiene

## Policy Number 1

This document outlines the policy and procedure for performing hand hygiene at X Healthcare. It is essential for all staff to adhere to these guidelines to maintain a safe and hygienic environment for patients and colleagues.

## Introduction

Hand hygiene is a critical practice in preventing the spread of infections. This policy aims to standardize the hand hygiene practices across X Healthcare to ensure consistency and effectiveness.

## When to Perform Hand Hygiene

Hand hygiene should be performed:

- Before and after patient contact
- Before performing an aseptic task
- After exposure to body fluids
- After touching patient surroundings
- After removing gloves

## Methods of Hand Hygiene

There are two main methods of hand hygiene:

1. **Alcohol-Based Hand Rub:** This is the preferred method when hands are not visibly soiled.
2. **Handwashing with Soap and Water:** This method is required when hands are visibly soiled or after using the restroom.

## Procedure for Alcohol-Based Hand Rub

1. Apply a palmful of the product to cover all surfaces of the hands.
2. Rub hands together, covering all surfaces until dry.
3. This process should take approximately 20-30 seconds.

## Procedure for Handwashing with Soap and Water

1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm.
4. Rub right palm over left dorsum with interlaced fingers and vice versa.
5. Palm to palm with fingers interlaced.
6. Backs of fingers to opposing palms with fingers interlocked.
7. Rotational rubbing of left thumb clasped in right palm and vice versa.
8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
9. Rinse hands with water.
10. Dry thoroughly with a single-use towel.
11. Use towel to turn off the faucet.

## Supplies

The following supplies should be readily available:

- Alcohol-based hand rub
- Soap
- Single-use towels

## Training

All staff will receive training on proper hand hygiene techniques during orientation and regularly through refresher courses.

## Monitoring and Compliance

Compliance with this policy will be monitored regularly. Non-compliance will be addressed through appropriate channels.

# Review

This policy will be reviewed annually and updated as needed.

Item	Description	Availability
Alcohol-based Hand Rub	For routine hand hygiene	All patient care areas
Soap	For handwashing	All restrooms and handwashing stations
Single-Use Towels	For drying hands	All restrooms and handwashing stations