HAND WASHING BASICS
Script for in-service

1. Hand Washing
   a. Breaks the chain of infection transmission. Appropriate hand washing minimizes microorganisms acquired by contact with infected surfaces.
   b. Healthcare workers and patients must practice effective hand washing.
   c. Compliance with hand washing is frequently sub-optimal:
      i. Lack of equipment
      ii. Low staffing ratios
      iii. Allergies to hand washing products
      iv. Insufficient knowledge about risks posed by not washing hands
      v. Time required
      vi. Casual attitude by staff towards hand washing

2. Dangers of not washing your hands
   a. Germ accumulation on hands
   b. Transmitted by touching to self and patients

3. Cause and effect
   a. Health care workers and patients are exposed to many micro-organisms during the day
   b. Risk increased when health care workers and patients wear artificial fingernails
      i. Chipped nail polish supports the growth of larger numbers of organisms on fingernails
      ii. Individuals with artificial nails harbor more organisms on fingertips before and after hand washing

4. Contact transmission
   a. Touch is the most common mode of transmission
   b. Washing hands breaks this cycle of staff -> patient -> family -> staff

5. Prevention and Notes
   a. Minimally wash hands and wrists for 10 to 15 seconds with soap and water
   b. Alcohol hand rubs are appropriate for rapid hand cleaning in between patients but are not a substitute for washing hands, especially if heavily soiled.
   c. Alcohol hand rubs must contain 65 to 70% alcohol to be effective

6. Soaps
   a. Regular or anti microbial work well
   b. If bar soaps sit in a pool of water they can grow pseudomonas
   c. When a dispenser of liquid soap is empty it must be thrown out and not refilled

7. Hand washing
   a. Requires running water
   b. Utilization of soap or waterless cleaner
   c. Disposable paper towels: common towels facilitate transmission of infection
8. When to wash hands
9. How to wash hands
10. Steps in proper hand washing
11. Notes to remember
12. Problems