

Why is Hand Hygiene Important?

Each year in Canada 8,000 to 12,000 patients die as a result of complications of healthcare associated infections.

Hand hygiene is the single most important way to reduce the risk of transmitting germs.

Frequent and proper hand washing is crucial in preventing healthcare associated infections. They are often referred to as "superbugs", including:

MRSA (*Methicillin Resistant Staphylococcus Aureus*)

VRE (*Vancomycin Resistant Enterococci*)

C.Diff (*Clostridium Difficile*)

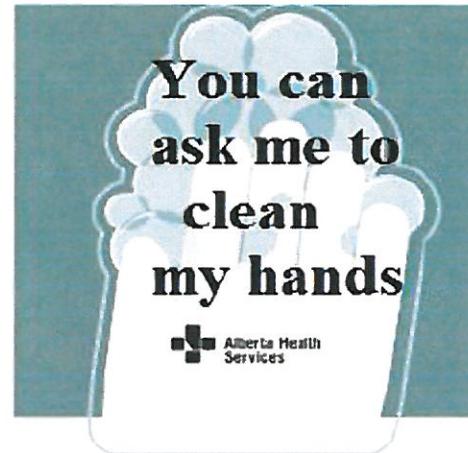
Please remember to **CLEAN YOUR HANDS!** And Remind us too!



The information presented in this pamphlet has been created by parents, for parents.

Having a loved one in the Stollery can be an overwhelming experience. We must remember that everyone in the hospital holds the health of our patients in their hands.

Please be considerate and diligent in keeping your hands clean.



(References: NHS National Patient Safety Agency <http://www.npsa.nhs.uk/cleanyourhands/> and Michigan State University adaptation of Taylor, L. J. (1978). An evaluation of hand washing techniques - 1. Nursing Times, 74, 54-55)

Created by:

The NICU Family Advisory Care Team

For further information on:

Stollery Family Centred Care Network and the NICU Family Advisory Care Team

<http://www.albertahealthservices.ca/5510.asp>



Health Link Alberta

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(Created June 2012, Adapted May 2014)



Washing Our Hands



We Do It For Them

WHAT YOU NEED TO KNOW

REMOVE YOUR JEWELRY

- Rings, watches, and bracelets
- There are many “nooks and crannies” for germs to hide in making them difficult to clean
- Keep your jewelry in a safe place while visiting the hospital

ROLLUP YOUR SLEEVES WHEN WASHING

- We often cough and sneeze into our sleeves and forearms
- Keep them clean too

PROPER NAIL CARE

- Keep nails short and avoid using synthetic nails while visiting the hospital
- Long finger nails (both natural and synthetic) are difficult to keep free of germs



REMEMBER!

- There is no 5 second rule.
- If something falls on the floor please leave it there.

WHEN TO WASH YOUR HANDS

EVERYTIME YOU VISIT THE STOLLERY

- This helps control the introduction of germs to patients
- Follow the instructions at the hand washing station or in this pamphlet

BEFORE VISITING PATIENTS

HAND SANITIZER

- A wipe down with hand sanitizer helps catch anything you may have missed
- Hand sanitizers are placed on each ward for your convenience
- If you are visiting for a while, repeated washing with soap can irritate your skin

AFTER USING YOUR PHONE OR CAMERA

- These devices come in contact with our hands and faces which exposes them to lots of germs
- It is important to wash after each and every use

AFTER YOU TOUCH YOUR FACE

- Your mouth, nose, and eyes harbour germs that may be harmful to patients even if you are not sick

HOW TO WASH YOUR HANDS

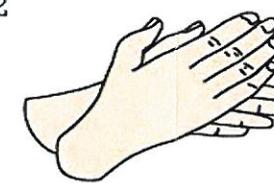
- Remove your jewelry
- Roll up your sleeves
- Wash for 30 seconds as shown

1



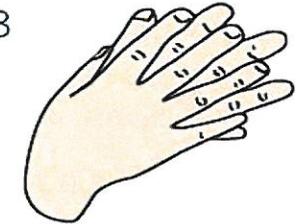
Wet hands under running water.

2



Apply soap and rub palms together to ensure complete coverage.

3



Spread the lather over the backs of the hands.

4



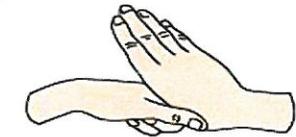
Make sure the soap gets in between the fingers.

5



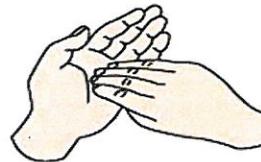
Grip the fingers on each hand.

6



Pay particular attention to the thumbs.

7



Press fingertips into the palm of each hand.

8



Rinse and dry thoroughly with a clean towel.

