



*Personal Safety RACE: Fire Response Disasters  
Patient Safety Workplace Injuries Back Safety  
HIPAA Human Resources Corporate Compliance  
Process Improvement Workplace Hazards  
Abuse/Suspected Abuse Homeland Defense  
Workplace Violence Values Patient Rights*

**A QUICK UPDATE ON SAFETY, QUALITY OR RISK MANAGEMENT FOR COVENANT HEALTHCARE EMPLOYEES**

January 10, 2017

## Hand Hygiene Update

### **New Hand Hygiene Recommendation from the CDC:**

The CDC has changed the recommended time for hand hygiene with soap and water from 15 seconds to 20 seconds! This means you will need to scrub your hands for **at least 20 seconds**. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

### **FOR REVIEW**

**Hand Hygiene is the single most important measure for preventing the spread of infection.**

**Covenant is a wash in / wash out facility.**

Employees will use proper Hand Hygiene:

1. Upon entering and exiting any patient room.
2. Before and after contact with a patient’s intact skin (e.g., performing exam, lifting patient).
3. After any contact with environmental surfaces in the immediate vicinity of patients.
4. After performing personal bodily functions (using the bathroom, blowing nose, etc.).
5. After glove removal.

**Procedure: Process:** Alcohol-based hand rub:

1. Apply product to palm of one-hand and rub hands together.
2. Rub to cover all surfaces of hands and fingers until dry.
  - If hands are visibly soiled, you must use the soap and water method.
  - Soap and water method must be used for any possible contact with c.difficile (patient and environment).

**Process:** Soap and water method of hand hygiene:

1. Hand hygiene is done with an approved soap and warm running water.
2. All skin surfaces up to the wrists are included.
3. Hand hygiene is done for a **minimum of 20 seconds**.
4. Hands are thoroughly rinsed under running water.
5. Hands are dried with a paper towel.
6. A towel is used to turn off faucets.

