



Lecture 4

Subject

Hand Washing

Theoretical

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Hand washing

- Hand hygiene is important in every setting, including hospitals. It is considered one of the most effective infection control measures.

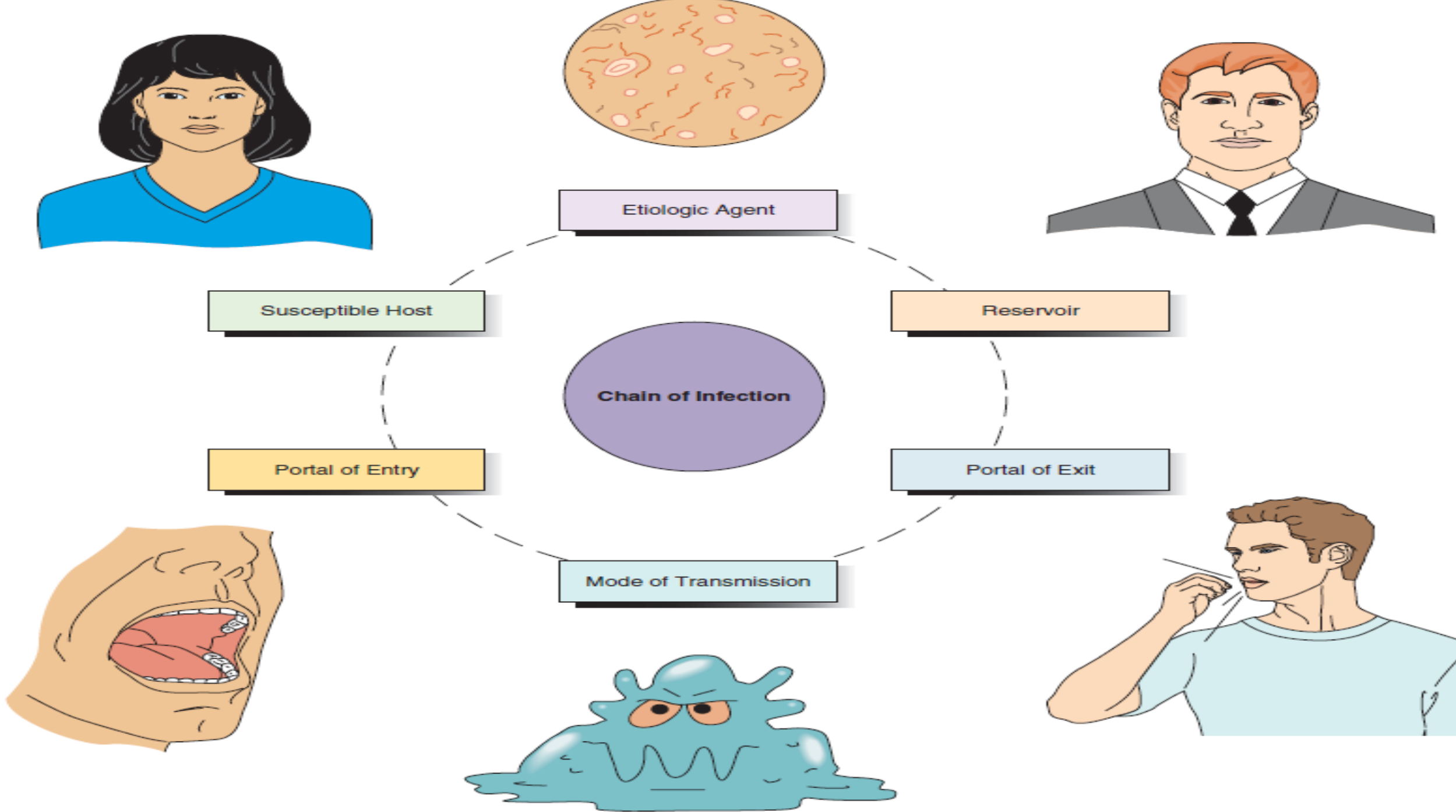


Figure 31-1 ■ The chain of infection.

PURPOSES

1. To reduce the number of microorganisms on the hands.
2. To reduce the risk of transmission of microorganisms to clients.
3. To reduce the risk of cross contamination among clients.
4. To reduce the risk of transmission of infectious organisms to oneself



Equipment

- Soap
- Warm running water
- Paper towels

Preparation

1. Nails should be kept short. do not permit to have any form of artificial nails.
2. Removal of all jewelry is recommended.
3. Check hands for breaks in the skin, such as hangnails or cuts.

There are five common types of faucet controls:

- a. Hand-operated handles.
- b. Knee levers.
- c. Foot pedals.
- d. Elbow controls.
- e. Infrared control.



1 A knee-lever faucet control.



2 A foot-pedal faucet control.

Performance

1. If you are washing your hands where the client can observe you, introduce yourself and explain to the client what you are going to do and why it is necessary.
2. Turn on the water and adjust the flow that the water is warm.
3. Wet the hands thoroughly by holding them under the running water and apply soap to the hands.
4. Hold the hands lower than the elbows so that the water flows from the arms to the fingertips.

4. Thoroughly wash and rinse the hands.

- Use firm, rubbing, and circular movements to wash the palm, back, and wrist of each hand.
- Interlace the fingers and thumbs, and move the hands back and forth.
- Rub the fingertips against the palm of the opposite hand.
- Continue this motion for at least 20 seconds.

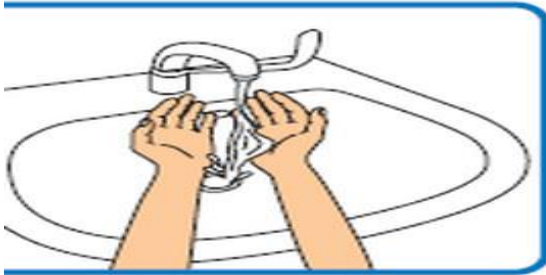
5- Rinse the hands.

6. Dry hands and arms thoroughly with a paper towel without scrubbing.

7. Turn off the water. Use a new paper towel to grasp a hand-operated control.



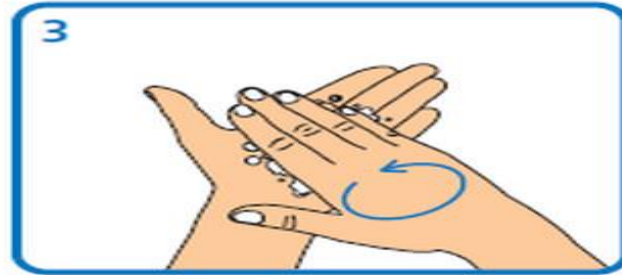
4 Using a paper towel to grasp the handle of a hand-operated faucet.



ok, if you had one shot or one opportunity



To seize everything you ever wanted in one moment



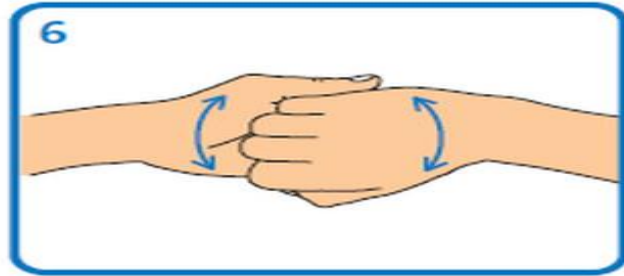
Would you capture it, or just let it slip? Yo



His palms are sweaty, knees weak, arms are heavy



There's vomit on his veater already, mom's spaghetti



He's nervous, but on the surface he looks calm and ready



To drop bombs, but he keeps on forgetting



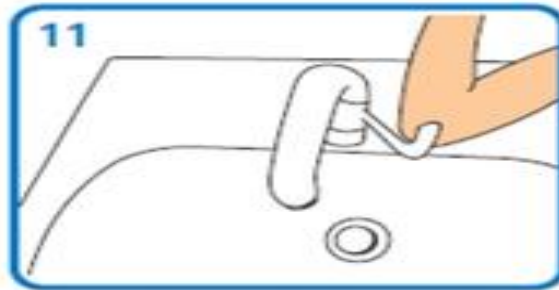
What he wrote down, the whole crowd goes so loud



Mama, life had just begun



But now I've gone and thrown it all away



Mama, ooh, didn't mean to make you cry



If I'm not back again this time tomorrow



JOHNS HOPKINS

M E D I C I N E

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References

- **Urden, L. D., Stacy, K. M., & Lough, M. E. (2016). *Priorities in Critical care nursing 7Th edition: critical care nursing. Elsevier Health Sciences.***
- **Medical-Surgical Nursing Critical thinking for person-Centred Care Third Australian edition (2017). *Volumes 1 – 3.***