Hand hygiene and handwash self-assessment form.

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This protocol describes the handwashing method set forth by our lab based on hand hygiene protocols established and in use by the World Health Organization in its "Clean Care is Safer Care, Save Lives: Clean Your Hands: WHO's global annual campaign" as described in online available infographics and posters. Each year, hundreds of millions of patients around the world are affected by health care-associated infections (HCAIs). Similarly, hand-to-mouth inoculation of biological specimens handled in Biosafety Level 2 and greater laboratories represent the most easily preventable laboratory acquired infections (LAIs). The Who has conducted systematic reviews of the literature to identify published studies from both developed and developing countries highlighting the magnitude of both LAIs and HCAIs. This review was published online on 10 December 2010 in The Lancet, and have been included in a comprehensive WHO Report on the burden of endemic health care-associated infection worldwide.

Most HCAIs and LAIs are preventable through good hand hygiene, which includes both a proper handwashing technique as well as proper timing of handwashing sessions. The included "*Certification and knowledge assessment tool*" is based on WHOs Hand Hygiene Self-Assessment Framework (http://www.who.int/gpsc/country_work/hhsa_framework_October_2010.pdf?ua=1), and is a systematic tool for conducting a situation analysis of hand hygiene promotion and practices within an individual health-care facility customizable to laboratory settings.

Infographic protocols for both English and Spanish-speaking audiences are available from our web site (www.genomica.uaslp.mx) for downloading.

http://www.genomica.uaslp.mx/Databases/Info-Hands.pdf

http://www.genomica.uaslp.mx/Databases/Info-Manos.pdf

Procedure

NOTE: Before beginning remove all jewellery including watches and bracelets.

1. Wet hands thoroughly with abundant running water.
2. Apply generous amounts of soap in hand so as to completely cover both hands.
3. Rub palms of hands against each other AT LEAST SIX TIMES.
4. Rub palm of one hand against the back of the other interlacing back of fingers, AT LEAST SIX TIMES EACH.
5. Rub palm side of fingers by interlacing them, AT LEAST SIX TIMES.
6. Rub back side of fingertips against palm of opposite hand, AT LEAST SIX TIMES.
7. Rub thumbs by grasping with opposite hand, AT LEAST SIX TIMES EACH.
8. Rub fingertips against palm of opposite hand, AT LEAST SIX TIMES EACH.
9. Rinse both hands thoroughly in running water to remove all traces of soap, at least 7 seconds.
10. Dry hands thoroughly with disposable paper towels.
11. Use the same paper towel used for drying hands to close, clean and dry the tap.
12. Inspect both hands closely in search of lesions or uncleanliness.

Personnel certification and knowledge assessment tool

Name of operator: _____ Date: dd/mmm/yyyy

Institution: _____

Department: _____

Post of operator at institution/department: _____

Referee: _____

Post of referee at institution/department: _____

	The operator…	Answer		Points
1.-	… can indicate where handwashing infographics are posted?	☐Yes (1 pt)	☐No (0 pt)	
2.-	... mentions where official handwashing infographics can be downloaded (not through internet searches)?	☐Yes (1 pt)	☐No (0 pt)	
3.-	… can correctly verbalize handwashing steps by the numbers, from memory?	☐Yes (5 pt)	☐No (0 pt)	
4.-	… identifies and uses the pre-defined handwashing station?	☐Yes (1 pt)	☐No (0 pt)	
5.-	… starts out by removing jewelry, watches and bracelets?	☐Yes (1 pt)	☐No (0 pt)	
6.-	… uses abundant amounts of running water for procedure?	☐Yes (1 pt)	☐No (0 pt)	
7.-	… uses abundant amounts of soap for procedure?	☐Yes (1 pt)	☐No (0 pt)	
8.-	… rubbed palms of hands at least 6 times?	☐Yes (1 pt)	☐No (0 pt)	
9.-	… rubbed palm of one hand against back of other at least 6 times each hand?	☐Yes (1 pt)	☐No (0 pt)	
10.-	… rubbed palm side of interlaced fingers at least 6 times?	☐Yes (1 pt)	☐No (0 pt)	
11.-	… rubbed back side of fingertips against palm, at least 6 times?	☐Yes (1 pt)	☐No (0 pt)	
12.-	… rubbed thumbs by grasping with other hand, 6 times each?	☐Yes (1 pt)	☐No (0 pt)	
13.-	… rubbed fingertips against palm of each hand, 6 times each?	☐Yes (1 pt)	☐No (0 pt)	
14.-	… rinsed both hands thoroughly in plenty water?	☐Yes (1 pt)	☐No (0 pt)	
15.-	… closed tap before drying hands?	☐Yes (1 pt)	☐No (0 pt)	
16.-	… dried hands out thoroughly (per handshake)?	☐Yes (1 pt)	☐No (0 pt)	
17.-	… cleaned tap, faucet and sink with paper towels after drying?	☐Yes (1 pt)	☐No (0 pt)	
18.-	… inspected both hands closely after procedure?	☐Yes (1 pt)	☐No (0 pt)	
19.-	… had to go back and apply more soap during the procedure?	☐Yes (-3 pt)	☐No (1 pt)	
			Total points:	

References

1. Burden of endemic health-care-associated infection in developing countries: systematic review and meta-analysis. Benedetta Allegranzi, Sepideh Bagheri Nejad, Christophe Combescure, Wilco Graafmans, Homa Attar, Liam Donaldson, Didier Pittet. Lancet 2011; 377: 228–41.
Freely available from www.thelancet.com/action/showPdf?pii=S0140-6736%2810%2961458-4.

2. The burden of health care-associated infection worldwide. WHO Website. Accessed by sept 11th, 2018 at http://www.who.int/gpsc/country_work/burden_hcai/en/.

Revision history

1.0   Original document.

2.0   Changes to document format only.

3.0   Links to pdf infographics corrected.