

HAND HYGIENE FACTS & COMPLIANCE RATES (2013 - 2018)



Background

Labrador-Grenfell Health (LGH) began implementing a comprehensive hand hygiene program in 2009. It included staff education sessions, increased hand-washing signage, and encouraging discussions among staff on how to improve hand hygiene.



The first hand hygiene observations and staff feedback began in March 2010 at the three LGH hospital sites. The overall compliance rate at that time was 37%.

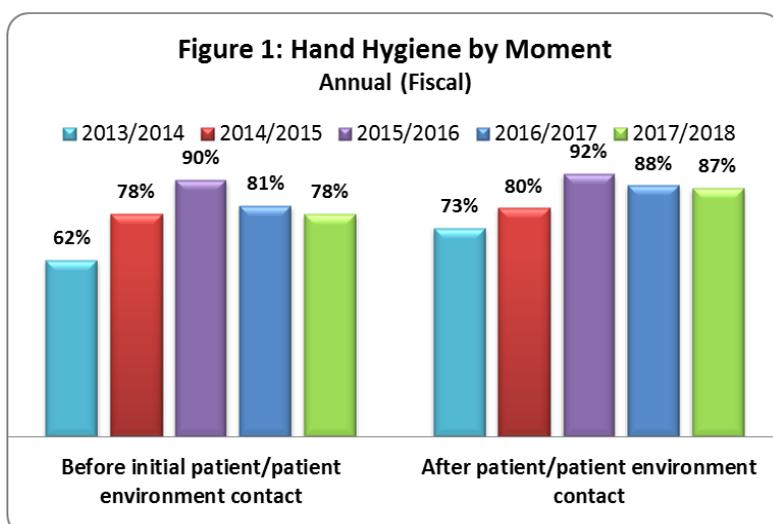
- ◆ In Canada, 220,000 people are afflicted with healthcare-associated infections annually and kill 8,000 to 12,000 people every year.
- ◆ Hand hygiene is the primary means to reduce HCAI's and the spread of antimicrobial resistant organisms.
- ◆ Healthcare workers' compliance with hand hygiene is considered to be less than 40% on average.
- ◆ Global research indicates that hand hygiene improvements could potentially reduce HCAI rates by up to 50%!
- ◆ One study found that:
 - 80% of hospital staff who dressed wounds infected with MRSA (Methicillin-resistant Staphylococcus aureus) carried the organism on their hands for up to three hours.
 - 60% of hospital staff in contact with patients with Clostridium difficile infection were contaminated within half an hour without even touching the patient, merely from returning drug charts to the ends of beds!
 - 40% of all patient-nurse interactions resulted in the same species of Klebsiella pneumoniae being transmitted to healthcare workers' hands, even with contact as light as touching the patient's shoulder.
 - Meanwhile, simply washing with soap and water virtually eradicated these organisms.

Since April 2010 access to alcohol hand sanitizer was increased with the installation of more dispensers for use by staff and the public. The dispensers were located across all sites, near patient beds, and in key areas (hallways, meeting rooms, and other high-traffic areas).

Hand Hygiene Audit Results for 2013 to 2018

- Hand hygiene audit observations were conducted monthly at inpatient services
- Audits were conducted on the four essential moments of hand hygiene with most observations occurring "Before & After patient/environment contact".
- Hand hygiene compliance was defined as using a **hand rub** or **hand washing** for **at least 15 seconds**.

Figure 1 shows the annual hand hygiene compliance rates by the two main observations: "Before patient/environment contact" & "After patient/environment contact". Compliance rates from 2013 to 2018 have fluctuated from year to year with **before being the highest at 90%** and **after also being the highest at 92%** (2015-2016).



Good hand hygiene is one of the best ways to prevent the spread of many infections. Please frequently use the alcohol hand rub that is widely available through dispensers in key areas across our sites, and use soap and water when hands are visibly soiled.

Next Steps

The hand hygiene audit results will be used to help support decisions around hand hygiene compliance programming and education and may help demonstrate where particular focus may need to be placed for improvement.

Hand hygiene will continue to be a priority for Labrador Grenfell Health. The Patient Safety & Quality Department is committed to promoting hand hygiene through:

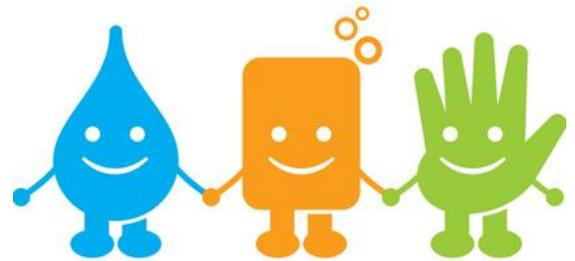
- Continued electronic hand hygiene audits
- Improving communication links by sharing audit results with staff & general public
- Continuing with hand hygiene training sessions and education to public
- Recognizing and encouraging further positive hand hygiene practice
- Continuing to record the amount of time providers spend performing hand hygiene at or above the recommended 15 seconds. This will help reiterate to providers the need to rub or wash for at least 15 seconds to be considered compliant with practice.
- Continuing discussions and seeking provider input around other possible hand hygiene initiatives.
- Utilize audit results to help support decisions around hand hygiene compliance programming and education and identify where particular focus may need to be placed for improvement.

Tips for cleaning hands properly

When?

There are some key moments for hand hygiene:

- Before patient/patient environment contact
- Before aseptic procedure
- After body fluid exposure risk
- After patient/patient environment contact



Where?

The World Health Organization (WHO) recommends that hand hygiene should be performed at the point of care.

How?

1. Rub all parts of the hands with an alcohol-based hand rub or soap and running water
2. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs
3. Keep nails short and clean
4. Remove rings and bracelets
5. Do not wear artificial nails
6. Remove chipped nail polish
7. Make sure that sleeves are pushed up and do not get wet
8. Clean hands for **a minimum** of 15 seconds
9. Dry hands thoroughly
10. Apply lotion to hands frequently

