


 <p>وزارة الصحة Ministry of Health</p>	<p>المملكة العربية السعودية وزارة الصحة الادارة العامة للطب المنزلي</p>	 <p>الطب المنزلي Home Medical Care</p>
	<p>Policy Number: HMC-IPSG-PP-4(3)</p>	<p>Issue Date : 11/05/2016</p>
<p>Title : Hand Hygiene Safe Care Program</p>	<p>Replaces Number : 2</p>	<p>Review Date: 11/05/2019</p>
<p>Applied To: All HMC Staff</p>	<p>Page: 1 of 4</p>	

## 1. Purpose:

- 1.1 To describe hand hygiene indication , methods and techniques for personnel involved in direct and indirect patient care
- 1.2 . To provide guidelines for effective hand hygiene , in order to prevent the transmission of bacteria, germs and infections
- 1.3 To minimize the risk of transmission of blood-borne and other infections between medical care staff , patients and visitors during the provision of services.
- 1.4 To promote public awareness of safe working practices and procedures

## 2. Definition:

- 2.1 Alcohol –based (hand) rub . An alcohol-containing preparation (liquid , gel or foam) designed for application to the hands to inactivate microorganisms and / or temporarily suppress their growth , such preparations may contain one or more types of alcohol , other active ingredients and humectants.
- 2.2 Antimicrobial (medicated) soap. soap (detergent) containing an antiseptic agent at concentration sufficient to inactivate microorganisms and / or temporarily suppress their growth . the Detergent activity of such soaps may also dislodge transient microorganisms or other contaminants from the skin to facilitate their subsequent removal by water.
- 2.3 Plain Soap : Detergents that do not contain antimicrobial agents
- 2.4 Antiseptic hand rubbing (or hand rubbing ) Applying an antiseptic hand rub to reduce or inhibit the growth of microorganisms without the need for an exogenous source of water and requiring no rinsing or drying with towels or other devices.
- 2.5 Hand care . Actions to reduce the risk of skin damage or irritation
- 2.6 Hand washing . washing hands with plain or antimicrobial soap and water
- 2.7 Point of care . the place where three elements come together: the patient, the HCW . and care or treatment involving contact with the patient or his/ her surroundings (within the patient zone)

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### 3. **Policy:**

- 3.1 It is policy of home Medical care organization (HMC) to follow WHO Guideline to improve hand hygiene . All staff in HMC must adheres to this policy to reduce and minimize the risk of transmission of micro-organisms infections between medical care staff , patients and visitors during the provision of services .
- 3.2 Any procedure performed by any staff should be completed in such a way so as to prevent the transmission of blood borne and other infections .
- 3.3 Staff should be supplied with appropriate materials
- 3.4 A designated member from continuous quality improvement committee should conduct a monthly hand hygiene audit .
- 3.5 The data collected from these hand hygiene audit should be analyzed by continuous quality improvement committee and used by leadership to guide and monitor quality improvement activities .



### 4. **Responsibility:**

- 4.1 All Home Medical Care Staff

### 5. **Procedure :**

#### 5.1 Hand Hygiene :

- 5.1.1 Staff should be trained how to wash the hands using soap and water , and alcohol hand rub for hand decontamination , and must understand how and when this should be done .
- 5.1.1.1 Hand hygiene should be following WHO 5 moments.
- 5.1.1.2 Before touching the patient
- 5.1.1.3 Before clean or aseptic procedure
- 5.1.1.4 After body fluid exposure risk

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5.1.1.5 After touching a patient

5.1.1.6 After touching patient surroundings

5.1.2 Hand washing should be done in following instances:

5.1.2.1 When hand hands are visibly soiled

5.1.2.2 Before and after bodily function like eating , blowing nose and toileting.

5.1.2.3 After contact with the patients infected with MDROs , MRSA, Clostridium Deffile.

5.1.3 Hand sanitizing is done :

5.1.3.1 Using Alcohol based hand rubs and should be use at the point of care and must be Available at all time . Alcohol based and rubs are not suitable for use on hands that are contaminated with organic matter (e.g. faces , secretions) or during outbreaks of diarrheal illness amongst residents caused by Clostridium defficile.



5.1.4 Procedure of Hand Hygiene (WHO protocol)

5.1.4.1 Hand Washing Protocol

- a) Wet hands with running water
- b) Apply enough soap to cover all hand surfaces
- c) Rub hands palm to palm
- d) Right palm over left dorsum with inter laced fingers and vice versa
- e) Rub hands palm to palm with fingers interlaced
- f) Rotational rubbing of left palm clasped in right palm and vice versa
- g) Rotational rubbing of left thumb clasped in right palm and vice versa
- h) Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa
- i) Rinse hands with water
- j) Dry thoroughly with a single use towel
- k) Use towel to turn off the faucet

5.1.4.2 Alcohol Based Hand Rubbing Protocol:

- a) Apply a palm full of the product in a cupped hand covering all surfaces

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- b) Rub hands palm to palm
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- f) Rotational rubbing of left thumb clasped in right palm and vice versa
- g) Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa.
- 5.1.4 Cuts and abrasions on hands should be covered with an occlusive dressing which should be changed when it loses its integrity(such as when the dressing becomes soiled or wet).
- 5.2 **Implementation of the program :**
  - 5.2.1 Training of all HMC staff about hand hygiene
  - 5.2.2 Preparing of posters for the hand hygiene techniques
  - 5.2.3 Hand Hygiene workshop and campaign
- 5.3 **Monitoring of the program :**
  - 5.4 Hand Hygiene Audit
  - 5.5 Monthly KPTS Reporting and Analysis

## 6. **Forms:**

- 6.1 Hand hygiene compliance form(WHO observation form).

## 7. **References:**

- 7.1 Policies and procedures guidelines of Home Medical Care Center, Home Medical Care Administration, Medina Munwara Region, 2016
- 7.2 Policies and procedures guidelines of Home Health Care Unit, Family and Community Medicine Department at Riyadh Military Hospitals, 2014
- 7.3 Joint Commission International Accreditation Standards for Home Care, 2012
- 7.4 MOH Home Medical Care Standard, 2015

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7.5 Policies and procedures guidelines of King Fahd hospital, Medina Munwara Region, 2016

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