



Hand Hygiene Training

Sainath Hospital

Rajkot Homoeopathic Medical College

Parul University

8th August, 2020

Hand Hygiene training for internee was held at Sainath Hospital, RHMC affiliated with Parul University on 8th August, 2020.

Trainer: - Dr. Madhavi Vagadiya
NABH Coordinator
Sainath Hospital, RHMC

Trainees: - All internee of Sainath Hospital attached with Rajkot Homoeopathic Medical College

- Our honourable principal of the institute Dr. Hitarth Mehta address the occasion with the importance of Hand hygiene & training in day to day practice.
- According to the Centers for Disease Control (CDC) appropriate hand washing results in a reduced incidence of both nosocomial and community infections. Guidelines from national and international infection prevention and control organizations have repeatedly acknowledged that hand washing is the single most important procedure for preventing infections.
- In this Covid-19 Pandemic situation Hand Hygiene is most important factor for prevention of cross-infection & as a self care measure.
- Sir welcomes dignified speaker of the day Dr. Madhavi Vagadiya (NABH Coordinator) for Proceeding & also welcome all the Internee & Hospital Staff of Sainath Hospital Attached with Rajkot Homoeopathic Medical College.
- Dr. Madhvi Vagadiya gave training to the Internee with explaining of Different Methods, When to do hand wash & Steps of Proper Hand Washing Method.

➤ **There are few methods of hand washing:**

- Non-antimicrobial or antimicrobial soap and water are preferred.
- Alcohol hand rub or alternatively with antimicrobial soap and water
- Plain soap (detergents) is also somewhat effective in removing most transient microbial flora.

➤ **When we need to do Hand wash?**

- To help protect exposure to infectious materials you should wash your hands:
- Before and after a work shift.
- Before eating, drinking, or handling food or medications.
- After using the toilet; after hand contact with own mouth and nasal secretions (cough, sneezes, etc.).
- Before and after significant physical contact with any patient. More frequent hand washing is indicated between patients in high risk areas since these patients are more susceptible to infection.
- Before and after performing invasive procedures. Although gloves may be worn for certain procedures, hand washing before donning gloves and after removal is necessary because of the possibility of tears in the gloves.
- Between care activities on the same patient involving different body sites (i.e., care of Foley/IV/Wound).
- After contact with wounds or mucous membranes, or items such as dressings, bedpans, collecting devices, which may be contaminated with secretions, excretions, or blood.
- When there is a doubt about the possibility of hand contamination.

Procedures for Proper Hand Washing:

- Remove hand jewelry as it may harbor pathogens.
- Roll up sleeves.
- **Wet Hands** - Wet your hands and apply enough liquid soap to create a good lather.
- **Rub Palms Together** - Rub your hands palm to palm in circular motions. Rotate clockwise and anticlockwise.

- **Rub the Back of Hands** - With your fingers linked through the other hand, use your right palm to rub the back of your left hand. Then swap.
- **Interlink Your Fingers** - Link your fingers together, facing each other, into clasped hands. Then rub your palms and fingers together.
- **Cup Your Fingers** - Cup your fingers together, with your right hand over and your left hand under. With your fingers interlocked, rub the backs of them against your palms. Then swap.
- **Clean the Thumbs** - Enclose your right hand around your left thumb and rub as you rotate it, then swap.
- **Rub Palms with Your Fingers** - Rub your fingers over your left palm in a circular motion, then swap.
- Now thoroughly rinse with warm running water and dry with a clean, disposable paper towel.

**SAINATH HOMOEOPATHIC HOSPITAL
RAJKOT HOMOEOPATHIC MEDICAL COLLEGE**

HAND WASHING TECHNIQUE
હાથ ધોવાની ચોગ્ય પદ્ધતિ

Wet hands with water
હાથે પાણીની પાણીની

Apply enough soap to cover all hand surfaces
હાથની અપારી ઊંફ પૂર્ણ તો રાખું જાયાની

Rub hands palm to palm
હાથે દુધની દુધનીઓ ઓછ વિરા રાખે રાખો

Right palm over left dorsum with interlaced fingers and vice versa
હાથ દુધની દુધનીની નીક કુણી પરામાન હાથે વિલાસિત પરિણામ આપું જરૂરી નાના.

Palm to Palm with Fingers Interlocked
હાથ દુધની દુધનીની અપારીની પરિણામ બોલના રાખે રાખો.

Back of Fingers to opposing palms with fingers interlocked
હાથનીની પાણીની અપારીની પાણીની પરિણામ બોલના રાખે રાખો.

Rotational rubbing of left thumb inserted in right palm and vice versa
હાથના અસ્થીની દુધની નીક નીચા દુધનીની અસ્થીની રાખો.

Rotational rubbing, backwards and forwards with interlaced fingers of right fingers in left palm and vice versa અંગુઠાનીની લેની રાખીને બાંધાની રાખો.

Rinse hands with water
હાથી નીક કાઢ દૂધીની.

Dry thoroughly with a single use towel
પ્રયા વાર વાપરના તોલા કુણા વાર કુણા કરો.

Use towel to turn off faucet
હાથ નીંદ કરવા કુણાની રિપારી કરો.

...and your hands are safe
... હાથે રામત હાથ સુરક્ષિત છે

7 steps of hand hygiene -SHH -RHMC



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At the end of Program valuable vote of thanks with nicely summarized importance of hand hygiene was given by Dr. Pranav Thumar (Medical Office – Sainath Hospital).

The programme was nicely coordinated by Dr. Hiral Dhanani & Dr. Hardik Vaghela (Medical Office – Sainath Hospital).