

HAND HYGIENE

Introduction:

Hand hygiene is general term refer to hand washing, antiseptic hand washing, antiseptic hand rubbing and surgical hand asepsis.

Centre of disease recommendation:

CDC recommends performing hand hygiene with soap and water before eating.

Five moment of hand hygiene:

According to the World health organization there are 5 key moment in patient care during which health care workers should perform hand hygiene.



Hand sanitizing :

Used alcohol –based hand rub to the palm of hands usually about 30seconds

Complication of hand washing :

Frequent hand hygiene stripe the skin of natural oils and can result in dryness, cracking and irritation