

Policy Title: Hand washing		
Department/Unite: Nursing Unit.	Policy Number: UOJ-MSA-NR-P/08	Replaces No:
Creation Date: 10/12/2022	Effective Date:	Review Date:

Revision History

Subject	Changes made	Done by	Revision date

1. **CONDITIONS:** 1.1 All Staff of Nursing Unit.
2. **PURPOSE:** 2.1 To clarify the guidelines for effective hand washing in order to prevent the transmission of infections among staff and patients.
2.2 To minimize the risk of cross infection between staff and patients.
3. **DEFINITIONS:** N/A
4. **Related Documents:** N/A
5. **POLICY:** 5.1 hand washing is needed before handle patients , in-between patients, procedure and after the end of the procedures.
6. **PROCEDURES:** 6.1 All staff will perform the task of sterilization and hand washing before starting work and contacting the patient.
6.2 Sterilization and hand washing must be Before and after patient contact, Before and after toileting, before donning and after removing gloves, after body fluid exposure risk, after touching each patient and patient environment.
6.3 Wash hand compulsorily using vertical strokes Repeat the same technique frequently.
6.4 Anatomic counted friction method. count 10 to 15 frictions to each area:
6.4.1 Palm to palm with finger interlaced. Moving hands back and forth.
6.4.2 Palm over dorsum with finger interlaced and vice versa. Moving hands back and forth.
6.4.3 Grasp finger and rubbing in circular motion, for each finger and starting from thumbs and vice versa.
6.4.4 Thumb to thumb and all fingers over knuckles and vice versa.
6.4.5 Circular rubbing of clasped finger on palm and vice versa.
6.5 Hand hygiene using alcohol based hand rub or gel:
6.5.1 Apply a palm full of a product in a cupped hand, covering all surfaces.

6.5.2 Rub hands palm to palm.

6.5.3 Right palm over left dorsum with interlaced fingers and vice versa.

6.5.4 Palm to palm with fingers interlaced.

6.5.5 Back of fingers to opposing palms with fingers interlocked.

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

6.5.7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa for 20 – 30 seconds.

6.5.8 Adhere with the Five Moments of Hand Hygiene at all times.

7. **RESPONSIBILITIES** 7.1 All staff of Nursing Unit.

8. **Appendix:** 8.1 N/A

9. **REFERRANCES:** 9.1 Ministry of Health Manual for Nursing Unit.

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