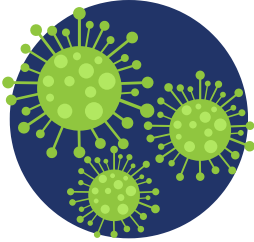


# THE IMPORTANCE OF HAND HYGIENE



**UNCLEAN HANDS ARE ONE OF THE PRIMARY WAYS PATHOGENS ARE TRANSMITTED THROUGHOUT THE HEALTH CARE ENVIRONMENT.**

## WHY IS HAND WASHING IMPORTANT?

- Evidence shows that microorganisms can survive on hands for varying lengths of time, some surviving for multiple hours.
- If those caring for patients do not take the proper steps to clean their hands, these pathogens can easily be transmitted from one patient to another patient.
- Various studies indicate that improved hand hygiene drastically reduces healthcare-associated infections.

## HAND HYGIENE STANDARD

- Leapfrog's hand hygiene standard focuses on adherence to "best practice" hand hygiene practices identified by a national Hand Hygiene Expert Panel and adapted from the World Health Organization's "Hand Hygiene SelfAssessment Framework.
- Leapfrog's hand hygiene standard encourages facilities to adopt a multimodal approach to hand hygiene, focusing on five domains: monitoring, feedback, training and education, infrastructure, and culture.

## HOW CAN PATIENTS CONTRIBUTE TO HAND WASHING SAFETY?

- **Education:** Understand the importance of hand washing in health care facilities and learn proper hand washing techniques
- **Practice Good Hand Hygiene:** Prioritize regular hand washing with proper techniques
- **Communicate with Health Care Providers:** Set expectations of proper hand washing and ask if hand washing is complete before exams or procedures

# HAND WASHING CHECKLIST

| Checklist   | ✓ |
|---|---|
| Wet hands first with warm water                     |   |
| Apply a liberal amount of soap                      |   |
| Rub palm to palm                                    |   |
| Rub the backs of your hands and wrists              |   |
| Interlace your fingers and scrub in between fingers |   |
| Scrub thumbs  |   |
| Scrub fingertips and fingernails                    |   |
| Dry with clean paper towel                          |   |
| Turn off faucet with clean paper towel              |   |

Checklist adapted from resources created by the Centers for Disease Control and Prevention and Johns Hopkins