

## Hand Hygiene

Hand hygiene is the primary measure to reduce infections in the dialysis center. Adherence to accepted guidelines for hand hygiene has been shown to decrease the incidence of infections and prevent transmission of antimicrobial-resistant organisms and bloodborne pathogens.<sup>1,2</sup> The World Health Organization has encouraged all health care facilities to adopt its 2009 guidelines, including the “My 5 Moments for Hand Hygiene” approach. According to this strategy, opportunities for hand hygiene can be stratified into five major activities.

### 5 Moments for Hand Hygiene in Health Care:

1. Before touching a patient
2. Before clean/aseptic procedure
3. After body fluid exposure
4. After touching a patient
5. After touching patient surroundings

### Acceptable Methods of Hand Hygiene:

#### Soap and water

**Technique:** Wet hands with water, apply to hands an amount of soap recommended by the manufacturer, and rub hands together vigorously for at least 15 seconds, covering all surfaces of hands and fingers. Rinse hands with water and dry thoroughly with disposable towel. Use towel to turn off faucet. Avoid using hot water, because repeated exposure to hot water may increase the risk of dermatitis.

#### **When to use:**

- A. When hands are visibly dirty or soiled with blood or other body fluids.
- B. After contact with a patient with known *Clostridium difficile* infection.

#### Alcohol-based hand rub

**Technique:** Apply an amount of hand rub recommended by the manufacturer to palm of one hand and rub hands together. Cover all surfaces of hands and fingers until hands are dry.

**When to use:** This is the preferred means for routine hand hygiene in all clinical situations listed below.

### Indications for Hand Hygiene Specific to Dialysis Centers:

- A. Before and after touching the patient
- B. Before handling an invasive device or performing any vascular access procedure
- C. After contact with body fluids, dialysate, mucous membranes, non-intact skin, or wound dressings
- D. If moving from a contaminated body site to another body site during care of the same patient, e.g., care of a wound followed by manipulation of a dialysis catheter
- E. After contact with environmental surfaces and objects (including medical equipment, dialysis machine) in the dialysis station
- F. Before handling medication or preparing food
- G. After removal of gloves

### References

1. WHO Guidelines on Hand Hygiene in Health Care: First Global Patient Safety Challenge Clean Care is Safer Care. [http://whqlibdoc.who.int/publications/2009/9789241597906\\_eng.pdf](http://whqlibdoc.who.int/publications/2009/9789241597906_eng.pdf). Accessed January 3, 2014.

2. Centers for Disease Control and Prevention. Guidelines for hand hygiene in health-care settings. MMWR 2002;51(RR 16) 1-45.