

TITLE OF SKILL: HAND WASHING

INTRODUCTION (RATIONALE):

LEARNING OBJECTIVES:

This is the only skill which has been proven by research to prevent infection. There it has been selected as the first skill to be learnt by the health care professionals of tomorrow .Students will watch a demonstration video and then practice the seven steps of hand washing.

LEARNING OBJECTIVES:

After the session the student should be able to:

1. Demonstrate the seven steps of hand washing correctly.

EQUIPMENT/MATERIAL NEEDED:

- Water
- Plain soap/alcohol based sanitizers
- Tissue

VIDEO DEMONSTRATION

PROCEDURE

PREPARATION:

Remove jewelry(ring, watch).Roll up sleeves above elbow. turn on the tap and wet your hands. take soap or disinfectant solution.(during the process do not touch disinfectant dispensars,taps or sinks with your hands.rub your hand together vigorously and make rich froth.

STEPS OH HAND WASHING:

1. Rub your hands together palm to palm.
2. Rub the back of one hand with the palm of other hand, interlacing your fingers. Repeat this with the position of your hands reversed.
3. Palms to palms with fingers interlaced.
4. Clasp your fingers together and rub.
5. Hold the thumb of one hand with your other hand and rub with a rotary movement, reverse your hand positions and repeat.
6. Rub the palm of each hand with the fingers of the other.
7. Rub wrist in rotary motion and repeat for other hand.
8. Rinse well under running water.
9. Turn of taps with tissue.

10. Hands should be dried with most appropriate facilities available.(air dryer, tissue or if nothing else is available rapid hand movement. DO NOT use dirty towels as they may be source of infection.)

BACKGROUND INFORMATION (THEOTRICAL INFORMATION TO BE READ BY THE STUDENT)

INDICATIONS OF HAND WASHING:

- Before taking food.
- After using toilet or handling any fecal material.
- After contact with blood or body fluids(like vomit, nasal secretions or saliva)
- After taking care of an infected patient or one likely to be colonized with micro organisms of special clinical or epidemiological significance e.g. multiple resistant bacteria.

COMPLICATIONS:

- Excessive use of soap, water and sanitizers may cause excoriation or other skin problems. use of petroleum jelly or moisturizer may prevent it.

Pearl: Before starting hand washing clean taps with soap and water so that when tap is closed after hand washing, it does not contaminate hands.