



INFECTION CONTROL MANUAL

Subject	Preventing Transmission of Infections - Including Hand Hygiene
Policy NO:	IC202
Department:	Infection Control
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THE WEISMAN CHILDREN'S REHABILITATION HOSPITAL SYSTEM FOR PREVENTING TRANSMISSION OF INFECTIONS INCLUDES:

1. Adherence to aseptic technique
2. Standard Precautions, inclusive of all blood, body fluids, secretions and excretions, mucous membranes and non-intact skin
3. Restriction of susceptible persons
4. Transmission-based precautions for selected diseases (Airborne, Droplet, Contact, Strict Contact)
5. Occupational Health Service
 - a. Evaluating an employee's health and immune status for selected diseases
 - b. Providing immunization against selected diseases
 - c. Follow-up of potential employee exposures
6. Visitor restriction/limitation when indicated
7. Infection Control intervention with additional measures as needed

HAND HYGIENE:

- A. Hand hygiene is the single most effective practice to control the transmission of infectious agents in healthcare settings. Hand hygiene must be performed:
 1. Immediately before touching a patient
 2. Before performing an aseptic task or handling invasive devices
 3. Before moving from a soiled body site to a clean body site on a patient
 4. After touching a patient or their immediate environment
 5. After contact with blood, body fluids, or contaminated surfaces (with or without glove use)
- B. When performing hand hygiene, soap and water or an approved alcohol-based hand rub may be used. The following technique should be used:

1. Wet hands with warm or cold running water and apply a facility-approved soap
 2. Lather hands by rubbing them together with the soap.
 3. Scrub thoroughly for at least 20 seconds.
 4. Rinse hands under clean running water.
 5. Dry the hands using a clean towel or disposable toweeling
 6. Use a clean paper towel to turn off the faucet
- C. The use of waterless alcohol gels is also an alternative effective means to clean hands that have no visible soiling, using the following technique:
1. Obtain gel from the wall-mounted dispenser (about dime-size).
 2. Rub all surfaces of hands until thoroughly dry. Surfaces include the palms and fingers, between the fingers, the backs of the hands and fingers, the fingertips, and the thumbs
 3. The process should take about 20 seconds

REFERENCE:

Open Resources for Nursing (Open RN) (2021). *Nursing Skills [Internet]2021. Chapter 4 Aseptic Technique*. <https://www.ncbi.nlm.nih.gov/books/NBK593203/>