Rings
If you wear rings it is important that you wash underneath them.

Care of hands
Taking care of your hands is very important. Always cover cuts with a waterproof plaster.
Moisturise your hands whenever you can by applying hand cream as this protects your skin and helps prevent dryness which can lead to chapped and sore hands.
For further advice on any of the issues discussed within this leaflet, please ask a member of the nursing team or contact the Infection Prevention and Control Team on 0121 371 3785 (external) or 13785 (internal).
Infection Prevention and Control is a top priority for the Trust. To support a reduction in healthcare associated infection the Trust has implemented comprehensive evidence based policies, annual updates in education and training for all trust staff and a range of information leaflets for patients and visitors. In addition the Trust monitors all infections and reports these figures to Public Health England every month. We also identify any risks or trends and report these to the Board of Directors monthly.

1. Rub hands palm to palm
2. Rub back of each hand with the palm of other hand with fingers interlaced
3. Rub palm to palm with fingers interlaced
4. Rub with backs of fingers to opposed palms with fingers interlaced
5. Rub each thumb clasped in opposite hand using rotational movement
6. Rub tips of fingers in opposite palm in a circular motion
7. Rub each wrist with opposite hand
Information for patients

It’s important that all health workers and patients practice good hand hygiene to prevent the spread of infection between patients.

Hand hygiene information

The Facts

Hospital infections can be caused from germs that already exist on people’s skin before they come into hospital.

Infections can also be picked up from germs acquired whilst a patient is staying in hospital.

It’s important that all staff and patients and visitors practice good hand hygiene as it prevents the spread of infection.

It is important for you to wash your hands too.

Why do we need to wash our hands?

We pick up germs (bacteria) every single time we touch something. Even when hands appear to be clean, bacteria will still be present. We cannot see these bacteria unless we use a microscope. It is therefore important we all wash our hands at the right time even if we think they look clean.

It’s important that everyone practices good hand hygiene so every time your doctor, nurse or health care worker tends to you, please ask them, “Have you washed your hands?”

By asking this question, you will be helping us to raise the profile of good hand washing and in doing so, help us to prevent the spread of germs and infections which commonly occur in hospital environments.

When and where?

Germs don’t care where they live; it doesn’t matter where you are in the hospital, whether an inpatient or just attending for a routine outpatient appointment good hand hygiene plays an important part in combating the spread of infection. So please don’t forget to ask “Have you washed your hands?”

Please don’t feel uncomfortable about asking this important question as our doctors, nursing teams and health professionals all know and understand the importance of good hand hygiene therefore they will be expecting you to ask them if they’ve washed their hands.

Hands can be cleaned in two different ways:

• Washing hands with soap and water
• Using alcohol hand gel

Alcohol hand rub provides a very good way of killing germs and is often more convenient than finding a sink to wash hands in but it only works on hands that are visibly clean.

All staff are taught about the importance of hand hygiene in their mandatory training every year and hand washing ‘road shows’ are held regularly as reminders throughout the year.

When to wash your hands

Always wash your hands:

• After visiting the toilet
• Before eating or handling food
• If they’re visibly dirty or contaminated

How to wash your hands

To be effective hands should be wet thoroughly with water before applying soap.

All surfaces of both hands should then be vigorously massaged with the soap lather.

Pay special attention to the finger tips, thumbs and between the fingers as these areas are frequently missed.

Right handed people have a tendency to wash the left hand more thoroughly and vice versa.

Rinse and dry hands

Make sure you rinse all the soap off your hands under running water and then dry your hands thoroughly.