

Basic Hygiene

Standard precautions
Environmental cleaning

Day 2

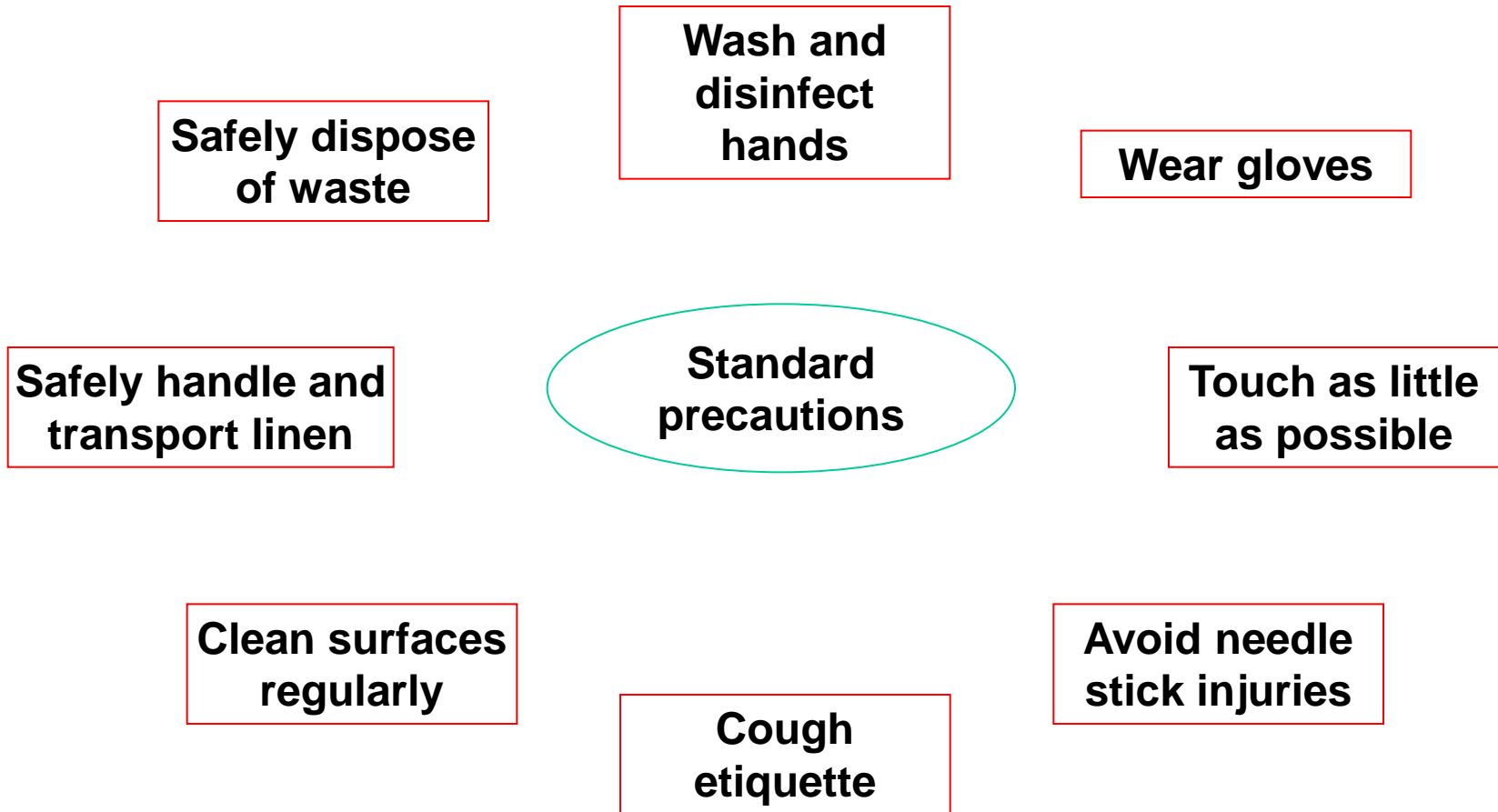


Standard precautions

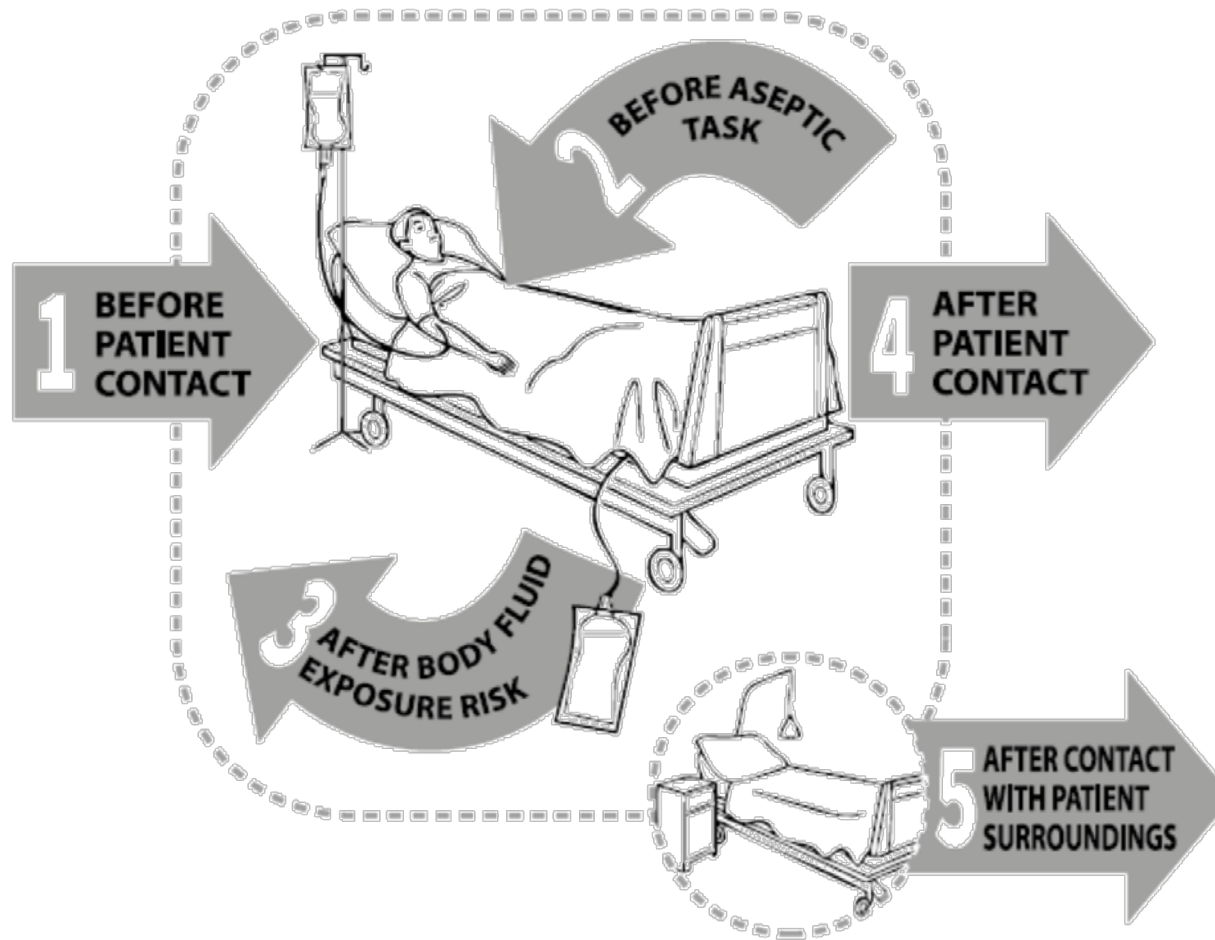
Aim:

- Reduce infection transmission from known and unknown sources
- Protect healthcare workers, patients and general public
- Should be applied
 - By all healthcare workers
 - For all patients
 - At any time

Standard precautions




Your 5 moments for HAND HYGIENE



How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



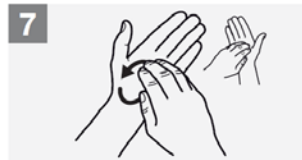
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



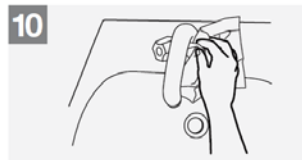
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

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May 2009

Environmental cleaning

- Disinfect floors, walls, surfaces
- Disinfect patient's objects, clothes, linens, beds, eating utensils
- Disinfect reusable equipment (boots, aprons, goggles)
- Disinfect body fluid spills, vomit, faeces

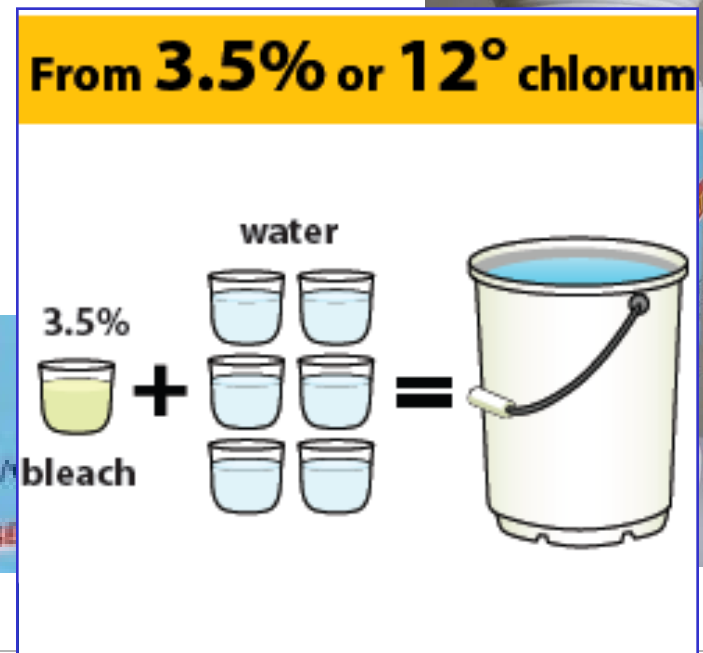
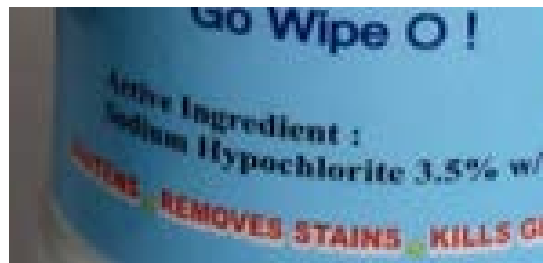
Commonly used chlorine solutions

Concentration		Cholera-setting	VHF-setting
0.5 g/L	0.05%	Washing ungloved hands, Disinfect eating utensils	Washing ungloved hands, Disinfect eating utensils, clothes
2 g/L	0.2%	Disinfect floors, walls, feet, clothes, beds	
5 g/L	0.5%		Washing gloved hands, Disinfect surfaces, objects, body fluid spills, boots, corpses
20 g/L	2.0%	Disinfect vomit, faeces, corpses	
0.3-0.5 mg/L		Drinking water	

How to prepare chlorine solution from common household bleach

3.5% or 35g/L or 12°

→ 0.5% Chlorine solution



How to prepare chlorine solution from common household bleach (3.5%)

Target solution	Formula	Bleach	Water
0.05%	$\frac{3.5\%}{0.05\%} - 1 = 70 - 1 = 69$	1	69
0.2%	$\frac{3.5\%}{0.2\%} - 1 = 17.5 - 1 = 16.5$	2	33
0.5%	$\frac{3.5\%}{0.5\%} - 1 = 7 - 1 = 6$	1	6
2.0%	$\frac{3.5\%}{2.0\%} - 1 = 1.75 - 1 = 0.75$	4	3

How to Make Strong (0.5%) Chlorine Solution from Liquid Bleach

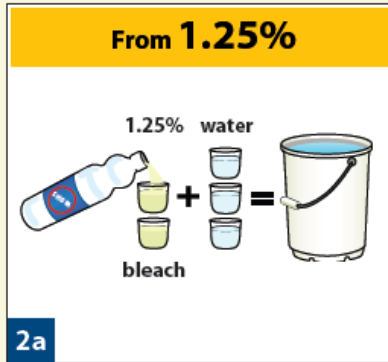
Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.

Make new strong (0.5%) chlorine solution every day. Throw away any leftover solution from the day before.



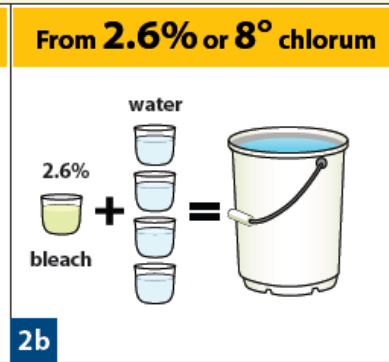
1

Make sure you are wearing **extended PPE**.



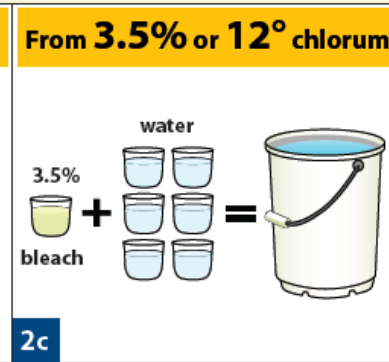
2a

Pour 2 parts liquid bleach and 3 parts water into a bucket. Repeat until full.



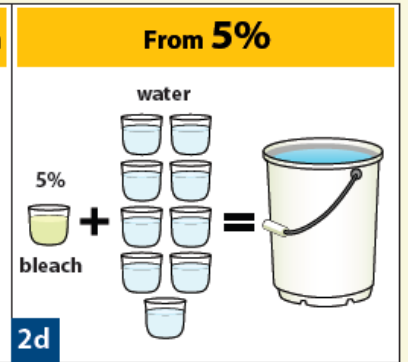
2b

Pour 1 part liquid bleach and 4 parts water into a bucket. Repeat until full.



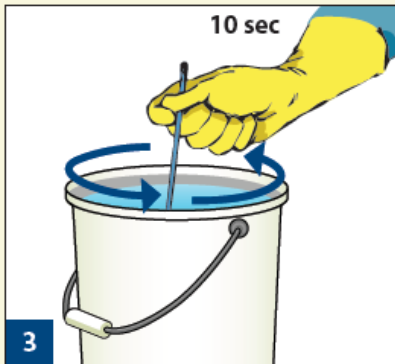
2c

Pour 1 part liquid bleach and 6 parts water into a bucket. Repeat until full.



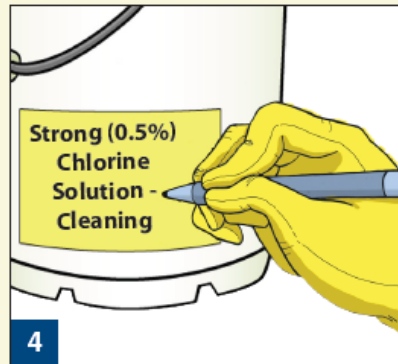
2d

Pour 1 part liquid bleach and 9 parts water into a bucket. Repeat until full.



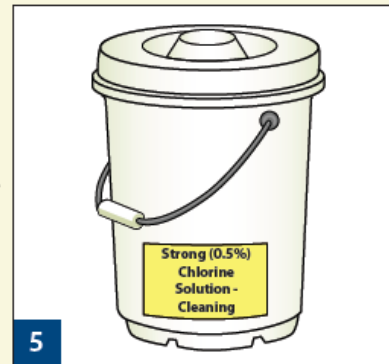
3

Stir well for 10 seconds.



4

Label bucket "**Strong (0.5%) Chlorine Solution - Cleaning.**"



5

Cover bucket with lid.

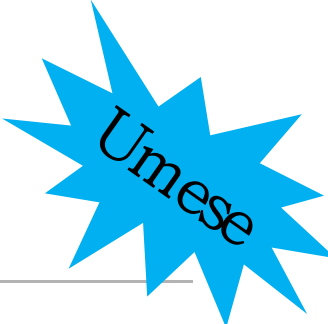


6

Store in shade. Do not store in direct sunlight.



Group work 1 – Prepare chlorine solution from common household bleach (3.5%)



Decontamination



0.5%

0.05%

2.0%

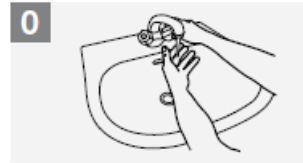
Handwashing





Group work 2 – Hand hygiene

- When to wash hands
- How to wash hands
- How to handrub
- Touch as little as possible



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



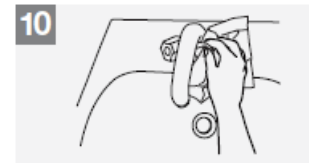
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

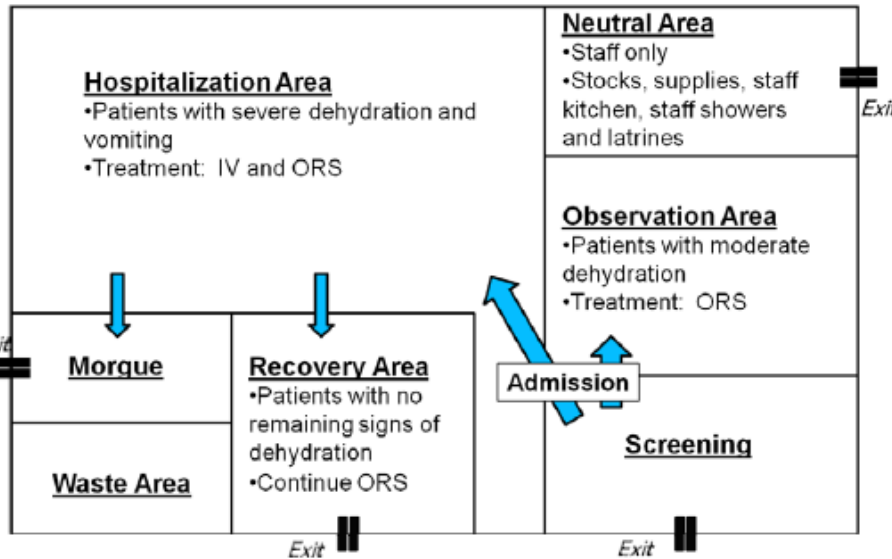
Group work 3 – Wear gloves...

... and safely remove them



Group work 4 - Drawing a sketch of a cholera treatment centre

Ushafa



- 1 = Chlorine
- 2 = Handwash
- 3 = Gloves
- 4 = Sketch

Rotation plan for group work

Group	Practical			
Apple	Groupwork 1	Groupwork 2	Groupwork 3	Groupwork 4
Banana	Groupwork 2	Groupwork 3	Groupwork 4	Groupwork 1
Coconut	Groupwork 3	Groupwork 4	Groupwork 1	Groupwork 2
Dodo	Groupwork 4	Groupwork 1	Groupwork 2	Groupwork 3