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HYGIENE AND HAND WASHING

INTRODUCTION

Medical hand hygiene refers to washing of hands before provision of any medical care to prevent or minimize the spread of microorganisms.



RATIONALE

Medical personnel routinely examine or handle patients and may be the cause for transfer of infection from themselves to the patient or from one patient to another. Hand washing, both before and after imparting medical care to the patient, ensures prevention of cross infection.

LEARNING OUTCOME

To enable the students to practice correct hand hygiene.

SKILL

Motor skill

LEARNING OBJECTIVES

At the end of session, all first-year medical students should be able to

- Explain the rationale of hand hygiene
- Demonstrate hand hygiene according to the check list

HAND HYGIENE STEPS

- Remove all jewelry (rings, watches, bracelets etc.)
- Roll up your sleeves
- Wet your hands with clean, running water
- Apply antibacterial soap/scrub
- Lather your hands by rubbing the palms to gather
- Rub the back of each hand
- Rub both hands while interlocking your fingers
- Rub back of your fingers
- Rub thumbs and wrists
- Continue this process for at least 20 seconds
- Rinse both hands well under clean running water
- Dry your hands using a clean towel or air dry them

HYGIENE AND HAND WASHING



I



II



III



IV



V



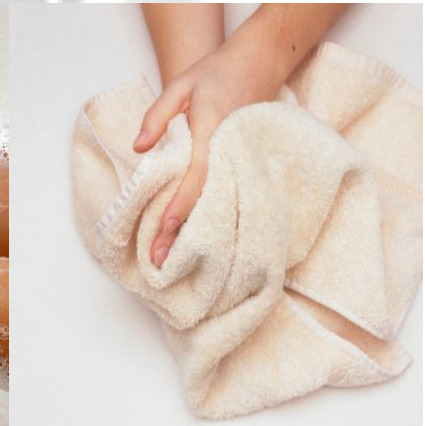
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VII



VIII



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