

AAHC 5 Moments of Hand Hygiene



Indiana University Health

5 Reasons Why Hand Hygiene Matters!

1

Hands are the **main pathways** of germ transmission.
(WHO, 2017)

5

Clean hands are the single most important factor in **preventing** the spread of pathogens in healthcare settings.
(cdc.gov)



2

Thousands **DIE every day** from infections acquired while receiving health care.
(WHO, 2017)

4

Hands can become contaminated by performing “**clean procedures**” or touching intact skin of hospitalized patients (cdc.gov)

3

Consistent hand hygiene rates above 90% have shown up to a **89% decrease** in healthcare-acquired infections. (Infection Control Today, April 2011, Hand Hygiene System Helped Hospital Reduce Infections by 89 Percent)

Moment #1 – Upon ENTRY into the patient zone/room, before touching the patient



How is moment #1 completed?

- When *crossing the threshold* into a patient's room either to deliver an item the patient requested or supplies to another caregiver inside the room

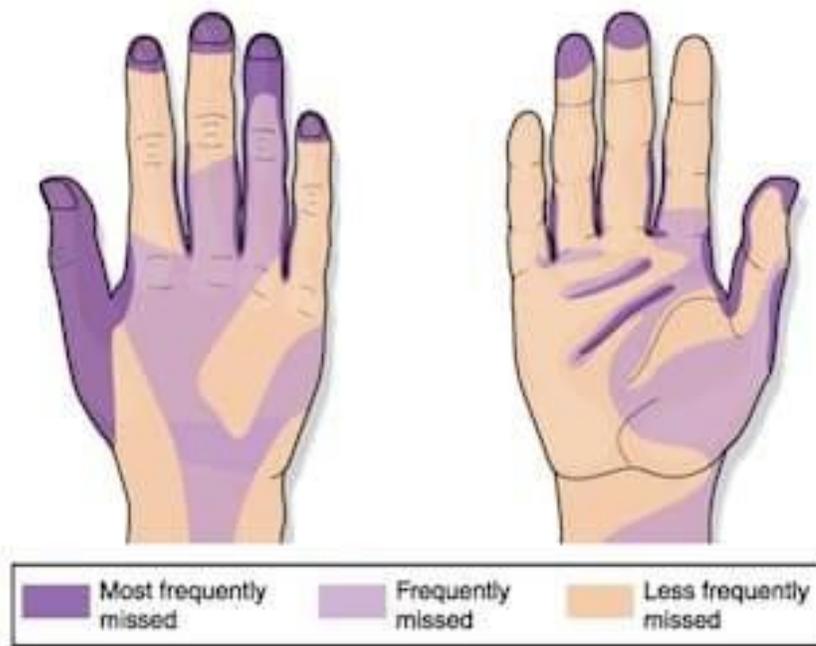
Why is moment #1 important?

- Allows patients to see healthcare worker washing hands, which shows patient safety is important
- Bacteria that colonize patients can be transmitted from one patient to another by the hands of healthcare workers

What does moment #1 look like? Example:

- ALWAYS performing hand hygiene when entering a patients room or before touching the patient **OR**
- When caring for multiple patients in a semi-private room
 - Perform hand hygiene when leaving one patients area/zone and moving to the other patient's area/zone
 - You should ALWAYS perform hand hygiene prior to touching another patient in a shared space

Moment #2 – Before clean or aseptic procedure



How is moment #2 completed?

- Once hand hygiene has been done, nothing else in the patient's environment should be touched prior to touching the patient or starting a procedure.

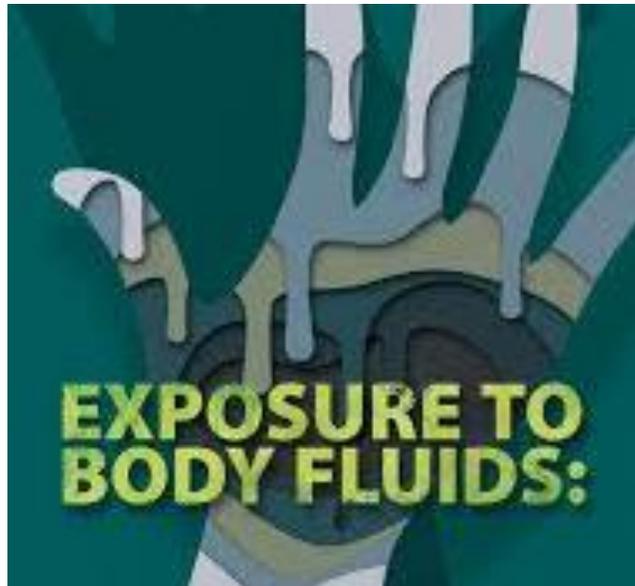
Why is moment #2 important?

- Health care workers generally touch another surface within the patient zone before contact with a clean site. Moment #2 is to protect the patient from all germs including their own from entering their body during contact or a procedure.

What does moment #2 look like? Example:

- You are entering your patients room to place a peripheral IV. After doing hand hygiene on room entry and opening the supplies needed you would perform hand hygiene immediately before donning gloves to perform the procedure.

Moment #3 – After body fluid exposure



How is moment #3 completed?

- Performing hand hygiene immediately after an exposure risk to body fluids regardless of whether or not you had gloves on during the exposure.

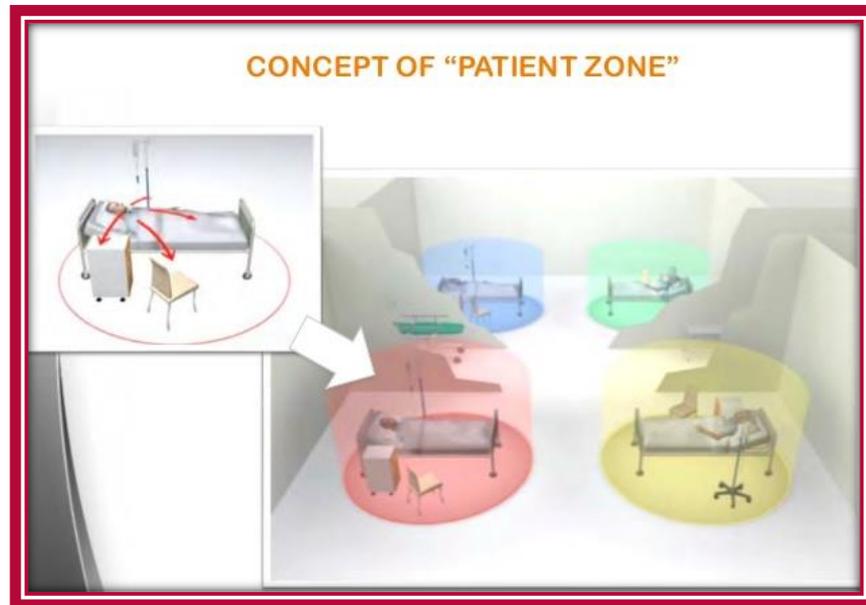
Why is moment #3 important?

- The main purpose of hand hygiene is to cleanse the hands of pathogens like bacteria or viruses that can cause harm or disease.

What does moment #3 look like? Example:

- After emptying your patient's Foley bag with gloves donned, you dispose of the urine then immediately remove your gloves before touching anything else and then follow by performing hand hygiene.

Moment #4 – Upon EXIT from the patient zone



How is moment #4 completed?

- Perform hand hygiene after touching the patient and ANY time you leave the patient zone regardless of whether gloves were donned or not.

Why is moment #4 important?

- Microbes picked up on bedrails and patient bedside tables can survive on health care workers hands for hours if not cleaned properly, which makes hands the ultimate vehicle to spread germs.

What does moment #4 look like? Example:

- You are helping the patient get set up for their meal, adjusting their bedside tray and then need to go to the nurse-server cart to obtain a medication that needs to be started.

Moment #5 – Upon EXITING the patient’s room



How is moment #5 completed?

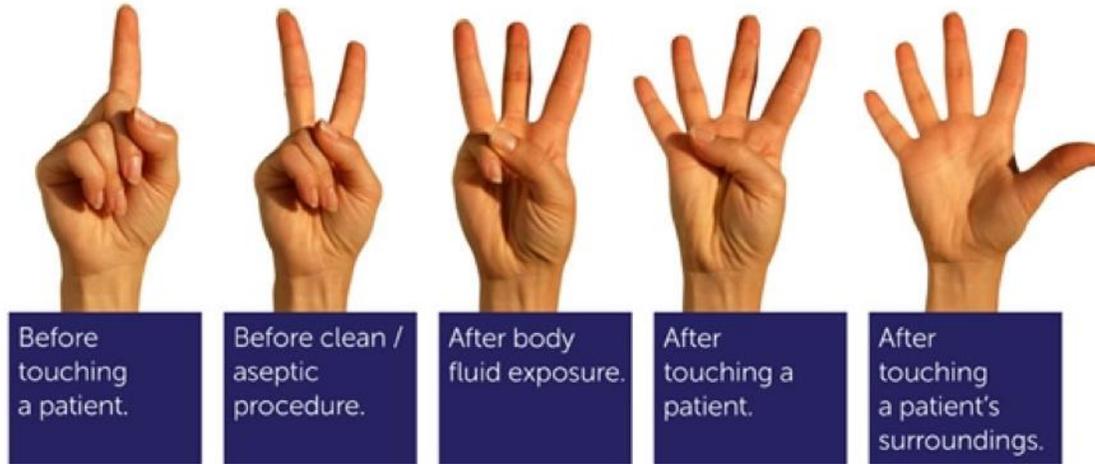
- Regardless if contact with the patient or environment occurred, you should perform hand hygiene when exiting the room.

Why is moment #5 important?

- Despite our best intentions we will often touch *something* inside the patient’s zone/room.
- It allows patients and other health care workers to see our commitment to hand hygiene and patient safety.

What does moment #5 look like? Example:

- When you step into the patient room to give them discharge instructions and then exit the room, you should perform hand hygiene.



The five moments of hand hygiene are the critical moments when healthcare workers must clean their hands when caring for patients. Please take a moment to wash your hands as often as needed – it saves lives.