

Assessment of hand hygiene techniques

Hand hygiene is the most important to prevent the spread of infections associated with health care among patients tool. Wash hands using 5 moments recommended by the World Health Organization (WHO) with the patient now it seems a simple solution to prevent the spread of bacteria among patients. Most hospitals have policies hygiene in places that guide their employees to do just that.

Step 1

Wet hands and apply soap. Rub palms together until soap is bubbly.



Step 4

Rub your hands with the fingers together.



Step 2

Rub each palm over the back of the other hand.



Step 5

Rub around each of your thumbs.



Step 3

Rub between your fingers on each hand.



Step 6

Rub in circles on your palms. Then rinse and dry your hands



Six steps to effective hand hygiene.

The paper? title "Assessment of hand hygiene techniques using the World Health Organization's six steps: describes the results of a study conducted with the objective of evaluation the quality of hand hygiene. The monitoring of hand hygiene was conducted anonymously by nurses trained in data collection and according the six steps recommended by WHO (palm to palm, palm of the right hand over the left back and vice versa, palm to palm fingers interlaced, backs of the fingers of opposite hands, rubbing thumbs, fingertips). The department of infection control training provided

and develops a collection form the six steps to be controlled, HH (hand sanitizer or wash your hands) type and category's staff (nurses, doctors and assistants).

In this publication, 2497 HH opportunities were observed, which 63.0% were handrubs. The 42.2% of the observations were made by physician, 38.4% by nurses and 19.4% by auxiliaries. Hand rubs compliance was 100% in steps 1 and 2 for all categories. Nurses reach the highest compliance with steps 3 (99.7%), 5 (30.1%) and 6 (51.1%) when compared with medical and auxiliary. Generally, only the first three steps had good compliance, after that, the figures fall to 79.9% in step 4, 14.9% (step 5) and 36.6% (step 6). Similarly, for washing hands high compliance was achieved in all categories for the first three steps, with a drop of 70.6%, 30.3% and 40.9% in steps of 4, 5 and 6 respectively, with better compliance with nurses.

Our results have shown the failure of recommendations regarding the technique of hand hygiene by health professionals, which constitute a risk for infection of healthcare. The strategies that combine direct observation of the five times, according to the WHO recommendations, with the monitor of the six steps could be useful in identifying gaps in our practices, then educate the staff accordingly. In addition, we can get a more complete picture of the quality of HH. additional measures to be strengthened include staff training and feedback of information to those involved.

Villanueva Arias A

Infection Control Department, TCH Hamad Medical Corporation, Doha, Qatar

Publication

[Assessment of hand hygiene techniques using the World Health Organization's six steps.](#)

Villanueva Arias A, Garcell HG, Ochoa YR, Arias KF, Miranda FR.

J Infect Public Health. 2015 Dec 18