



Nursing Home (NH) Seven-Week Sepsis Sprint | Session 3

Sepsis Sprint: On Your Mark, Get Set, Go!

Hand Hygiene—Spread the Word Not the Germs

Health Services Advisory Group

Reminder

- Designed for each session to build upon the previous session(s) to provide a comprehensive strategy for advancing your sepsis prevention program.
- The educational component in each session was designed for you to use to educate your team and staff about sepsis.
- Each session is recorded and available on demand for you to use in your training sessions.



Goals

1. Discuss the importance of hand hygiene in overall infection prevention in nursing homes.
2. Identify key components of a hand hygiene program and robust surveillance.
3. Review auditing tools and other resources to improve hand hygiene compliance.



Soap and Water vs Hand Sanitizer

When should I use?

Soap and Water

- **Before, during,** and **after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** [changing diapers, or cleaning up a child who has used the bathroom](#)
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- If your hands are visibly dirty or greasy

Alcohol-based Hand Sanitizer

- **Before** and **after** visiting a friend or loved one in a hospital or nursing home, unless the person is sick with *Clostridioides difficile* (if so, use soap and water to wash hands).
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains **at least 60% alcohol**, and wash with soap and water as soon as you can.

DO NOT use hand sanitizer if your hands are visibly dirty or greasy—for example, after gardening, playing outdoors, fishing, or camping. If a handwashing station is available, wash your hands with soap and water instead.

Soap and Water vs Hand Sanitizer

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains **at least 60% alcohol**. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Put** enough sanitizer on your hands to cover all surfaces.
- **Rub** your hands together until they feel dry (this should take around 20 seconds).

Do NOT rinse or wipe off the hand sanitizer before it's dry; it may not work well against germs.

Fight Germs Wash Your Hands



Fight Germs. Wash Your Hands!

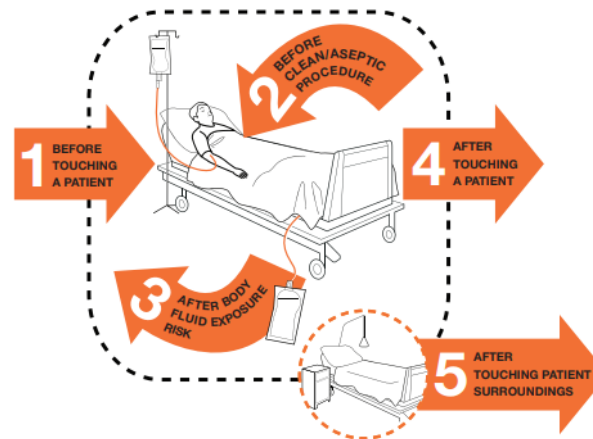
Hand Hygiene Surveillance

- Provide education
- Routine observation and feedback
 - All days
 - All shifts
- Reminders in the facility
 - Visual cues
 - Posters
- Leadership support/accountability



5 Moments for Hand Hygiene

Your 5 Moments for Hand Hygiene



1	BEFORE TOUCHING A PATIENT	WHEN?	Clean your hands before touching a patient when approaching him/her.
		WHY?	To protect the patient against harmful germs carried on your hands.
2	BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN?	Clean your hands immediately before performing a clean/aseptic procedure.
		WHY?	To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3	AFTER BODY FLUID EXPOSURE RISK	WHEN?	Clean your hands immediately after an exposure risk, to body fluids (and after glove removal).
		WHY?	To protect yourself and the health-care environment from harmful patient germs.
4	AFTER TOUCHING A PATIENT	WHEN?	Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side.
		WHY?	To protect yourself and the health-care environment from harmful patient germs.
5	AFTER TOUCHING PATIENT SURROUNDINGS	WHEN?	Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched.
		WHY?	To protect yourself and the health-care environment from harmful patient germs.



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

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May 2020

Pledge for Clean Hands

To Help Keep Each Other Safe

As a patient of this facility it is okay for me to speak up for clean hands.

Washing your hands for at least 20 seconds is the most effective way to prevent the spread of diseases like the flu, cold, and COVID-19.

When should I wash my hands?

Before:

- Touching your eyes, nose, or mouth
- Leaving the bathroom

Before and after:

- Eating
- Leaving your room

After:

- Blowing your nose, coughing, or sneezing
- Touching common surfaces and objects such as bed rails, remote controls, or the phone
- Touching garbage



When should I ask others to wash their hands?

Before:

- Entering and leaving the room
- Leaving the bathroom

Before and after:

- Your team provides personal care such as treating a cut or wound
- Receiving medications
- Handling equipment
- Close contact with others

After:

- They blow their nose, cough, or sneeze

Your healthcare team supports this effort and cares about your health. Speak up and remind us to keep our pledge for clean hands.

HSAG HQIC

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Source: Centers for Disease Control and Prevention, When and How to Wash Your Hands. Accessed December 2, 2020. Available at: <https://www.cdc.gov/handwashing/when-how-handwashing.html#why>

Compromiso de lavado de manos

para mantenernos todos a salvo

Como paciente de este centro, puedo hablar a favor del lavado de manos.

Lavarse las manos durante por lo menos 20 segundos es la manera más eficaz de prevenir la propagación de enfermedades como la gripe, el resfriado y la COVID-19.

¿Cuándo debería lavarme las manos?

Antes de:

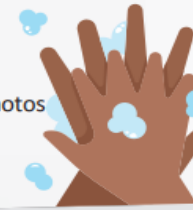
- Tocarse los ojos, la nariz o la boca
- Salir del baño

Antes y después de:

- Comer
- Salir de su habitación

Después de:

- Sonarse la nariz, toser o estornudar
- Tocar superficies y objetos comunes, como barandillas de camas, controles remotos o el teléfono
- Tocar basura



¿Cuándo debería pedirle a otras personas que se laven las manos?

Antes de:

- Entrar y salir de la habitación
- Salir del baño

Antes y después de:

- Que su equipo le suministre atención personal, como durante el tratamiento de una cortadura o una herida
- Recibir medicamentos
- Manipular equipos
- Un contacto estrecho con otras personas

Después de:

- Que ellos se suenen la nariz, tosan o estornuden

Su equipo de atención médica apoya esta iniciativa y se preocupa por su salud. Diga lo que piensa y recuérdenos nuestro compromiso de lavado de manos.

HSAG HQIC

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Fuente: Centros para el Control y la Prevención de Enfermedades, Cuidado y cómo lavarse las manos. Se accedió por última vez el 2 de diciembre de 2020. Disponible en: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Wash Your Hands Visual Cue

Wash Your Hands! ¡Lávese Las Manos!



1 Wet Hands
Mójese las manos



2 Soap
Enjabónese



3 Wash for 20 seconds
Lávese las manos por 20 segundos



4 Rinse
Enjuáguese



5 Dry
Séquese las manos



6 Turn Off Water with Paper Towel
Cierre el grifo usando una toalla de papel

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Hand Hygiene/Personal Protective Equipment (PPE) Monitoring Tool for Nursing Homes

Resident Care Unit/Dept.: _____ Month/Year: _____ Monitor's Initials: _____

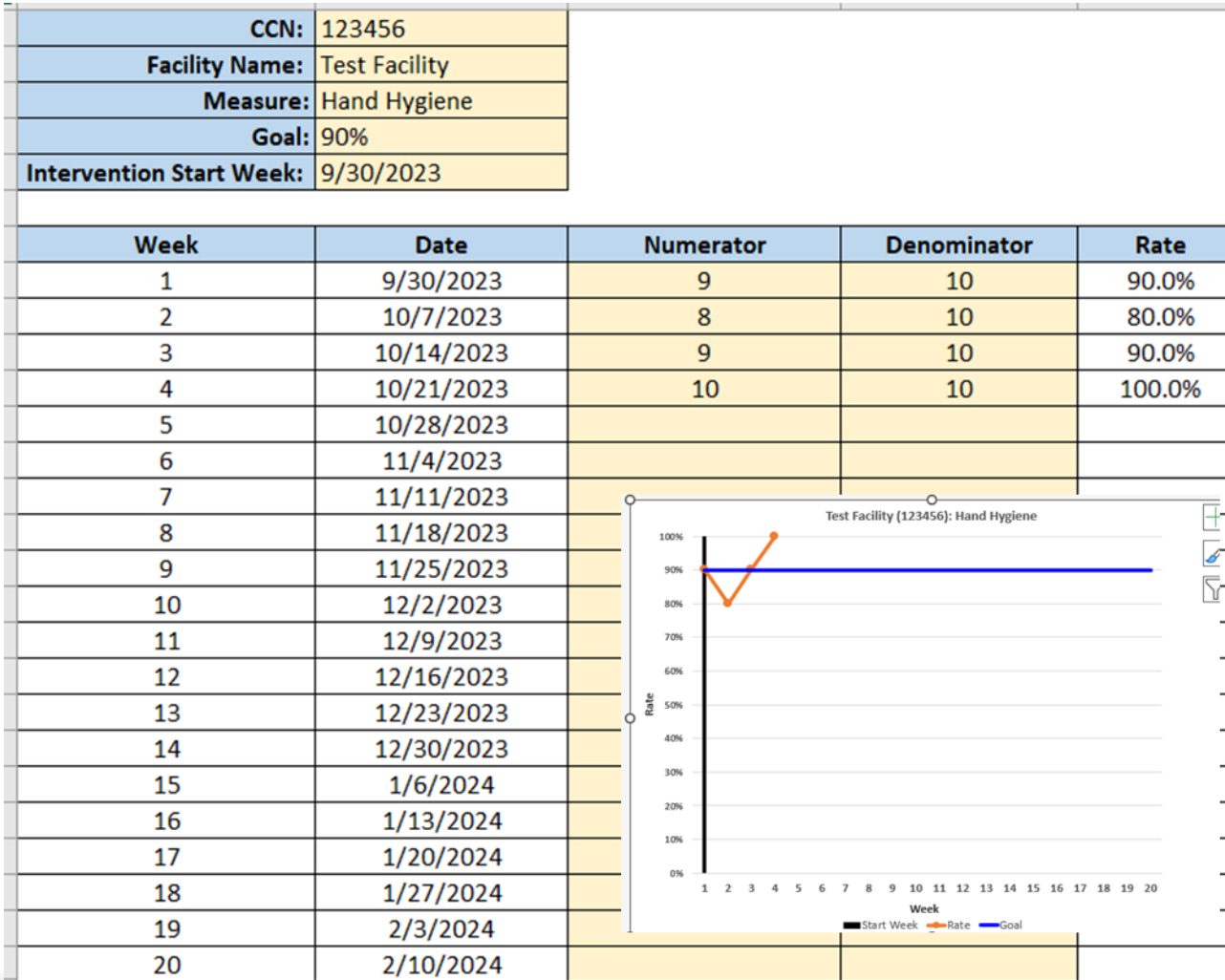
HR = Alcohol Hand Rub HW = Hand Wash Y = Yes N = No (Mark each opportunity observed. If no opportunities observed or NA, leave blank.)

Healthcare Worker Type:

- 1 = Physician/Provider 3 = Physical/Occupational/Speech Therapy 5 = Licensed Vocational Nurse 7 = Other _____
- 2 = Respiratory Therapist 4 = Registered Nurse (RN) 6 = Nursing Assistant

# Observations	Date	Time	Health-care Worker Type	Hand Hygiene BEFORE Room Entry			Transmission-based Precautions				COVID-Specific PPE (face mask/respirator/face shield/goggles/etc.)			Gloves Worn		Hand Hygiene Before Donning Gloves		Gown Worn			Hand Hygiene Upon Room Exit			Comments	
				Yes HR	Yes HW	No	Y = Contact	Y = Droplet	Y = Enteric	N	Y	N	NA	Y	N	Y	N	Y	N	NA	Yes HR	Yes HW	No		
1																									
2																									
3																									
4																									
5																									
6																									
7																									
8																									
9																									
10																									
Totals																									

Hand Hygiene Run Chart



Hand Hygiene Provision of Supplies



Standard Precautions: Observation of Hand Hygiene Provision of Supplies

4

Instructions: Observe patient care areas or areas outside of patient rooms. For each category, record the observation. In the column on the right, sum (across) the total number of "Yes" and the total number of observations ("Yes" + "No"). Sum all categories (down) for overall performance.

Standard Precautions: Observation Categories		Room 1	Room 2	Room 3	Room 4	Room 5	Summary of Observations	
							Yes	Total Observed
1	Are functioning sinks readily accessible in the patient care area?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
2	Are all handwashing supplies, such as soap and paper towels, available?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
3	Is the sink area clean and dry?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4	Are any clean patient care supplies on the counter within a splash-zone of the sink?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
5	Are signs promoting hand hygiene displayed in the area?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
6	Are alcohol dispensers readily accessible?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
7	Are alcohol dispensers filled and working properly?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No		
Total YES and TOTAL OBSERVED								

Poor Adherence

- Observed risk factors for poor adherence to recommend hand-hygiene practices
 - Physician status (rather than a nurse)
 - Nursing assistant (rather than a nurse)
 - Males
 - Working during the week (versus the weekend)
 - Wearing gown/gloves
 - Automated sink
 - Activities with high risk of cross-transmission
 - High number of opportunities for hand hygiene per hour of patient care



Poor Adherence (Cont.)

- Self-reported factors for poor adherence with hand hygiene
 - Handwashing agents cause irritation and dryness
 - Sinks are inconveniently located/shortage of sinks
 - Lack of soap and paper towels
 - Often too busy/insufficient time
 - Understaffing/overcrowding
 - Residents' needs take priority
 - Hand hygiene interferes with health-care worker relationships with patients
 - Low risk of acquiring infection from patients

Poor Adherence (Cont.)

- Self-reported factors for poor adherence with hand hygiene
 - Wearing of gloves/beliefs that glove use obviates the need for hand hygiene
 - Lack of knowledge of guidelines/protocol
 - Not thinking about it/forgetfulness
 - No role model from colleagues or superiors
 - Skepticism regarding the value of hand hygiene
 - Disagreement with the recommendations
 - Lack of scientific information of definitive impact of improved hand hygiene on healthcare-associated infection rates

Poor Adherence (Cont.)

- Additional perceived barriers to appropriate hand hygiene
 - Lack of:
 - Active participation
 - Role model for hand hygiene
 - Institutional priority for hand hygiene
 - Leadership support/accountability
 - Institutional safety climate

Key Take-Aways

- ✓ It is important to understand why proper hand hygiene is vital
- ✓ Knowing when to use soap and water versus alcohol-based sanitizer will enhance infection prevention
- ✓ Auditing hand hygiene will help identify opportunities for improvement

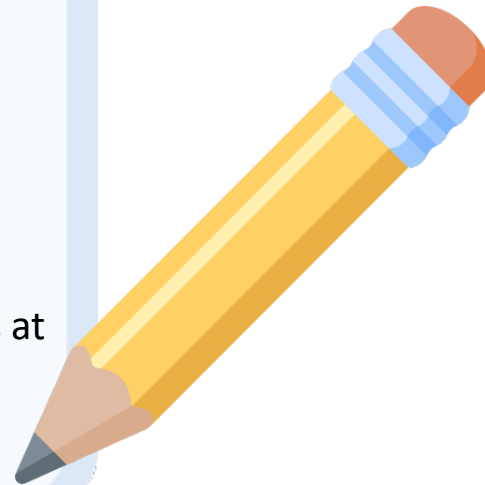


Scenario

Helen is a nurse on a skilled nursing unit. She has just visited with one of the residents to provide education about their new diagnosis of *Clostridioides difficile* and did not provide hands-on care (such as toileting) at the time; however, did help the resident get ready for her meal. When Helen leaves the room, she immediately goes to the nearby sink to wash her hands only to discover it is not in working order.

What should Helen do next?

- a. Search the floors for another sink
- b. Do nothing since she did not provide 'hands-on' care
- c. Use an alcohol-based hand sanitizer that contains at least 60% alcohol; wash with soap and water as soon as she can.



Actionable Item?



What will you do?
Before the next session,
what is one thing you
can commit to doing?

Questions?



Join Us For The Next Session

Sepsis Sprint Kick-Off: On Your Mark, Get Set, Go!	September 26, 2023
Sepsis, the Silent Killer: On Your Mark!	October 3, 2023
Hand Hygiene—Spread the Word Not the Germs: Get Set!	October 10, 2023
Don't Wait Until It's Too Late To Vaccinate: Get Set!	October 17, 2023
Sepsis Prevention and Screening in NHs: Get Set!	October 24, 2023
Post Sepsis Syndrome and Readmissions: Get Set!	October 31, 2023
Wrap Up: Go!	November 7, 2023



Thank you!



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