

Staff providing treatment to patients will always clean their hands directly before touching a patient and after touching a patient before they do anything else.

If you think your healthcare professional has not cleaned their hands when they should, or in the right way, while they are giving you, or someone else care, then please feel free to remind them.



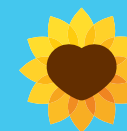
As an organisation we always welcome your feedback. Please do not hesitate to speak to one of the senior members of the clinical team:

Claire Barber - IPU Manager
Helen Henshaw - SFC Manager



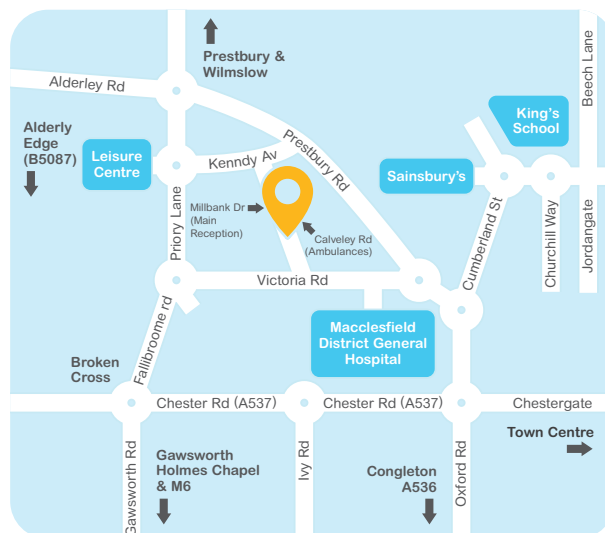
**East Cheshire
Hospice**

Where people come to live



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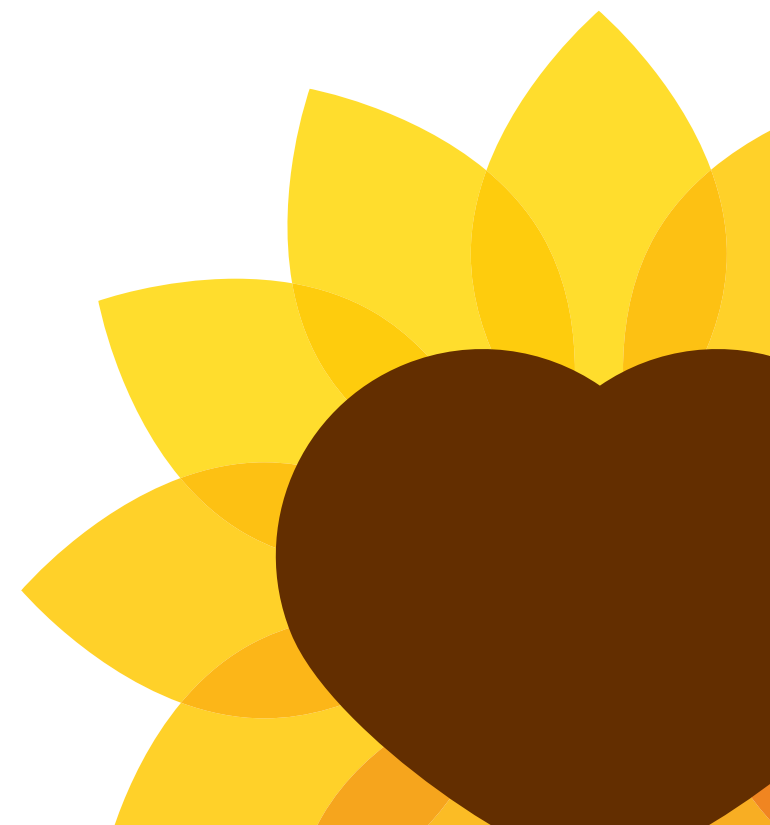
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Hand Hygiene Advice



Hand Hygiene

Hand hygiene is the general term that refers to the action of hand cleaning. As hands are known to be the main pathways of germ transmission, the most important measure to avoid the transmission of harmful germs and prevent healthcare-associated infections is maintain good hand hygiene.

Most infections that can be passed from person to person are passed on people's hands, either directly, from one person to another, or indirectly via contact with surfaces such as door handles.

Why is cleaning your hand important?

Thorough effective hand cleaning is the most important thing we can all do to stop infections being spread.

Germs are often harmless, but they can also cause illnesses such as colds, tummy bugs as well as a more serious illness.

When should I clean my hands?

- When hands are visibly dirty
- Before and after visiting patients in the Hospice
- Before eating or handling food (wipes are available at every meal service, you may be prompted to use the wipes by staff)
- After using a toilet, commode or changing a nappy
- After blowing your nose, sneezing or handling tissues

What To Use

Hands should be cleaned using soap and water and using alcohol hand gel. Alcohol hand gel is widely available throughout the hospice. It is useful because it is very good at killing lots of bugs, including those that cause common illnesses like colds and flu and those that cause many wound infections.

Alcohol hand gel only works well on hands which are already clean. It does not work well on hands which are actually dirty or have bodily fluids such as blood or vomit on them.

Alcohol hand gel also does not kill some bugs which can cause diarrhoea and vomiting. So, it's best to use soap and water if you can after going to the toilet or when people have tummy bugs.

If there is no soap and water available, it is always better to use alcohol hand gel than nothing at all.

Alcohol hand gel should not be eaten or drunk as it is poisonous.

How to wash your hands

If you follow the technique below then all the surfaces of your hands will have been washed. This is important to make sure that all bugs are removed or killed.



Wet hands with water and apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement



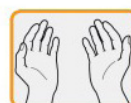
Rub tips of fingers in opposite palm in a circular motion



Rinse hands with water



Dry hands thoroughly



Once dry, your hands are safe



Duration of the entire procedure: 40-60 seconds

How to use hand gel

If you follow the technique below then all the surfaces of your hands will have been covered in hand gel. This is important to make sure that all bugs are removed or killed.



Apply a palmful of the product in a cupped hand, covering all surfaces



Rub hands palm to palm



Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



Once dry, your hands are safe



Duration of the entire procedure: 20-30 seconds