

EXPERIMENT NO: 06

AIM OF THE EXPERIMENT:

To learn Hand Washing technique.

THEORY:

Thousands of people die every day around the world from infections acquired while receiving health care. Hands are the main pathways of germ transmission during health care. Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs & prevent health care associated infections.

Hand hygiene helps to stop the spread of germs, including ones that can cause antibiotic resistant infections. Antibiotic resistance happens when germs like bacteria & fungi develop the ability to defeat the drugs designed to kill them. That means the germs are not killed & continue to grow. Infections caused by antibiotic resistant germs are difficult & sometimes impossible, to treat. Keeping your hands clean by washing your hands with soap & water or using alcohol based hand sanitizer is one of the best ways to prevent germs from spreading & avoid infections.

Any health care worker, caregiver or person involved in direct or indirect patient care needs to be concerned about hand hygiene & should be able to perform it correctly & at the right time.

Clean hands by rubbing them with an alcohol based formulation, as the preferred mean for routine hygienic hand antiseptics if hands are not visibly soiled. It is faster, more effective & better tolerated by your hands than washing with soap & water. Wash your hands with soap & water when hands are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet.

If exposure to potential spore-forming pathogens is strongly suspected or proven, including outbreaks of *Clostridium difficile*, hand washing with soap & water is the preferred means.

If you don't have soap & water, use a hand sanitizer with at least 60% alcohol. If you don't have hand sanitizer or soap, but do have water rub your hands together under the water & dry them with a clean towel or air dry. Rubbing your hands under water will rinse some germs from your hands, even though it's not as effective as washing with soap.

Hand Care:

Take care of your hands by regularly using a protective hand cream or lotion, at least daily. Do not routinely wash hands with soap & water immediately before or after using an alcohol based hand rub. Do not use hot water to rinse your hands. After hand rubbing or hand washing ,let your hands dry completely before putting on gloves. Washing hands with soap & water is the best way to remove all types of germs & chemicals.

If soap & water are not available, use an alcohol based hand sanitizer with at least 60% alcohol.

Points to remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- Keep natural nails short.

Result: Understood Hand washing techniques.