



Minneola Health Care Patient's Hand Hygiene Education

We need your help! In the Healthcare setting, everyone is responsible for working together to decrease the risk of infection, from healthcare workers to visitors and patient's themselves. In addition, patients and visitors need to be informed of their responsibility and role in the process of preventing healthcare-associated infections, which is to clean their own hands frequently and remind healthcare workers about hand hygiene compliance. Human hands are the No. 1 transmitter of healthcare-associated infections (HAIs), and effective hand hygiene is the best way to prevent infections from spreading. In a recent study which cultured patients' hands after being hospitalized for at least 48 hours on medical-surgical units, 39 percent of patients hands cultured positive for *Clostridium difficile*, vancomycin-resistant *Enterococcus* and methicillin-resistant *Staphylococcus aureus* (all very common hospital acquired infections). ¹

We would like to empower our patients and family to take an active role in preventing the spread of infection. It is okay to ask all staff to use proper hand hygiene (washing with soap and water or using the hand sanitizer before and after any patient contact.) It is equally important that the patients themselves participate in hand hygiene. Patient's should perform good hand hygiene before every meal, after using the restroom or any activity in which your hands may become contaminated. We have provided hand sanitizer in your welcome packet along with a "How To" guide on how to properly use and apply the hand sanitizer. If you use soap and water the steps are the same except to rinse and dry hands. (See other side) If you or your family are unable to complete this task, please ask staff to assist with this.

*If there are any questions or concerns please feel free to reach out to any MHC staff and we would be happy to assist you.

¹ Statistic from Infections Control Today Website

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED



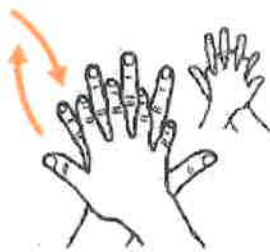
Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa:



Palm to palm with fingers interlaced;



**Backs of fingers to opposing palms
with fingers interlocked:**



Rotational rubbing of left thumb clasped in right palm and vice versa:



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health Organization

Patient Safety

SAVE LIVES

Clean Your Hands