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| Student name ----------------------------------------Teacher name ------------------- ------------------Date / / 2022-2023 |
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| PROCEDURE: **Infection control– Handwashing** | **D** | **M** | **A** | **S** | **I** |
| **No.** | **Skill steps** | **Rational** | **0 0** | **1** | **2** | **3** | **4** |
|  | **Prepared procedure equipment:*** Accessible sink with warm runnibg water
* Antimicrobial or soap solution
* Disposable plastic nail pick (optional)
* Paper towel
* Plastic bage for waste products ( Recycle bin**)**
 | Organizing skill equipment facilitate accurate skill performance |  |  |  |  |  |
|  | Inspect surface of hands for braks or cuts in skin or cuticle. Report and cover lesions before providing patient care. | Open cuts or wounds can harbor high concentrations of microorganisms. Agency policy may prevent nurses from careing for high- risk patients. |  |  |  |  |  |
|  | Inspect hands for heavy soiling | Requires more – lengthy hand wash |  |  |  |  |  |
|  | Ensure nails are short and free of nail polish and/ or artificial nails. Do not tear or cut skin under or around nail. | Most microbes on hands come from beneth the fingernails. |  |  |  |  |  |
|  | Assess patients risk of extent of infection, e.g. white blood cell count, extent of open wounds, known medical diagnosis. | Transmission based percautions such as the wearing of a mask and clean gown may be required for imminocompromised patients. |  |  |  |  |  |
|  | Remove all jewllary including, rings and bracelets. | Jewllary can harbor microbes and rub against skin causing shedding of skin cells. |  |  |  |  |  |
|  | Stand infront of sink, keeping hands and uniform away from sink surface ( if hand touch sink during hand washing, repeat.) | The inside of the sink is considered a contamminated area. Recheaing over sink increases risk of touching edge, wich is contaminated |  |  |  |  |  |
|  | Turn on water and regulate flow and teampreture so that teampreture is warm. | Warm water is more comfortable and it removes less of the skins protective oils than hot water. |  |  |  |  |  |
|  | Avoid splashing water against uniform | Microorganisms multiply in moisture |  |  |  |  |  |
|  | Wet hands and wrists thoroughly under running water. Keep hands and forearms higher than elbows during washing | Keeping hands elevated allows water to flow from least to most contaminated areas |  |  |  |  |  |
|  | Apply a small amount of soap or antimicrobial solution, lather thoroughly | The amount applied should be as per the manufacturer’s instructions |  |  |  |  |  |
|  | Wash hands using plenty of lather and friction for at least 15 seconds. Interlace fingers and rub palms to palm. Rub Back of each hand with palm of other hand with fingers interlaced. Rub each thumb clasped in opposite hand using a circular motion. Rub tips of fingers in opposite palm in a circular motion. | Soap cleans by emulsifying fat and oils. Friction and rubbing mechanically will loosen and remove debris and transient bacteria. Interlacing the fingers and thumbs helps to ensure all surface are cleaned. |  |  |  |  |  |
|  | Areas underling fingernails are ofen soiled. Clean with finernails with a plastic, disposable nail pick | Most microbes on hands come from beneth the fingernails. |  |  |  |  |  |
|  | Rinse hands and wrists thoroughly | Rinsing mechanichally whashes away debris and microorganisms |  |  |  |  |  |
|  | Gently pad hands dry from fingers to wrists and forearms with paper towel | Drying from cleanst ( fingertips) to least clean ( forearms) are avoid contamination |  |  |  |  |  |
| 16 | Discard paper or towel into the proper receptacle | Prevents transfer of micoorganisms |  |  |  |  |  |
| 17 | Turn off water with foot or knee pedals. To turn off hand, use clean, dry paper towel; avoid touching handles with hands. | Minimize contammination of hands |  |  |  |  |  |
|  | Inspect hands for obvios signs of debris and contamination | If found indicates poor technique. Hand washing should be repeated |  |  |  |  |  |
| 18 | Inspect hands for dermatitis or cracked skin as this may indicatedcomplications from exccessive hand washing or an allergic reaction to the antimicrobial or soap solution | If dermatitis occurs, seek advice from infection-control professional. Use small, single- use container of barrier cream |  |  |  |  |  |
| 19 | It is not neccesary to record or report this procedure | Dermatitis should be reported for infection control personnel |  |  |  |  |  |

**D- Dependent**

**M- Marginal**

**A-Assisted**

**S- Supervised**

**I- Independent**