

MOBILE DIABETES CENTER POLICY AND PROCEDURE

SUBJECT: HAND HYGIENE –STUDENT/FACULTY/HEALTHCARE PERSONNEL

EFFECTIVE DATE: 3/11

REVIEWED/REVISED DATE: 5/12, 7/14, 11/15, 1/16, 1/17, 3/18, 9/20

PURPOSE: To prevent and/or control transmission of infectious diseases.

POLICY STATEMENT:

The first line of defense in preventing or controlling the spread of pathogen organisms is hand hygiene. Hand hygiene involves hand washing for visibly dirty hands and using waterless alcohol based hand sanitizers for visibly clean hands. Hand hygiene is one component of Standard Precautions.

PROCEDURE:

1. Complete hand hygiene:
 - a. After touching blood, body fluids, secretions, mucous membranes, or contaminated environmental surfaces or objects.
 - b. After gloves are removed.
 - c. Before and/or after client contact.
 - d. Before you eat, drink, prepare or handle food.
 - e. After restroom use.
 - f. Before performing invasive procedures.
 - g. After inadvertently touching wounds associated with an invasive device.
2. Visibly Soiled Hands: Hand-washing is required for visibly soiled hands. Technique includes three basic parts: friction, soap and water.
 - a. Use continuously running water.

- b. Use a generous amount of soap.
 - c. Apply soap with vigorous contact on all surfaces of hands.
 - d. Wash for a minimum of 15 seconds.
 - e. Keeping your hands down, rinse them well with warm running water.
 - f. Avoid splashing.
 - g. Dry well with paper towels.
 - h. Use paper towel to turn the water off.
 - i. Discard paper towels in trash container.
3. Visibly Clean Hands: Alcohol based hand sanitizer (gel/foam) is an acceptable alternative to hand-washing when hands are **NOT** visibly soiled. Technique includes two basic parts: Begin with dry hands and rub hand sanitizer into hands until dry.
- a. Dispense palm full (golf ball size) in one hand
 - b. Spread over both hands up to ½ inch above wrists
 - c. Rub vigorously until dry
 - d. Some manufacturers recommend two applications; follow directions.
4. Dress Code: Do not wear artificial fingernails or extenders if duties include direct contact with clients.