

**General Hospital  
Infection Prevention and Control Policy Manual  
POLICY: HAND HYGIENE AND SURGICAL SCRUB**

**POLICY:**

It is the policy of General Hospital to minimize risk factors for transmission of infectious organisms from the hands of health care providers. Hand hygiene has been proven to reduce the numbers of potential pathogens on the hands and to reduce patient morbidity and mortality from healthcare associated infections.

**PROCEDURES:**

Hand hygiene should occur in the following situations:

- When hands are visibly dirty or contaminated.
- Following contact with a patient's intact skin.
- After contact with body fluids or excretions, mucous membranes, non-intact skin, or wound dressings.
- If moving from a contaminated body site to a clean body site during patient care.
- After contact with inanimate objects (including medical equipment) in the immediate vicinity of the patient.
- Before caring for patients with neutropenia or other form of severe immune suppression.
- Before donning sterile gloves when inserting a central intravascular catheter.
- Before donning gloves when performing surgical procedures.
- Before inserting indwelling urinary catheters or other invasive devices that do not require a surgical procedure.
- After removing gloves.
- Before eating and after using a restroom.

The efficacy of hand hygiene is influenced by the type of hand hygiene agent used, the duration and technique of the procedure, and the physical activity of drying the

hands. Recommendations for proper hand hygiene and use of hand hygiene agents are as follows:

### **Approved Hand Hygiene Agents**

(Insert information for the products used in your facility)

Bland soap containing no antimicrobial agents may be used in public restrooms and other non-patient care areas of the hospital. Hand hygiene agents with antimicrobial agents are used in patient care areas.

#### Handwashing Agents with Antimicrobial Ingredients:

- List product name(s) and antimicrobial properties

#### Alcohol-based Waterless Handrub Agents:

- List product name(s) and antimicrobial properties

Dispensing of hand care products

- Liquid products are packaged in closed, disposable containers.
- Dispensers are not refilled or topped off

### **Hand Hygiene Techniques**

#### Soap and Water

When visibly dirty or contaminated, hands are washed with soap and water using this technique: (Include information from manufacturer's recommendations for the products used at your facility).

- Wet hands with running water.
- Apply 3 to 5 ml of liquid or foam hand washing agent and thoroughly distribute over hands.
- Vigorously rub hands together for at least 15 seconds, generating friction on all surfaces of the hands and fingers, including thumbs, backs of fingers, backs of the hands, and beneath the fingernails.
- Rinse hands thoroughly under running water.

- Dry hands with paper towel.
- Use paper towel to turn off the faucet to avoid recontamination of the hands.

#### Alcohol-based Waterless Handrub Agents

When hands are visibly clean, they can be washed with soap and water as described above, or decontaminated with an alcohol-based waterless antiseptic agent using this technique: (Include information from manufacturer's recommendations for the products used at your facility).

- Apply a golf-ball sized amount of foam or 3 to 5 ml of liquid to the palm of one hand and rub hands together, covering the surfaces of hands and fingers, until hands are dry.
- If an adequate volume of an alcohol-based handrub is used, it should take 15 to 25 seconds for hands to dry.

### **Surgical Scrub Techniques**

Surgical scrub is performed prior to surgical and interventional procedures performed in areas such as the Operating Room, Cardiac Catheterization Lab and Interventional Radiology.

#### Soap and Water Surgical Scrub

In order to render the hands and arms surgically clean a prescribed anatomical scrub procedure is performed before each operation.

- Personnel with casts on hands or arms shall not scrub for a surgical procedure.
- Rings or jewelry are removed from hands and wrists.
- Each fingernail is cleaned with a nail cleaner prior to the surgical scrub.
- The surgical scrub includes hands and forearms up to the elbows.
- The duration of the surgical scrub is 5 minutes using antimicrobial soap.
- After the surgical scrub, hands are kept up and away from the body so that water runs from the tips of the fingers toward the elbows.
- Hands are dried with a sterile towel.

### Waterless Surgical Scrub

(List product name(s) and antimicrobial properties for products used in your facility)

For waterless scrubs, the following procedure is performed:

- Insert manufacturer's recommended procedure as practiced in your facility here.

### **Condition of Nails and Hands**

- Fingernails should be short (no longer than ¼ inch above the fingertip) and clean.
  - Direct care healthcare providers will not wear artificial nails or extenders.
  - Lotions are provided to prevent skin dryness. Employees are discouraged from using other lotions.
  - If employees are unable to tolerate hospital-approved products, they will contact Employee Health for appropriate alternatives.

### **REFERENCES:**

Centers for Disease Control and Prevention (1998). Guideline for prevention of surgical site infection, Federal Register, Vol. 63, No. 116.

Larsen, E.L. (1988). APIC guideline for use of topical antimicrobial agents. American Journal of Infection Control, , 16(6), 253-266.

Association of Operating Room Nurses, 2004 Standards, Recommended Practices, and Guidelines. Surgical Attire.

HICPAC (2002), Guideline for Hand Hygiene in Health-Care Settings, Morbidity and Mortality Weekly Report, Oct 25, 2002/Vol.51/No. RR-16 pp 1-45.

**General Hospital  
Infection Prevention and Control Manual  
Form: Hand Hygiene Surveillance**

Area being surveyed \_\_\_\_\_

Survey date \_\_\_\_\_ Survey times \_\_\_\_\_

Surveyor(s) \_\_\_\_\_

<b>Discipline</b> (circle category and describe)	<b>HH performed when leaving room?</b>	<b>Soap and Water?</b>	<b>Alcohol Handrub?</b>
Medical Staff: _____ Nursing Staff: _____ Other: _____	<b>Y N</b>	<b>Y N</b>	<b>Y N</b>
Medical Staff: _____ Nursing Staff: _____ Other: _____	<b>Y N</b>	<b>Y N</b>	<b>Y N</b>
Medical Staff: _____ Nursing Staff: _____ Other: _____	<b>Y N</b>	<b>Y N</b>	<b>Y N</b>
Medical Staff: _____ Nursing Staff: _____ Other: _____	<b>Y N</b>	<b>Y N</b>	<b>Y N</b>
Medical Staff: _____ Nursing Staff: _____ Other: _____	<b>Y N</b>	<b>Y N</b>	<b>Y N</b>
Medical Staff: _____ Nursing Staff: _____ Other: _____	<b>Y N</b>	<b>Y N</b>	<b>Y N</b>

General Hospital  
New Employee Artificial Fingernails Acknowledgement Form

It is the policy of General Hospital that employees who provide direct care to patients are not to wear artificial fingernails and/or artificial fingernail devices of any kind.

Artificial fingernails have been shown to contribute to healthcare associated infections. This policy is based on recommendations from the Centers for Disease Control and Prevention.

If this policy is breached, disciplinary action will occur.

As an employee of General Hospital, I agree to abide by this policy.

Employee signature \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

Reference:  
HICPAC (2002), Guideline for Hand Hygiene in Health-Care Settings, Morbidity and Mortality Weekly Report, Oct 25, 2002/Vol.51/No. RR-16 pp 1-45.