

INFECTION PREVENTION AND CONTROL



Handwashing is the most effective way to prevent infection.



When to perform hand hygiene

Before entering or exiting a room

Before and after any procedure



After body fluid exposure

Before and after touching a client

Handwashing procedure

Soap

Warm running water

Paper towels



1. Remove jewelry.
2. Adjust water temperature.
3. Wet hands.
4. Apply soap.
5. Rub hands together vigorously for 20 seconds.

6. Rinse hands angled downward.
7. Use a paper towel to dry hands and wrist.
8. Use paper towel to turn off faucet.

When to use hand sanitizer instead of handwashing

- When hands are not visibly soiled
- Before entering or exiting a room
- Hand sanitizers are less effective against certain pathogens (norovirus, *Cryptosporidium*, *Clostridium difficile*).
- Always wash hands when caring for clients with infectious diarrhea.

Use a personal moisturizer or lotion to prevent dry skin. Cracked skin increases risk of infection.

Hand sanitizer procedure



1. Apply hand sanitizer with at least 60% alcohol to one hand.
2. Rub hands together vigorously to cover all surfaces.
3. Rub hands together until sanitizer dries (~30 seconds).

Insertion sites

- Perform hand hygiene before and after insertion site



Surgical sites

- Use antiseptic skin

Nurses Guide To Infection Control Practice

Puja Mehta



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