



The APT-Sepsis Programme



Module 1a:
Hand hygiene at every moment



Module 1a outline

By the end of this module, you should be able to:

1

Describe why hand hygiene is important and how it can prevent infection

2

List the WHO 5 moments for hand hygiene in the maternity setting

3

Know how to perform hand hygiene

4

Understand when it is best to use handrub or soap and water

5

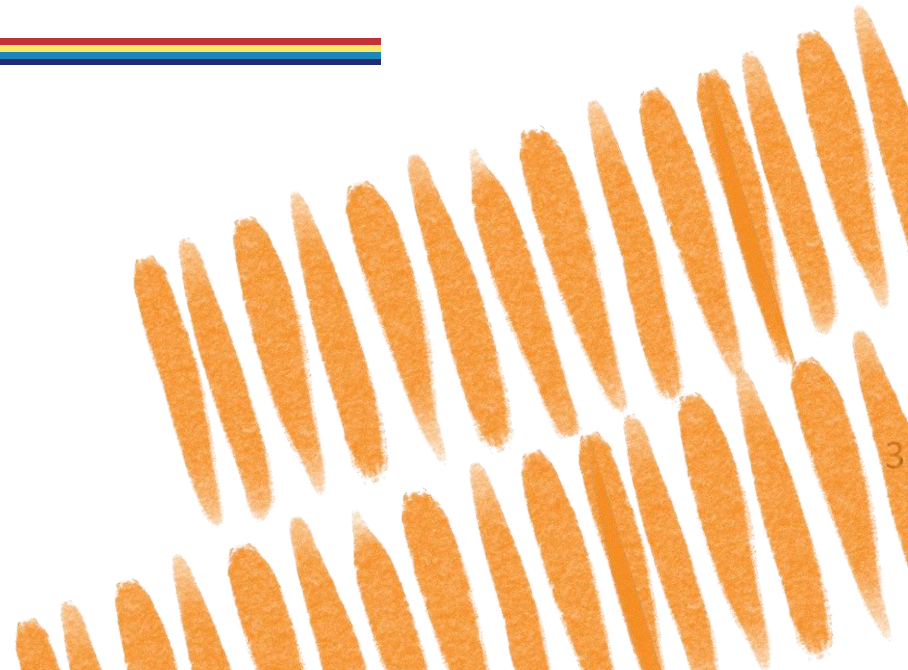
Be competent at hand hygiene through practical assessment





MODULE 1A: PART ONE

What is hand hygiene and why should we perform it?



Hand hygiene is...

Hand hygiene is having clean hands at every moment: the process of making your hands clean when they might be dirty or contaminated and keeping them safe

Unsafe hands do not always look contaminated: bacteria and viruses are microscopic and cannot be seen by the naked eye

Water alone is not enough to kill bacteria and viruses: good hand hygiene uses soap with water, or alcohol-based handrub

Handrub and soap both help to kill pathogens, making your hands safe when used correctly

What is hand hygiene and why should we perform it?



Why perform hand hygiene?



Hand hygiene is a simple, effective action that we can all do to prevent healthcare-associated infections



The WHO 5 estimates that as many as 50% of avoidable healthcare-associated infections could be prevented by appropriate hand hygiene



Hand hygiene is considered to be a main building block for almost all other infection prevention and control measures: we must get it right!



Hand hygiene protects everyone: you, your patients and your colleagues



Why perform hand hygiene?

Did you know, germs such as bacteria can survive on your hands for up to three hours?

Think about how many patients and colleagues you see in three hours...



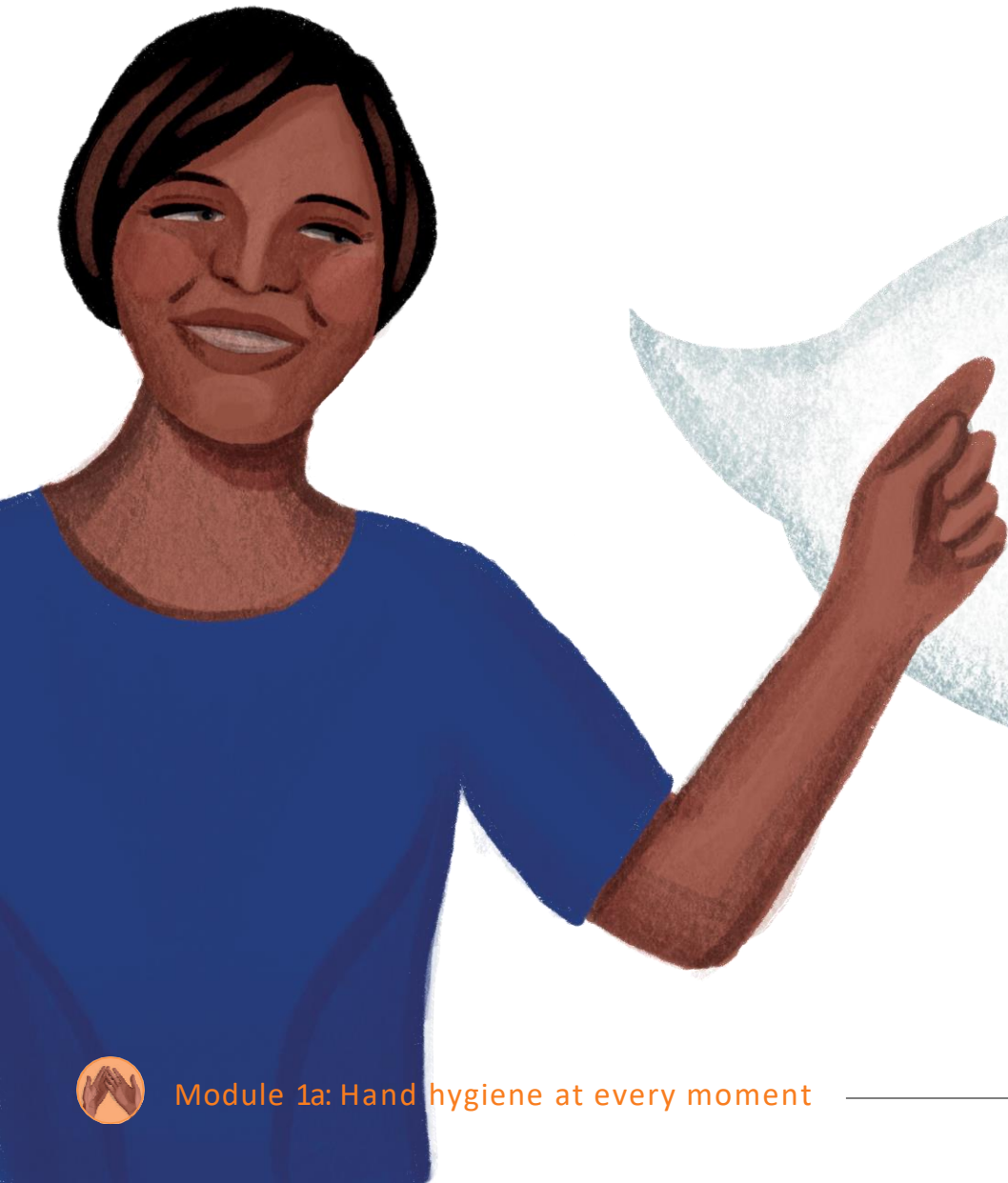
What is hand hygiene and why should we perform it?



Why perform hand hygiene?

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What is hand hygiene and why should we perform it?



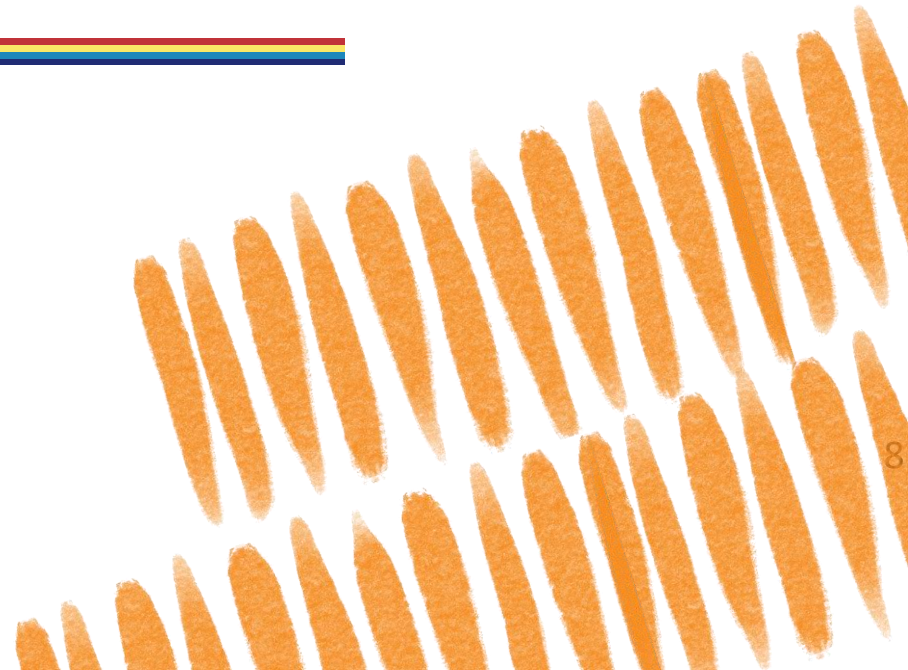
*Hand hygiene at every moment
can limit the spread of bacteria
and save lives!*





MODULE 1A: PART TWO

When should we perform hand hygiene?



First, think about how bacteria can spread...

?

*How can bacteria spread
from you to patients?*

?

*When should we perform hand
hygiene to stop transmission?*

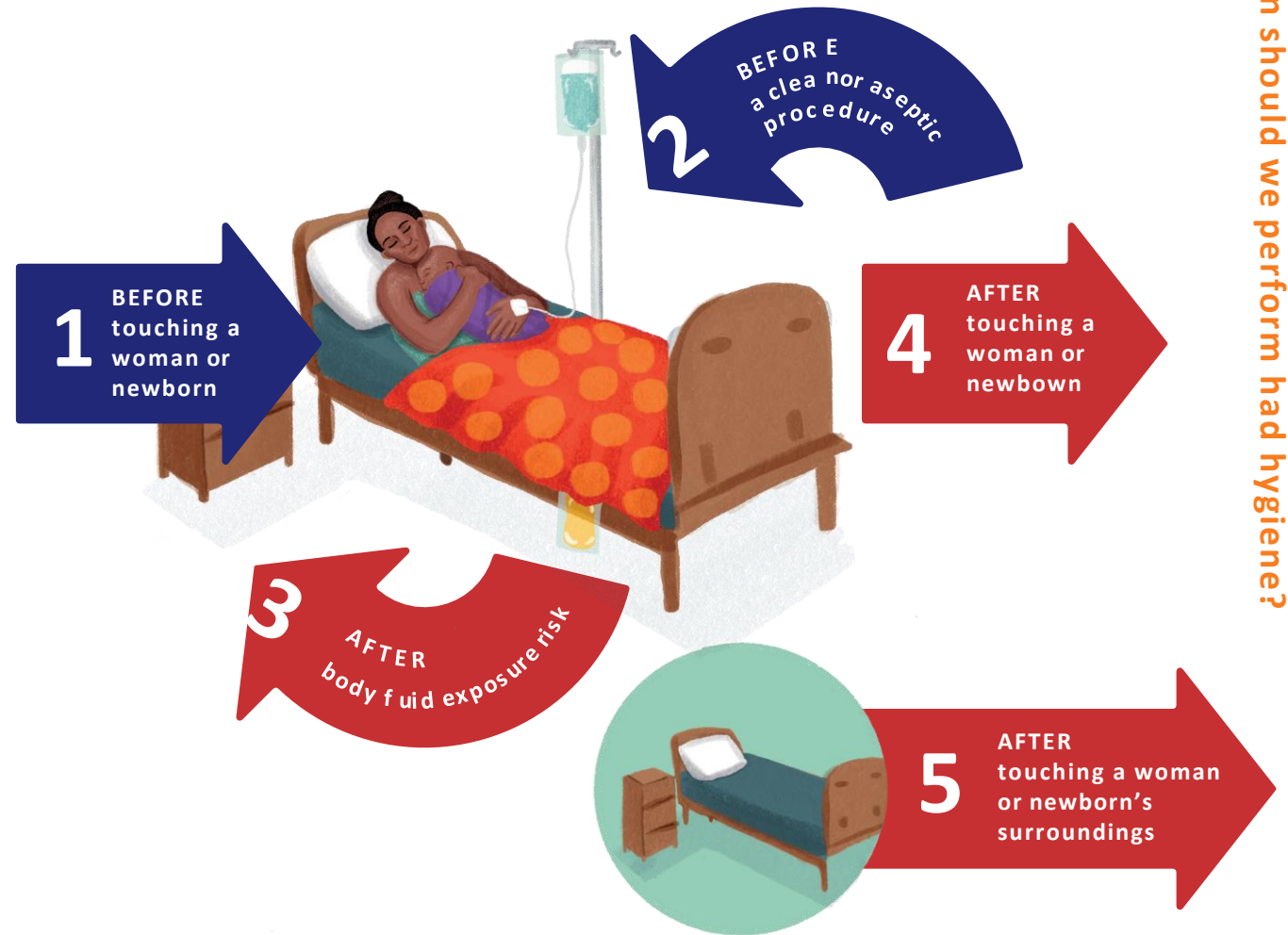
?

*How can bacteria spread
from patients to you?*



The WHO 5 Moments for Hand Hygiene

- The WHO has identified 5 key moments for hand hygiene, and these have all been adapted for the maternity setting
- The 5 moments are all either **BEFORE** or **AFTER** contact with a woman and / or her newborn and / or their surroundings
- Performing hand hygiene at every moment can reduce the spread of bacteria and prevent infections



When should we perform hand hygiene?

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Before touching a woman or newborn



- **BEFORE** shaking hands
- **BEFORE** examining a woman or their newborn
- **BEFORE** stroking a newborn's forehead
- **BEFORE** helping a woman move around, go to the toilet or wash themselves
- **BEFORE** applying an oxygen mask
- **BEFORE** performing physiotherapy
- **BEFORE** taking vital signs or performing an ECG

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Before a clean or aseptic procedure



- **BEFORE** taking blood or inserting a cannula
- **BEFORE** subcutaneous injection
- **BEFORE** inserting / removing a catheter
- **BEFORE** delivery of a newborn
- **BEFORE** opening a vascular access system
- **BEFORE** dressing / caring for wounds
- **BEFORE** food preparation
- **BEFORE** drug administration (oral or intravenous)
- **BEFORE** secretion aspiration

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After body fluid exposure risk



- **AFTER** cleaning up urine or faeces
- **AFTER** emptying a catheter bag
- **AFTER** handling soiled bed linen
- **AFTER** handling / cleaning a bedpan
- **AFTER** handling used medical instruments
- **AFTER** contact with a woman's liquor, blood or placental tissue
- **AFTER** handling waste (including used bandages, incontinence pads, napkins)

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After touching a woman or newborn



- **AFTER** shaking hands
- **AFTER** applying an oxygen mask
- **AFTER** performing physiotherapy
- **AFTER** stroking a newborn's forehead
- **AFTER** examining a woman or their newborn
- **AFTER** helping a woman move around, go to the toilet or wash themselves
- **AFTER** taking vital signs or performing an ECG

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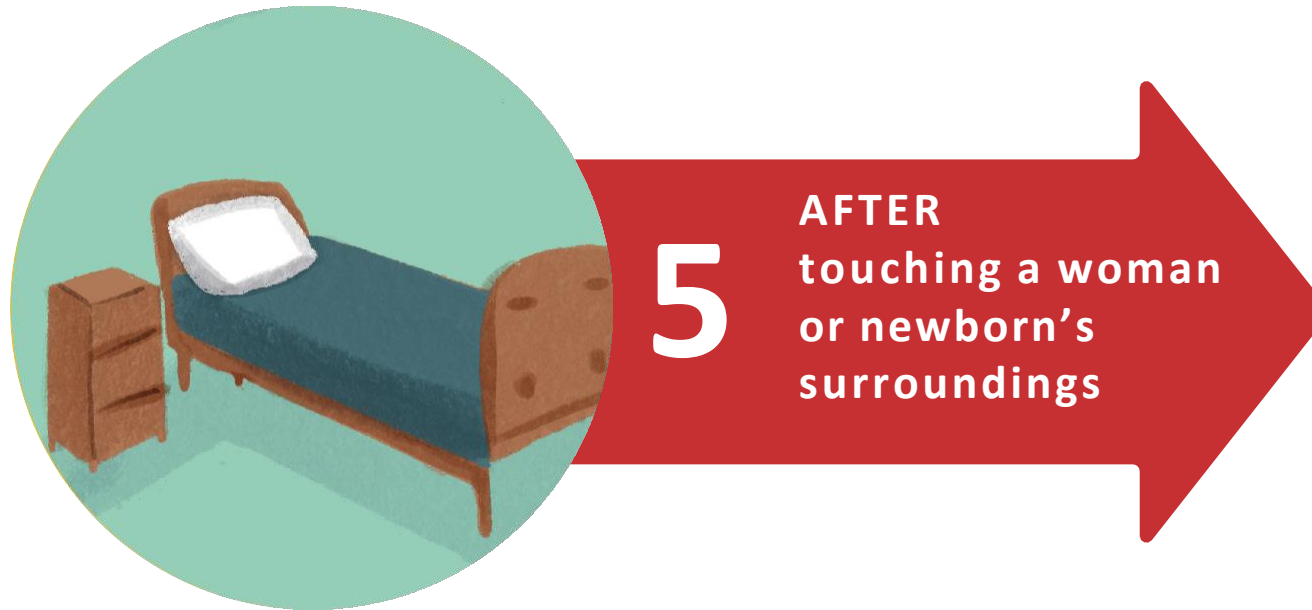
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After touching a woman or newborn's surroundings

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When should we perform hand hygiene?



- **AFTER** changing bed linen
- **AFTER** touching a monitoring alarm
- **AFTER** touching a bedrail, bed or side table
- **AFTER** disinfecting the clinical area between patients
- **AFTER** leaving the healthcare facility environment

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Reminders in the clinical workspace: posters

- The WHO has produced two posters, adapted for the maternity setting, to remind you of the 5 moments for hand hygiene
- These will be displayed in clinical areas
- Also remember to work together and remind colleagues to perform hand hygiene when necessary

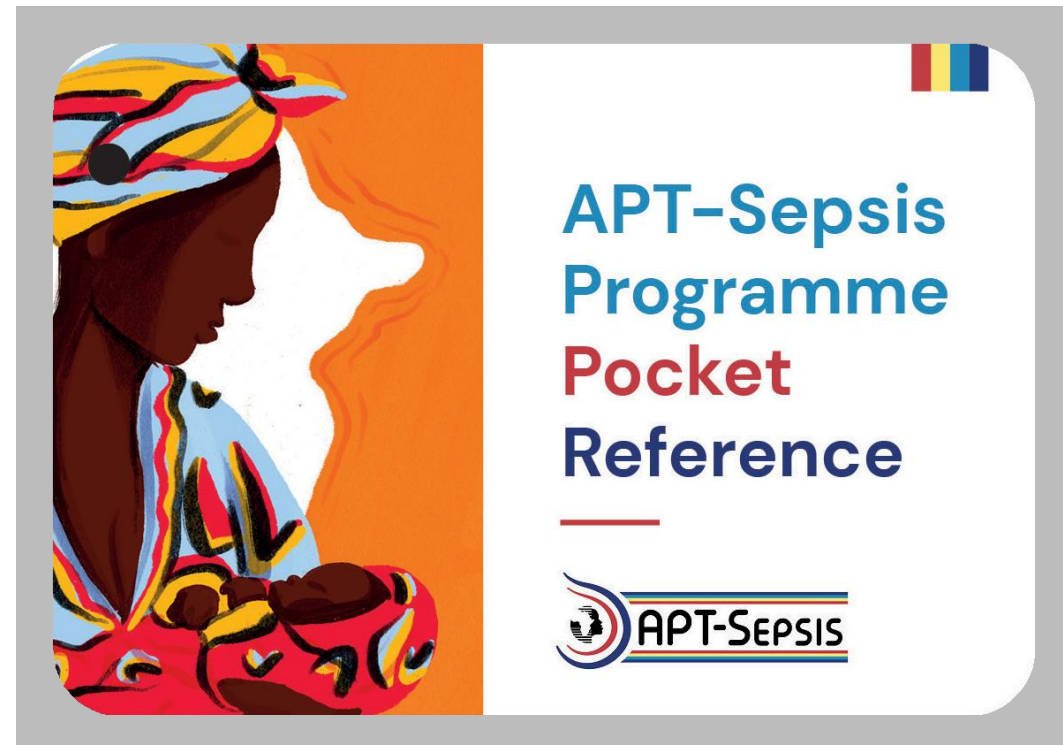


When should we perform hand hygiene?



Reminders in the clinical workspace: the APT-Sepsis Pocket Reference

- This resource contains the key learning messages needed to achieve hand hygiene at every moment, and also the key learning messages from the other modules of the APT-Sepsis Programme
- This tool is designed to fit in your pocket, or on a keychain / lanyard for quick and easy access in the clinical workspace



When should we perform hand hygiene?





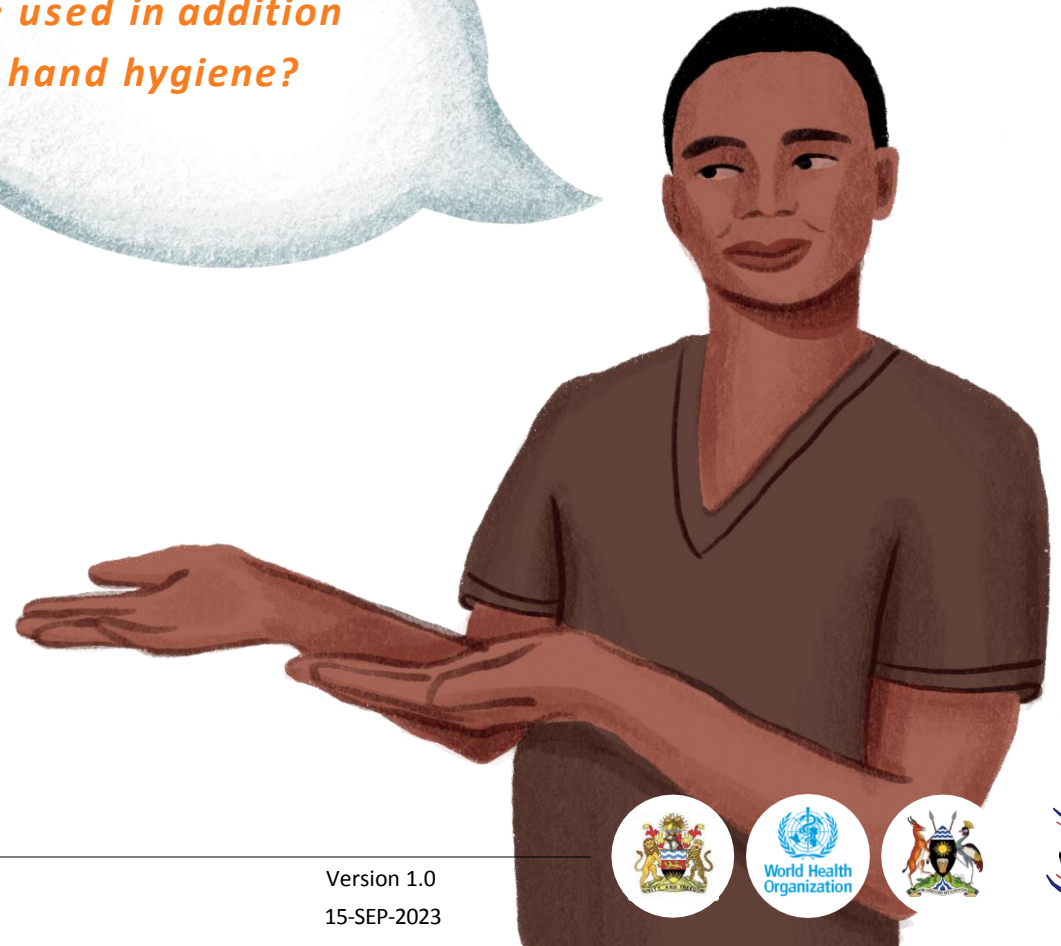
MODULE 1A: PART THREE

How to perform hand hygiene

Types of hand hygiene

- In general, simple hand hygiene can be performed by handwashing with soap and water or with alcohol-based handrub
- This type of hand hygiene is suitable for lots of interactions with women and their newborns, but sometimes disposable gloves also need to be worn

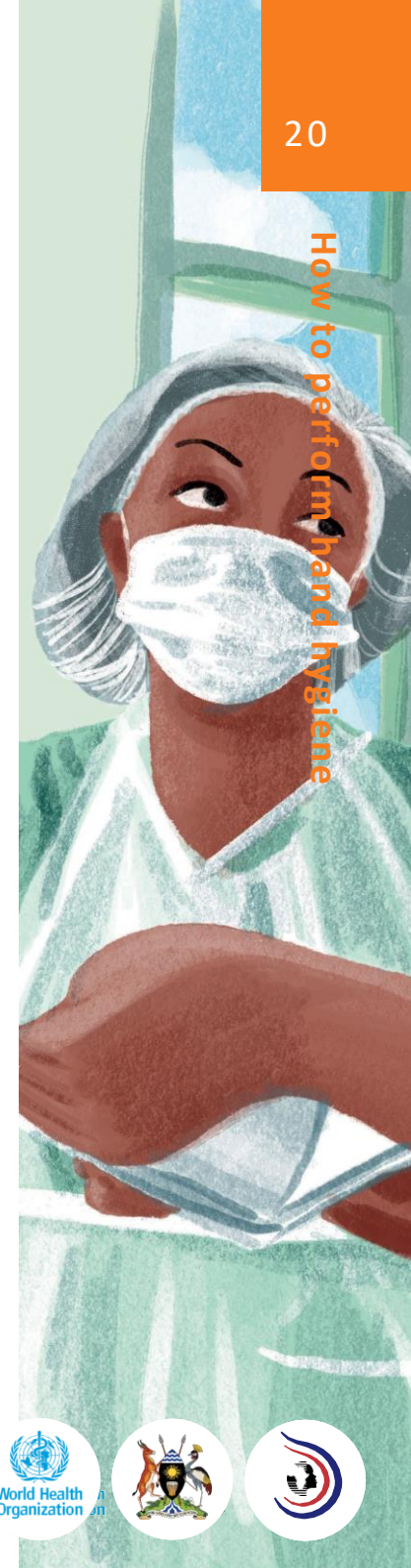
When do gloves need to be used in addition to hand hygiene?



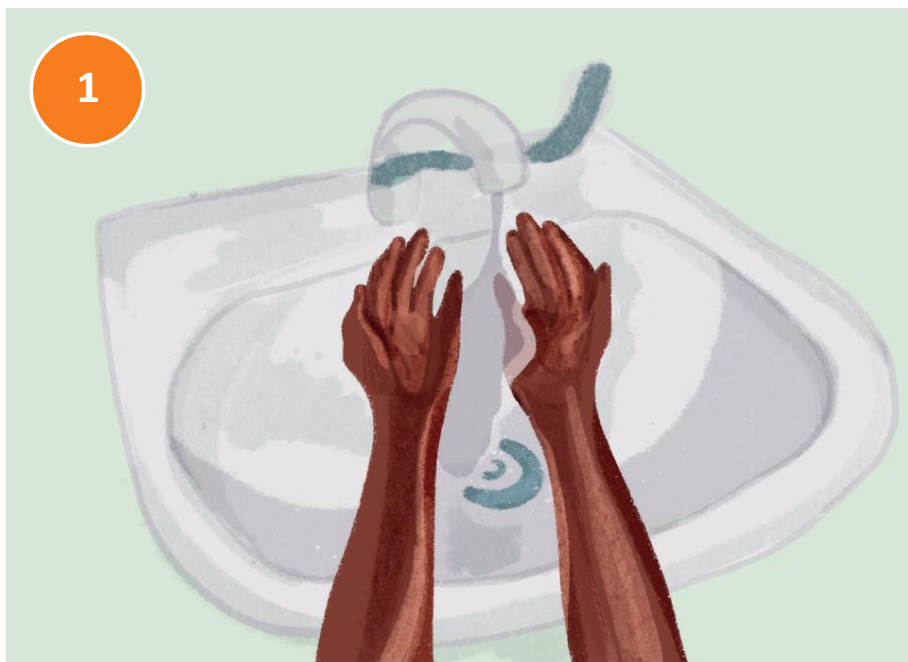


When to use disposable gloves in addition to handwashing or using handrub

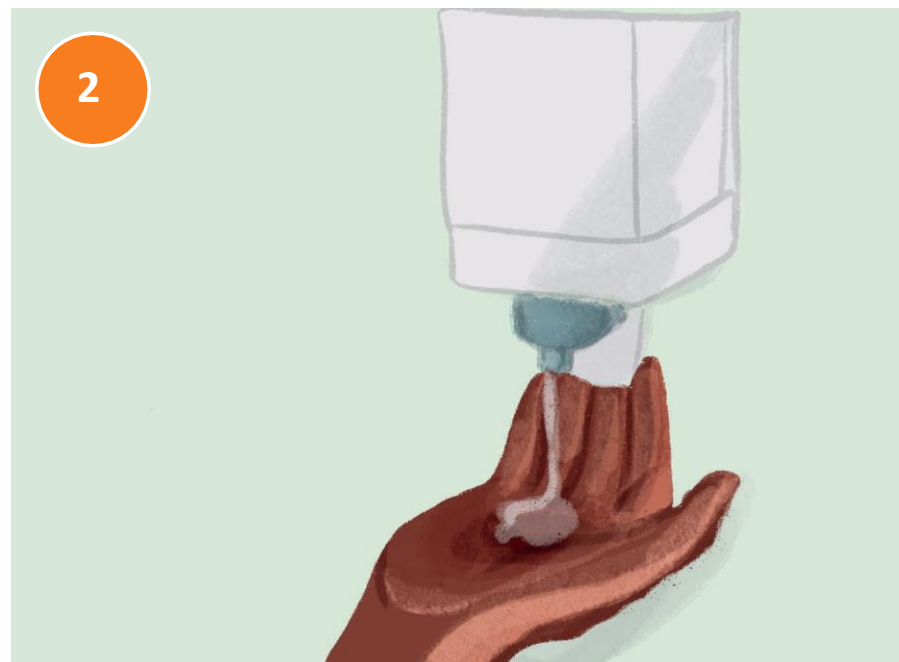
- As a general rule, any invasive procedure needs enhanced standards of hand hygiene: this includes using an aseptic non-touch technique and wearing disposable gloves
- Common invasive procedures include taking blood, inserting a cannula, inserting a catheter, and performing a digital vaginal examination
- If you perform procedures requiring an aseptic non-touch technique, you should have had specific training on how to perform the procedure safely. If you are concerned that you have not been taught this, please speak to one of your APT-Sepsis champions
- Some settings, such as theatre, need even higher standards of hygiene, including scrubbing and the use of sterile gloves and equipment



How to handwash using soap and water



The WHO has established several key motions that should be performed whilst handwashing, to make sure the hands are clean and safe



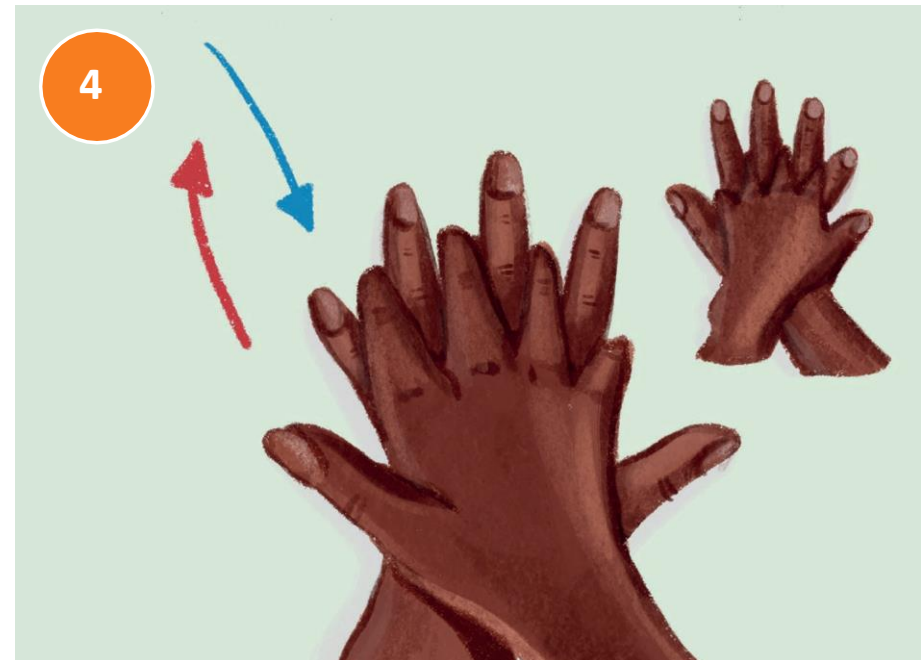
Before these motions, the first step is to wet the hands with clean water and apply soap, ideally liquid soap from a dispenser



How to handwash using soap and water



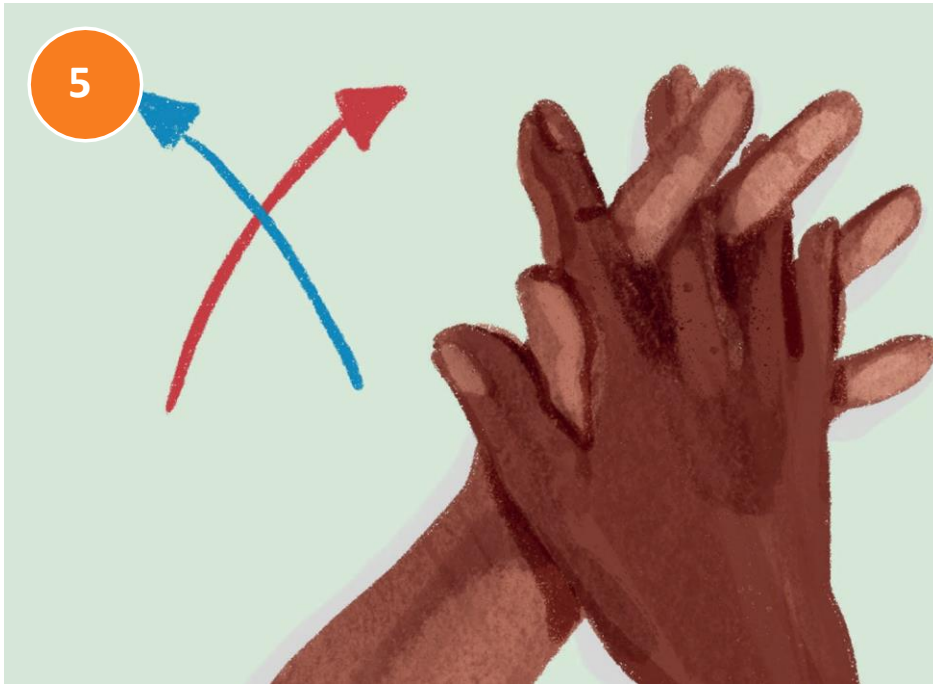
Then, rub your palms hand to hand



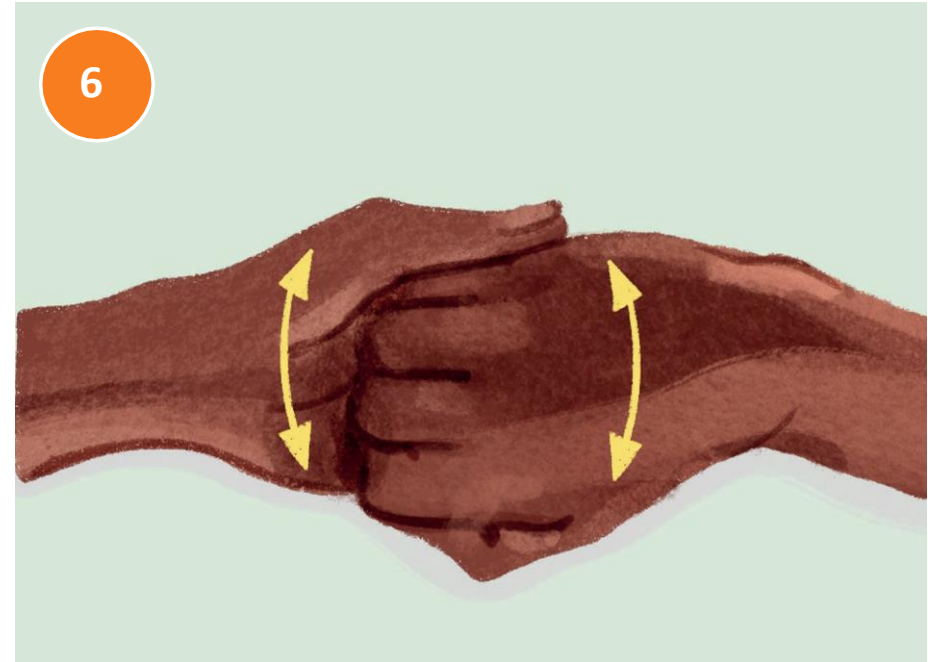
Rub your palm over the left dorsum with interlaced fingers and then repeat with the other hand



How to handwash using soap and water



Rub your hands palm to palm with your fingers interlaced



Curl your hands so that the back of your fingers are against your opposing palm with your fingers interlocked



How to handwash using soap and water



Rotationally rub your thumb, clasped in the opposite palm and then repeat with your other hand



Rotationally rub your fingertips, clockwise and anticlockwise with clasped fingers of one hand in the opposite palm and repeat with the opposite hand



How to handwash using soap and water



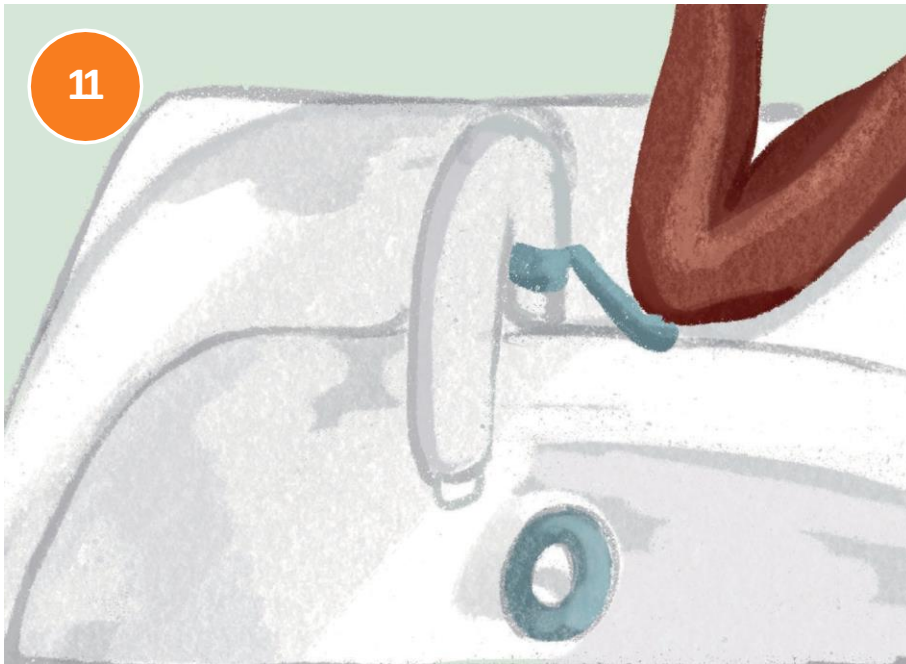
Rub each wrist with the opposite hand



Rinse off the soap with running water



How to handwash using soap and water



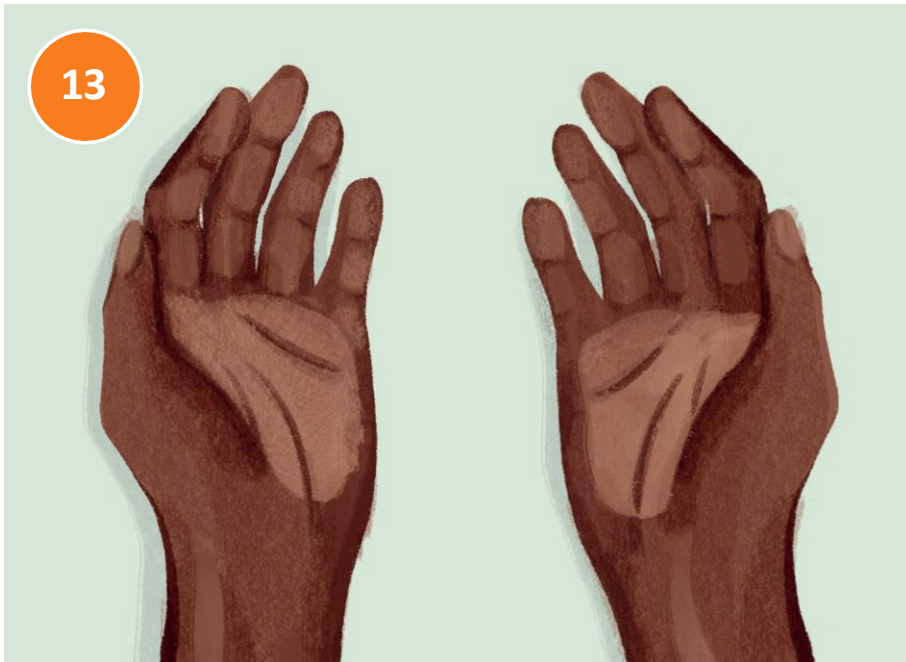
Turn off the tap, without using your hands if possible



Dry your hands using a disposable paper towel if available



How to handwash using soap and water



Your hands are now clean and safe



How to use handrub



Start by applying enough alcohol-based handrub to cover your palm, using a dispenser / container



Handrub should be available in all clinical settings, but can also be carried around upon your person in small containers

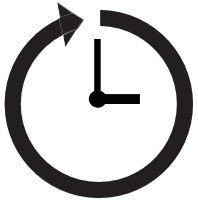
The same motions used for handwashing can then be used to complete hand hygiene using handrub

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How long should hand hygiene take?



Handwashing should take:
40-60 seconds

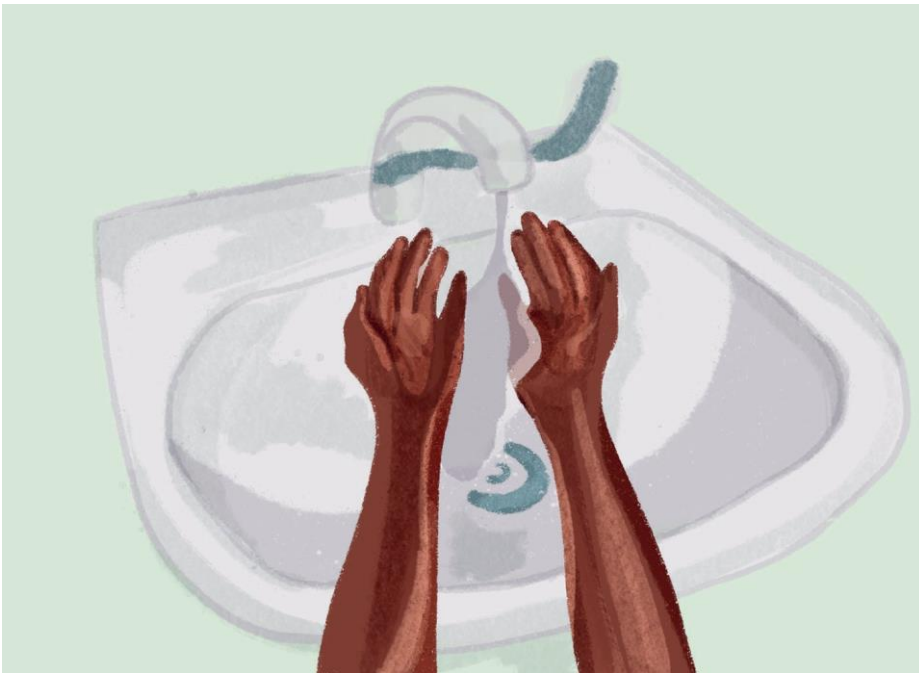
Using handrub should take:
20-30 seconds



When should you use handwashing instead of handrub?

- Using handrub is generally quicker and easier than hand is the washing with soap and water

- Handwashing should be used instead of handrub when:



- ✓ **Your hands are visibly soiled**
- ✓ **You are treating a woman or newborn with diarrhoea**
- ✓ **After your personal use of a toilet**

- **Alcohol rub should be used a maximum of 10 times then soap and water is needed**

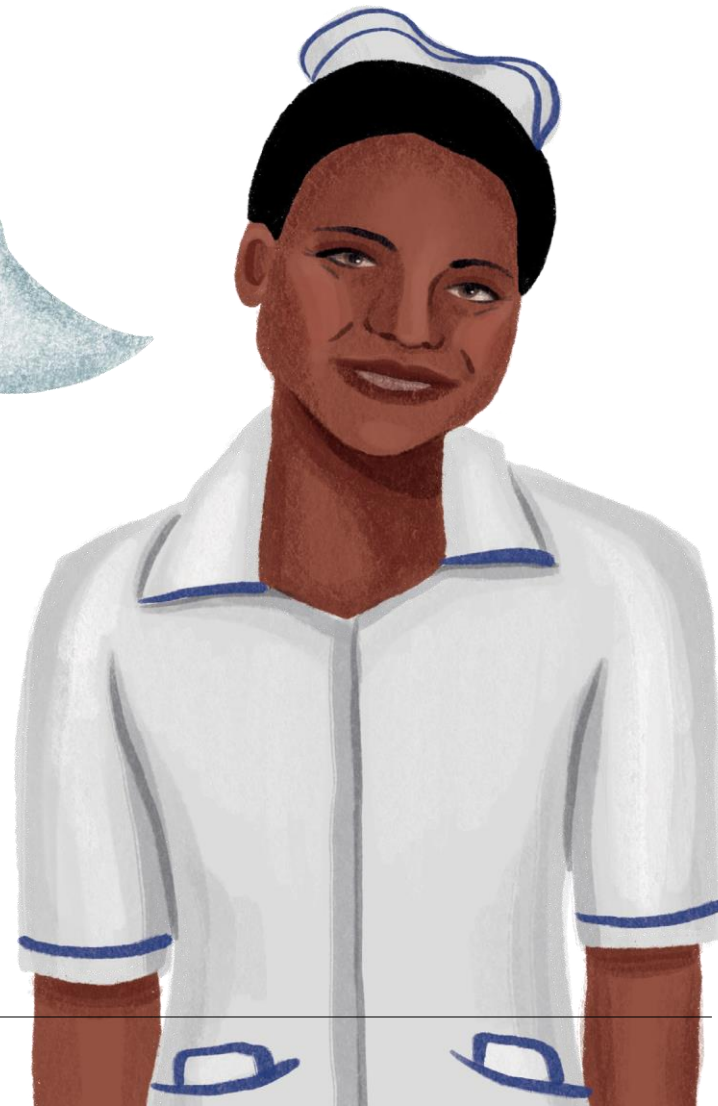
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We have now covered why, when and how to perform good hand hygiene



*Let's see what
we remember!*





Questions about APT-Sepsis?

Please contact your local central APT-Sepsis hub team if you have any questions or suggestions about the APT-Sepsis Programme

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