

## Infection Prevention and Control

# Clean hands are caring hands

## Have you washed your hands?

Everyone can play a part in stopping the spread of infection. You can do this with one simple action, cleaning your hands. Research shows that cleaning hands is the most effective way to stop infections spreading in hospital.

All of our staff must adhere to our Hand Decontamination Policy. They undertake mandatory training. This includes a practical hand washing assessment.

## How to help prevent infections

### Patients please:

- always clean your hands after using bathroom or toilet facilities
- always clean your hands after coughing and sneezing
- always clean your hands before handling, preparing and eating food
- always wash your hands with soap and water if they look dirty
- ask your visitors to wash or gel their hands
- remind doctors or nurses to wash or gel hands prior to touching you
- **your bed space should have a gel dispenser, for staff, patients, and visitors to use. If the dispenser is missing or empty, please inform your nurse so that it can be replaced**
- **when you need to clean your hands, please ask staff for help if you are not near a wash basin or cannot reach the gel dispenser at your bed space**



## Patient Information

### **Visitors please:**

- protect your relative or friend by washing your hands or using alcohol gel dispensers when you enter the ward and before touching the person you visit
- always clean your hands before leaving an isolation room
- always clean your hands after using bathroom or toilet facilities
- always clean your hands after coughing and sneezing
- always clean your hands before handling, preparing, serving or eating food
- always wash your hands with soap and water if they look dirty

### **The best way to keep hands clean**

There are 2 main ways to keep hands clean and free from bacteria and viruses:

#### **1. Washing with soap and warm running water**

You must use this method if visiting a patient in an isolation room or if you can see dirt on your hands

1. Wet your hands and apply soap from dispenser
2. Vigorously rub all parts of your hands and wrists (see step-by-step pictures below – also displayed by all sinks at our hospitals)
3. Rinse and dry well

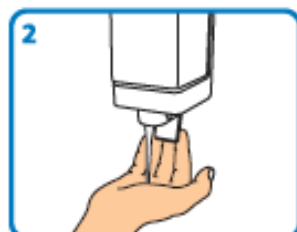
#### **2. Using alcohol gel**

- Clean looking hands may still carry bacteria and viruses.
- Alcohol gel is an alternative way of decontaminating hands if they look clean. Alcohol gels are not effective against some germs. If you are unsure of which method to clean your hands, please ask for advice from the nursing staff.
- Gel dispensers are located at ward and department entrances, and at every bed space. If a dispenser is missing or empty, please tell a member of staff.
- Remember to make sure the gel covers all hand surfaces and rub in the alcohol gel until dry (see step-by-step pictures below).

# Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



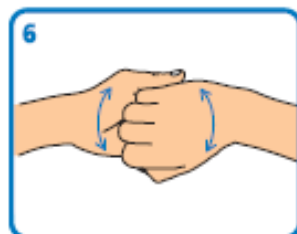
3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



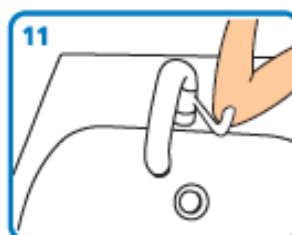
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



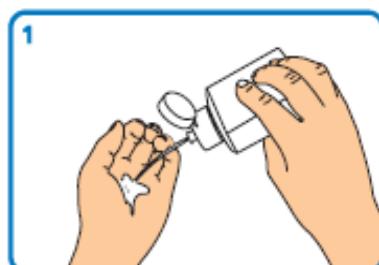
13 Hand washing should take 15-30 seconds



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Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*

# Alcohol handrub hand hygiene technique – for visibly clean hands



1 Apply a small amount (about 3 ml) of the product in a cupped hand



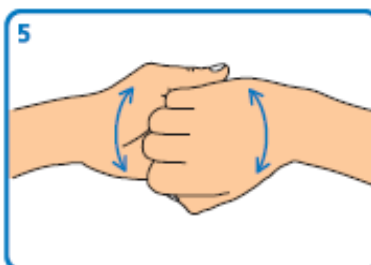
2 Rub hands together palm to palm, spreading the handrub over the hands



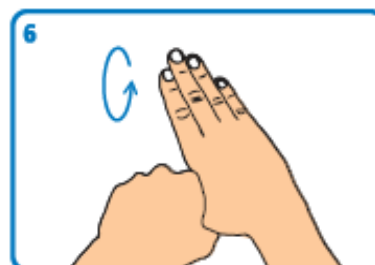
3 Rub back of each hand with palm of other hand with fingers interlaced



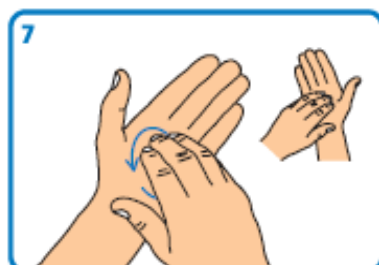
4 Rub palm to palm with fingers interlaced



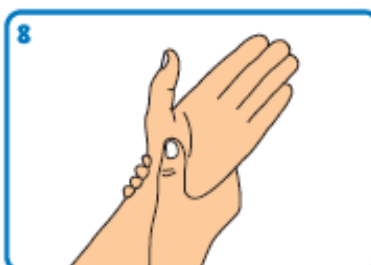
5 Rub back of fingers to opposing palms with fingers interlocked



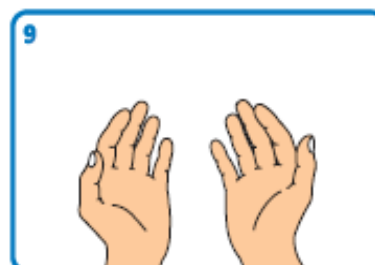
6 Rub each thumb clasped in opposite hand using a rotational movement



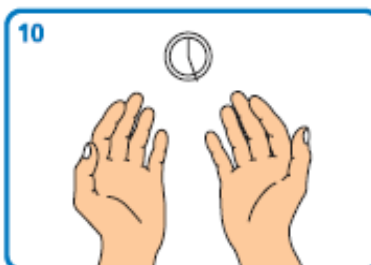
7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with opposite hand



9 Wait until product has evaporated and hands are dry (do not use paper towels)



10 The process should take 15–30 seconds



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Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*



University Hospitals  
Coventry and Warwickshire  
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## Patient Information

### Further information

For information about infection prevention and control, please ask a member of staff, the ward manager or matron. They are supported by our specialist Infection Prevention and Control Team. There are also information leaflets available from the wards.

**If you notice that soap, paper towels or alcohol hand gel supplies are low, please tell a member of staff immediately. Alternatively, phone the ISS Mediclean Helpline on 024 7696 5555. This is the organisation responsible for hospital cleaning.**

If you are concerned that a member of staff has not cleaned their hands, please remind them.

### Infection Prevention and Control Team

The Infection Prevention and Control Team (IPCT) work closely with microbiologists, virologists, and specialist nurses to assist staff in the prevention and management of all infections across the Trust. The IPCT are available Monday to Friday, 9am to 5pm to speak to patients or their family. They can be contacted on 024 7696 4791, or by post:

#### Infection Prevention and Control Team

University Hospitals Coventry and Warwickshire NHS Trust  
Clifford Bridge Road, Coventry CV2 2DX

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The Trust operates a smoke free policy.

#### Document History

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