

Get Ready for World Hand Hygiene Day May 5, 2017

Hand hygiene may be more important in the outpatient hemodialysis setting than in the hospital due to the decreased space between stations, chronic immunosuppressive state of the patients, and the risk of invisible blood splatter.

Did you know...??

- Hospitalization for infection now surpasses that of cardiovascular disease
- Infection control procedures are still the number one citation in state reviews of dialysis centers

The case for washing your hands

- Best way to reduce healthcare associated infections by up to 50%
- 80% of all infectious diseases are transmitted by touch
- Fingernails and surrounding areas harbor the most microorganisms
- Is the single most important thing you can do (other than a vaccine) to prevent the flu
- Thorough handwashing will decrease the viral count to a point below the infectious threshold
- 95% of people say they wash their hands after using the toilet but when observed, only 67% did!
- The average time healthcare workers washed their hands was 7 seconds, less than one-half the time recommended
- Most people don't wash their hands properly, forgetting their thumbs and between their fingers

Alcohol-Based Hand Sanitizer or Soap/Water?

Soap and water:

- When hands are visibly dirty
 - After known or suspected exposure to *Clostridium difficile*
 - After known or suspected exposure to patients with infectious diarrhea during norovirus outbreaks
 - If exposure to *Bacillus anthracis* is suspected or proven
 - Before eating
 - After using the restroom
- Alcohol-Based Hand Sanitizer:
- For everything else

Your CHALLENGE: Educate your staff on **PROPER** hand washing techniques using instructions from the Centers for Disease Control and Prevention (CDC):

<https://www.cdc.gov/handhygiene/providers/>

Protect yourself, your patients and your family...**CLEAN YOUR HANDS!**

