



Policy IC401

Subject	IC401 - Hand Hygiene		
Category	Infection Prevention and Control / Patient Care Practice		
Owner	Casey Cleary (Mgr - Infection Prevention)		
Reviewer(s)	Brandy Murbarger (Mgr - RMH Quality), Katherine Jeffreys (Infection Preventionist - BMC Qual Assurance), Maria Rudolphi (Infection Preventionist - RMH Quality), Maya Clemmons (HRHC-Quality Nurse Specialist), Stacy Barclay (RN Mgr - BMC Nursing Ops)		
Approver(s)	APM Administrators, Elizabeth Angelo (Sr VP, Chief Nursing Officer & President CFH), Sally Salmons (Assoc Chief Medical Officer, Ambulatory Care)		
Effective Date	04/2004	Review Frequency	1 Year
Approval Date	06/27/2023		

Scope of Policy/Procedure (applies to entities/locations marked below)			
This document applies to <u>all</u> entities/locations listed below			
Hospitals	Ambulatory/Off-Campus locations	Other Carle Entities	
X All Carle Hospitals listed below:	X All Carle ambulatory/off-campus locations listed below:	X All other Carle entities listed below:	
Urbana (CFH)	CFH/CPG ambulatory locations <i>(also includes Home Health, Therapy Services, Medical Supply, Danville Surgicenter, Specialty Pharmacy)</i>	Arrow Ambulance, LLC	
Carle Hoopston Regional Health Center (CHRHC)	CHRHC ambulatory locations <i>(includes, CARMC, Cissna Park, Danv-Fairchild, Mattoon-Hurst, Milford, Rossville, Tuscola, Watseka)</i>	Carle Retirement Centers <i>(Windsor of Savoy & Windsor Court)</i>	
Carle Richland Memorial Hospital (CRMH)	Champaign SurgiCenter, LLC	Health Alliance Medical Plans	
Carle Eureka Hospital (CEH)	Administration Building locations <i>(includes Carle at the Fields)</i>	FCC – First Carolina Care, Inc.	
Carle BroMenn Medical Center (CBMC)	Carle West Physician Group (CWPG)	CHPP—Carle Health Physician Partners	
	CRMH Ambulatory locations <i>(includes Bridgeport, Newton, West Salem, Olney, Specialty Services)</i>		
Scope Exclusions (Mark this box and enter any departments or locations within a marked entity that are exempt from the policy/procedure.)			

Attachments N/A

None of the links in this document apply to BroMenn Medical Center or Eureka Hospital.

Purpose

- A. To outline processes for effective hand hygiene.

Definitions

- A. **Artificial Fingernails** – Any type of nail extension added to the natural nail. They include, but are not limited to, acrylic nails, wraps, tips, and tapes. This does not include fingernail polish or polish hybrids (e.g. Shellac, gel, dip powder nails).
- B. **Fingernail Jewelry** – Items applied to the nail for decoration but not limited to items glued to or pierced through the nail.
- C. **Hand Hygiene** – A general term that applies to hand washing, antiseptic hand washing, waterless hand sanitizing, or surgical hand scrub.
- D. **Staff** – Staff includes all individuals who provide direct patient care, directly supervise patient care, or have contact with patient care supplies (such as sterile products). Staff also include individuals who enter patient rooms, or handle patient items (i.e. supplies, linen) or food, including employees, medical staff, students, volunteers, and vendors.

Statement of Policy

- A. Staff is required to perform hand hygiene as indicated in this policy, except in emergency situations where doing so would create a risk to patient safety.
- B. An alcohol based hand sanitizer is the preferred method for hand hygiene in most situations, except for when hands are visibly contaminated or after contact with a patient having *Clostridium difficile*, *Norovirus*, or *Bacillus anthracis* infection.

Procedure

A. Hand Hygiene Indications

- 1. Hand hygiene with either alcohol-based hand sanitizer or Carle provided soap and water is required:
 - a. Before entering into a patient care area (e.g. doorway, privacy curtain)
 - b. Upon exit from a patient care area (e.g. doorway, privacy curtain)
 - c. Before and after patient contact
 - d. Before putting on gloves and after removing gloves
 - e. Before clean or aseptic tasks (e.g. donning sterile gloves, inserting an invasive device)
 - f. After removing personal protective equipment (e.g. gown, mask, N95)
 - g. After contact with blood or body fluid
 - h. After contact with patient environment
 - i. Moving from a contaminated body site to a clean body site during patient care
 - j. After touching personal devices (e.g. pager, phone, tablet)
- 2. Hand hygiene with Carle provided soap and water is required:
 - a. Any time hands are visibly soiled
 - b. After exposure to suspected or known *Clostridium difficile*, *Norovirus*, or *Bacillus anthracis*
 - c. Before eating and after using a restroom

B. Glove use

- 1. Perform hand hygiene before putting on and after removing gloves (wearing gloves does not substitute hand hygiene)
- 2. Change gloves and perform hand hygiene during patient care
 - a. From dirty to clean tasks (e.g. incontinence care, toileting)
 - b. Dirty or visibly soiled gloves (e.g. blood, bodily fluids)
- 3. Gloves are for single patient use

C. Approved Hand Hygiene Products

- 1. All hand hygiene products used throughout Carle must be Infection Prevention-approved products.
- 2. All hand hygiene aids, such as brushes or fingernail cleaners, will be single-use.
- 3. Healthcare workers who experience a reaction to approved hand hygiene products shall notify Employee Health.

D. Fingernails

- 1. Staff will maintain short, natural fingernails that are carefully filed or trimmed at a length not to exceed more than ¼" while not being visible when viewed from the palm side of the hand and shall be kept clean
- 2. Staff should not wear artificial fingernails or fingernail jewelry
- 3. Fingernail polish and polish hybrids may be worn (unless specific departmental policy prohibits it) but shall not be chipped
- 4. Scrubbed individuals who interact with the sterile field during sterile procedures should not wear fingernail polish or polish hybrids.

E. Routine Hand Hygiene Techniques

- 1. Alcohol Based Hand Sanitizer
 - a. Apply product to palm of one hand.
 - Apply sufficient product to cover all surfaces of hands and wrist.
 - b. Rub hands together, covering all surfaces of hands and fingers, until hands are dry. Use enough sanitizer to require at least 20 seconds of wet time.
- 2. Soap and Water
 - a. Wet hands under continuously running water; avoid splashing clothing or floor.
 - b. Apply soap and vigorously wash all hand surfaces (between fingers, under nails and wrists) for a minimum of 20 seconds.
 - c. Rinse under running water, holding hands down to drain, and avoid contaminating arms.
 - d. Dry all hand surfaces thoroughly with a paper towel.

- e. Turn off faucet with a paper towel.
3. Surgical Scrub
 - a. Staff will carry out hand hygiene with approved surgical scrub in the procedure rooms according to established departmental procedures.

Other Related Links

Refer to site specific exposure control plans

References

- Centers for Disease Control and Prevention. Guideline for Hand Hygiene in Health-Care Settings: Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. MMWR 2002;51 (No. RR-16). Available online at: <http://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>,
- Centers for Disease Control and Prevention. (2022). Hand hygiene in healthcare settings. Retrieved from <https://www.cdc.gov/handhygiene/providers/index.html>.
- Glowicz, J.B., Landon, E., Sickbert-Bennett, E.E., Aiello, A., deKay, K., Hoffmann, K. K., Maragakis, L., Olmsted, R. N., Polgreen, P.M., Trexler, P.A., VanAmringe, M.A., Wood, A.R., Yokoe, D., & Ellingson, K.D. (2023). SHEA/IDSA/APIC practice recommendation: Strategies to prevent healthcare-associated infections through hand hygiene:2022 update. *Infection Control & Hospital Epidemiology* 44, 356. doi: 10.1017/ice.2022.304
- Siegel JD, Rhinehart E, Jackson M, Chiarello L, and the Healthcare Infection Control Practices Advisory Committee. 2007 Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings. Available online at: <https://www.cdc.gov/niosh/docket/archive/pdfs/niosh-219/0219-010107-siegel.pdf>
- World Health Organization. WHO Guidelines on Hand Hygiene in Health Care. 2009. Available online <https://www.who.int/publications/i/item/9789241597906>

Electronic Approval on File