



Oxford Health
NHS Foundation Trust



Infection Prevention and Control

Hand Hygiene

Information for patients and visitors

Contents

| | |
|---|----|
| Effective hand hygiene | 3 |
| How patients and visitors can help prevent the spread of infections | 4 |
| Patients: | 4 |
| Visitors: | 4 |
| Remember it's OK to ask! | 5 |
| How should you clean your hands? | 6 |
| Washing your hands with soap and water: | 6 |
| Cleaning your hands by using alcohol hand rub: | 6 |
| Hand hygiene technique | 7 |
| Accessibility | 12 |
| Get in touch | 12 |
| Feedback | 12 |

Effective hand hygiene

We are committed to reducing the risk of infection by ensuring that we have the right resources to perform hand hygiene at the right moment.

Hand hygiene training and monitoring processes are also in place to support the staff.

Hand hygiene is the most important method of preventing and controlling the spread of infections.

There are two main ways to clean your hands: either washing them with soap and water or using alcohol hand rub.

If staff, visitors and patients all ensure their hands are cleaned at the right moment, the risk of spreading and acquiring infection can be reduced.

How patients and visitors can help prevent the spread of infections

Patients:

- Always clean your hands after using commode, bathroom or toilet facilities.
- Before eating.
- After coughing or sneezing into the hands, or when your hands are visibly dirty.

Hand wipes may also be useful to clean your hands. Remember to clean in between your fingers, thumbs, fingertips and backs of hands.

Visitors:

Protect yourself and patients in clinics, health centres or hospitals by cleaning your hands by using either, soap and water or alcohol hand rub:

- when arriving at the clinic area you are visiting. There are dispensers with alcohol hand rub at the entrance to all clinical areas.
- before helping a patient with their meal.

- after using the toilet or helping a patient use the toilet/commode.
- when leaving the clinical area that you are visiting.

Remember it's OK to ask!

If you are concerned about hygiene, don't be afraid to ask the doctor or nurse treating you if they have cleaned their hands. Remember it's OK to ask!

Healthcare professionals should clean their hands before and after providing care.

Please remind staff to clean their hands if you think they have forgotten.

They are trained in the importance of hand hygiene and will not mind being asked.

If you feel uncomfortable asking the staff member, please speak to one of the team providing your care.

How should you clean your hands?

There are two ways to clean your hands and there are posters around clinical areas which will help you:

Washing your hands with soap and water:

- Wet hands under running water and apply liquid soap
- Rub hands together, ensuring all areas are
- Dry hands thoroughly using a disposable paper towel.
- Dispose of used paper towel in appropriate waste bin.

Soap and water must be used if there are symptoms of diarrhoea and vomiting on the ward or your hands are visibly dirty.

Cleaning your hands by using alcohol hand rub:

- Apply alcohol hand rub to dry hands.
- Rub hands together, ensuring all areas are covered.
- Allow to dry on your hands.

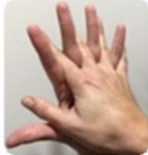
Hand hygiene technique



Rub hands palm to palm.



Rub back of each hand with the palm of other hand with fingers interlaced.



Rub palm to palm with fingers interlaced.



Rub with backs of fingers to opposing palms with fingers interlaced.



Rub each thumb clasped in opposite hand using rotation movement.



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand.

Infection prevention and control is everyone's responsibility. Patients and visitors all have an important role to play in preventing the spread of healthcare associated infections.

Thank you for taking the time to read this leaflet. We hope that you have found it useful. If you would like more information, please ask the nurse caring for you or the clinical lead.

If you require further advice or information, please contact the hospital's Infection Prevention and Control Team or a member of the clinical area (ward/outpatient area).

Further information can be found at:

How to wash your hands - NHS (www.nhs.uk)

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

Become a member of our foundation trust: www.ohftnhs.uk/membership

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: www.oxfordhealth.charity