

Skill 7-1

PERFORMING HAND HYGIENE WITH SOAP AND WATER

	S	U	Comments
1. Inspect hands, observing for visible soiling, breaks, or cuts in the skin and cuticles.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Determine amount of contaminant of hands.	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Assess areas around the skin that are contaminated.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Adjust the water to appropriate temperature and force.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Wet hands and wrists under the running water, always keeping hands lower than elbows.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Lather hands with liquid soap (about 1 teaspoon).	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. Wash hands thoroughly with a firm, circular motion and friction on back of hands, palms, and wrists. Wash each finger individually, paying special attention to areas between fingers and knuckles by interlacing fingers and thumbs and moving hands back and forth, causing friction.	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Wash for 15 to 30 seconds.	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Rinse wrists and hands completely, again keeping hands lower than elbows.	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Dry hands thoroughly with paper towels. Start by patting at fingertips, then hands, and then wrists and forearms.	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. If it is necessary to turn off faucets manually, use a dry paper towel.	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. Use hospital-approved hand lotion if desired.	<input type="checkbox"/>	<input type="checkbox"/>	_____
13. Inspect hands and nails for cleanliness.	<input type="checkbox"/>	<input type="checkbox"/>	_____

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14. If hands are not visibly soiled, use an alcohol-based waterless antiseptic for routine decontamination of hands in all clinical situations, unless you are caring for a patient with <i>Clostridium difficile</i> or Candida infection. The spores are unaffected by alcohol, so soap and water must be used in this instance.	<input type="checkbox"/>	<input type="checkbox"/>	_____
15. Provide patient teaching.	<input type="checkbox"/>	<input type="checkbox"/>	_____
16. Explain to the patient the importance of hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>	_____
17. If contamination occurs, it is necessary to reassess technique.	<input type="checkbox"/>	<input type="checkbox"/>	_____