

Hand Hygiene – Advice for patients and their visitors

Hand washing is the most important method of preventing and controlling infection.

Organisms (germs) live on our skin and do not cause any problems. The skin acts as a barrier, it is only when the skin is broken that germs can enter the body and may cause an infection.

Patients, staff and visitors can reduce the spread of infection by good hand hygiene.

Our staff take hand hygiene seriously but sometimes they may forget to clean their hands as often as they should. So, if you are worried that they have forgotten it is OK to remind them.

We welcome your help in keeping you safe.

When should I wash my hands with soap and water?

- Before eating.
- Before preparing food for others or assisting them to eat. After using the toilet or bathroom.
- After assisting someone else to use the toilet or bathroom. After coughing or sneezing.
- When visibly dirty.

When should I use alcohol gel?

- When entering and leaving the ward
- Alcohol gel can be used in place of soap and water in most circumstances. If hands look dirty it is best to use soap and water

How to Perform Good Hand Hygiene

Remove hand and wrist jewellery and roll your sleeves up this gives better access to perform this task.

Using soap:

1. Wet your hands first.
2. Apply the soap – follow the technique in this leaflet or on the poster above all sinks.
3. Dry hands thoroughly with individual paper towels.
4. Dispose of paper towel in bin using foot pedal only.

Using alcohol gel:

Apply gel from dispenser - follow the same technique. Allow the gel to evaporate in order for it to be effective.

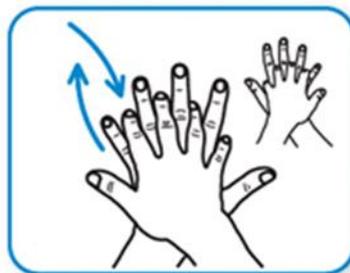
Handwashing is the single most important measure for preventing the transmission of infection.

If you have concerns regarding infection or infection prevention, please speak to the nurse looking after you. You can also discuss your concerns with a Matron or a member of the Infection Prevention & Control Team on 0151 702 4014.

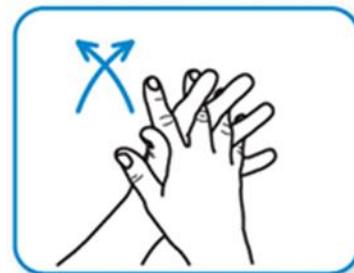
Follow the below steps when washing hands with soap and water or applying alcohol gel



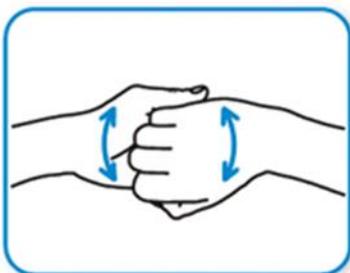
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



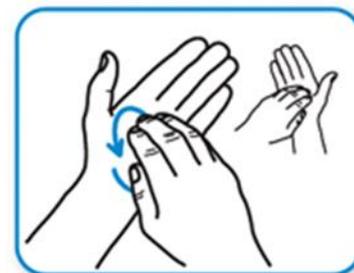
palm to palm with fingers
interlaced



backs of fingers to opposing
palms with fingers interlocked



rotational rubbing of left thumb
clasped in right palm
and vice versa



rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.

Trust Infection Control Information leaflets are available on the following topics:

General patient Information

Hand Hygiene- NICU, Guidance for Parents and Visitors

Helping care for your Wound

MRSA

Clostridium Difficile

Health Protection Agency Leaflets:

Noro virus

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

Liverpool Women's NHS Foundation Trust
Crown Street
Liverpool
L8 7SS

Tel: 0151 708 9988

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