



## Background

- Hand hygiene is considered one of the most basic and essential techniques for protecting health care workers, patients, families and the community against spread of pathogens.
- Simply washing one's hands can significantly reduce the burden of contaminating another person, and is one of the least cost effective preventative measures for healthcare facilities.
- The method and technique of hand washing are significant in reducing one's hands of all spreadable microbial pathogens, which must be practiced by all healthcare associates to protect the community from deadly infections.

## Practice Change

Increase registered nurse's (RN) compliance of correct hand hygiene in the work place along with educating patients and family on increasing proper hand washing.

## Methods

- Test RN's ability on efficient hand washing with the glitter bug prior to additional education.
- Present educational flyers in the staff break room along with demonstration at staff huddle.
- Test RN's ability of hand hygiene post educational presentation using the glitter bug.

## Measures and Results

### Method of Proper Hand Hygiene

1. Wet your hands
2. Apply liquid soap
3. Lather and scrub hand thoroughly for at least 20 seconds
4. Rinse your hands for 10 seconds
5. Dry your hands well with disposable paper towels
6. Use a dry paper towel to turn off the faucet

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## Results

	Successful	Unsuccessful
Before	2	6
After	4	4
Percentage (%)	2/8	4/8
		50%

## Summary/Discussion

Our project conducted was a simple educational method to educate the RN's of Grant 6 Respiratory of EMMC on proper hand washing techniques, but requires additional teaching to help prevent the spread of pathogens.

- Efficient hand washing needs to be further encouraged to all health care workers to improve prevention of health care associated infections.
- Additional hand washing education and close monitoring of hand washing techniques to help establish problems that arise with proper hygiene.

Feedback from RN's on our proper hand hygiene project include:

- The glitter bug requires vigorous hand friction, scrubbing and rinsing that is not always allotted during the traditional working timeframe.
- Hand sanitizer is often utilized between direct patient care rather than the soap and water hand washing method.
- Most RN's felt the educational project valuable to their hand washing techniques, even though the outcome statistics were not ideally successful.
- RNs are eager and willing to implement a more conscious effort when performing hand hygiene, before and after patient care.

## Conclusion

Hand washing has been scientifically proven to greatly reduce the spread of microbial pathogens and education on the correct hand hygiene method must be continually encouraged for health care workers and all people in our community.

### References