



Lecture 4

Subject

Hand Washing

Theoretical

Prepared by

Dr. Ali Ahmed

Dr: Hayder Mohammed

Hand washing

- Hand washing is the single most effective way to prevent the spread of germs/micro-organism which prevent communicable diseases.
- It is considered one of the most effective infection control measures.

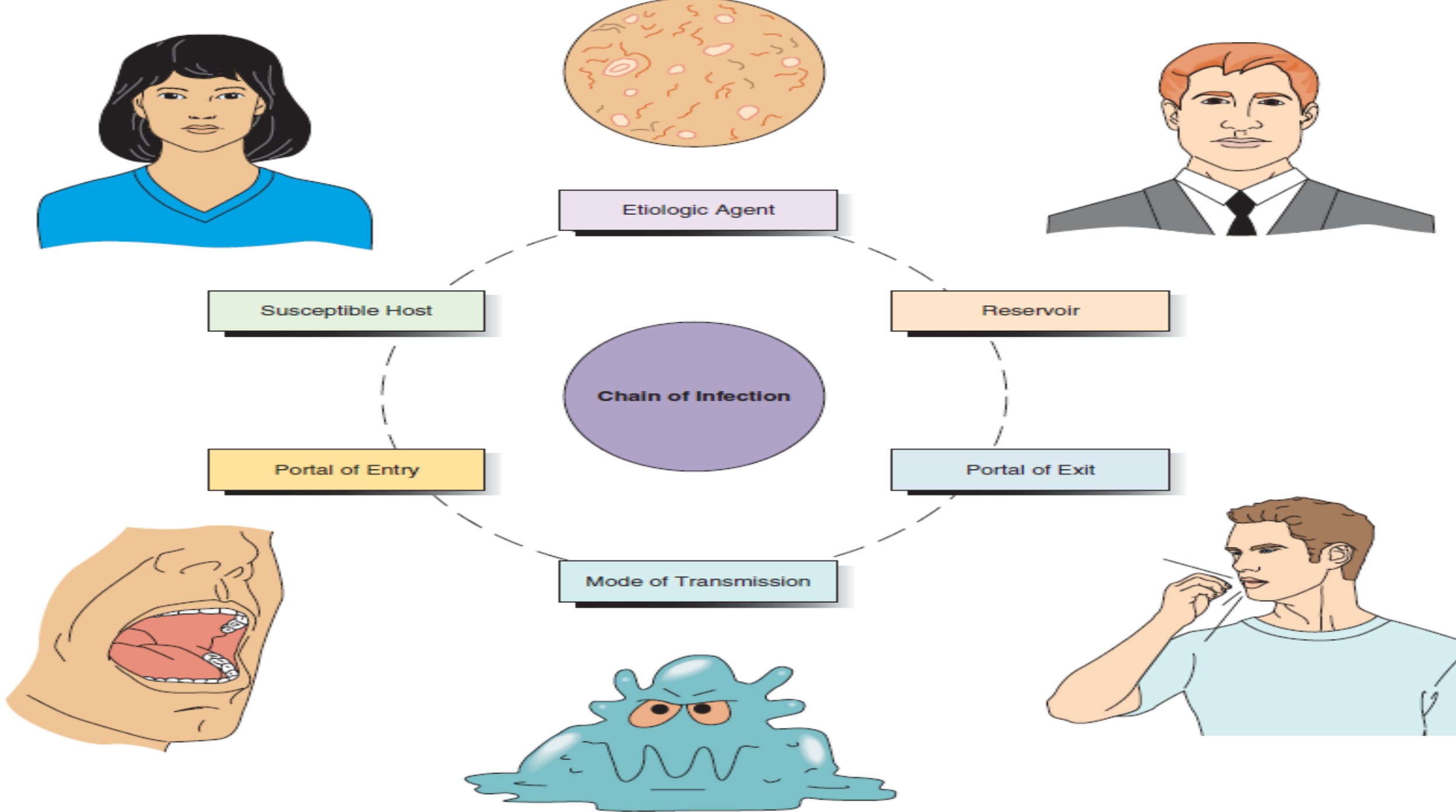


Figure 31-1 ■ The chain of infection.

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.



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

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*.**