**NI Maternity Nursing Course**

**Clinical Skills Procedure**

**Procedure and Rubric: Hand Hygiene (Soap and Water)**

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**

**Duration of the entire procedure: 40-60 seconds**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Step** | **Procedure** | **Yes** | **No** | **Remarks** |
| 1.  | Wet hands with tap water |  |  |  |
| 2.  | Apply enough soap so that it covers all the surface of the hands |  |  |  |
| 3.  | Rub Palm to Palm |  |  |  |
| 4.  | Rub right palm over left dorsum with interlaced fingers and vice versa |  |  |  |
| 5.  | Rub palm to palm with fingers interlaced |  |  |  |
| 6.  | Rub backs of fingers to opposing palms with fingers interlocked; |  |  |  |
| 7.  | Apply rotational rubbing of left thumb clasped in right palm and vice versa |  |  |  |
| 8.  | Apply rotational rubbing, backward and forwards with clasped fingers of the right hand in left palm and vice versa |  |  |  |
| 8.  | Rinse hands with water under running water with hands pointed down |  |  |  |
| 9.  | Dry hands thoroughly with a paper towel |  |  |  |
| 10.  | Use a towel to turn off the faucet |  |  |  |

**Procedure and Rubric: Hand Hygiene (Alcohol Based hand rub)**

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**Duration of the entire procedure: 20-30 seconds**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Step | Procedure | Yes | No | Remarks |
|  | 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, backward and forwards with clasped fingers of the right hand in left palm and vice versa; |  |  |  |
|  | Once dry, your hands are safe to start any procedure |  |  |  |

**Five Moments of Hand Hygiene**

1. **Before Touching A Patient,**
2. **Before Clean/Aseptic Procedures,**
3. **After Body Fluid Exposure/Risk,**
4. **After Touching A Patient, And**
5. **After Touching Patient Surroundings.**

**References:**

World Health Organization (2009). Hand Hygiene: Why, How & When? Retrieved on 26th of November, 2020 from [**https://docs.google.com/document/d/1tYttPPxcrff4Y-KxU6TKyKgzIT0i97jLjiUkXApa24w/edit**](https://docs.google.com/document/d/1tYttPPxcrff4Y-KxU6TKyKgzIT0i97jLjiUkXApa24w/edit)