



# Hand Hygiene Compliance Program



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### Introduction

Hand hygiene is considered on of the most important elements to preventing infections. With more resistant organisms invading hospitals/patients, it is our job to make sure hand hygiene is always a top priority to staff. Hand Hygiene compliance is a major topic when it comes to preventing Hospital Acquired Infections (HAI). When a patient acquires an infection in the hospital, the complication rates and mortality rates rise. Many if not most hospitals have some sort of hand hygiene compliance program to track how they are doing and to bring awareness to making sure staff is performing proper hand hygiene.

### Research Question

In acute inpatient facilities, what is the effect of a hand hygiene compliance program on the incidence of hospital acquired infection rates compared to no hand hygiene compliance program?

### Purpose

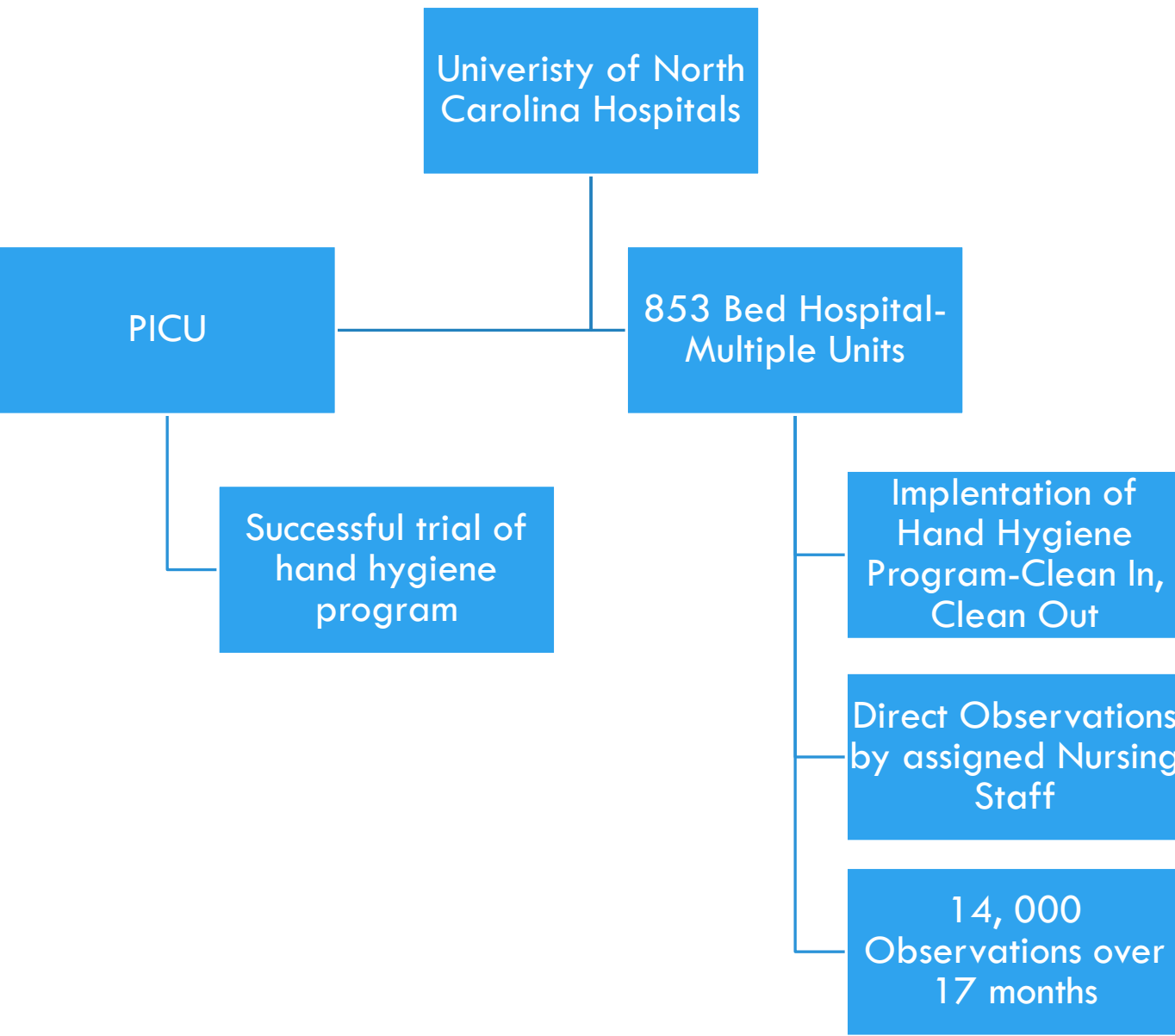
The purpose of the study is to determine is hand hygiene compliance programs decrease the HAI rates at the hospital. In 2016 , CDC backed a study that proved a link between improved hand hygiene compliance and decreased HAI rates. They saw 197 less infections and 22 fewer deaths with 10% improvement of hand hygiene compliance in 17-month timeframe. (Zimmerman, 2018)

### Conceptual Framework

Florence Nightingale theory for hygiene is framework. She became the unspoken hand hygiene champion as she was trying to fight odors that were thought to cause infection, but in reality, by introducing hand hygiene to practice she was fighting the infections. ("How did handwashing in healthcare become so important? | Vitalacy," 2020)

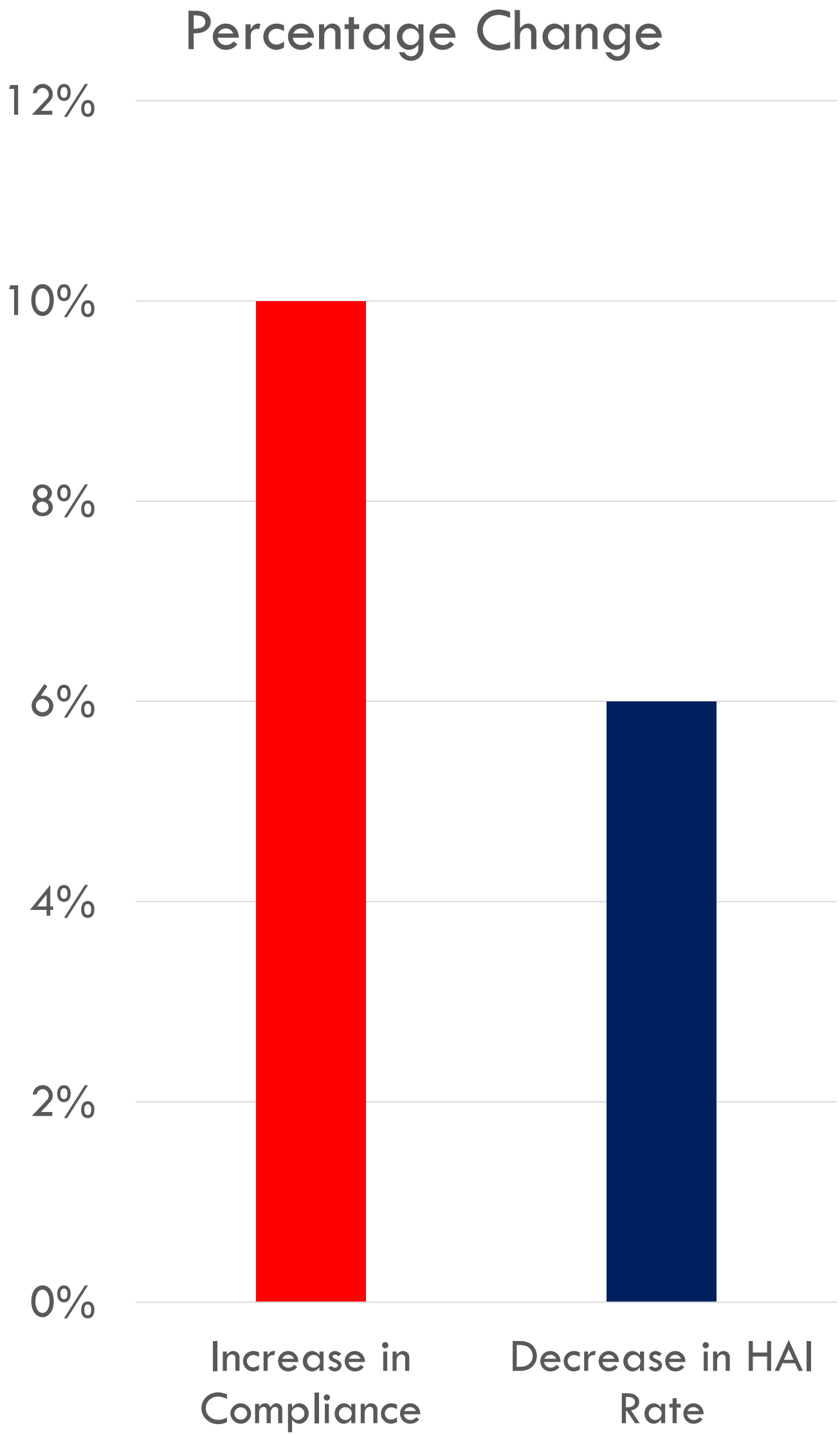
### Methods

This is done through a systematic review of literature. University of North Carolina Hospitals, 853 bed hospital implemented new hand hygiene program of Clean in, Clean Out on all units. Had a successful trial on PICU. Each unit had assigned staff to do direct observations based on CDCs indications on hand hygiene, Observations were made from October 2013 to February 2015 and compliance and HAI rates compared to rates from January 2013 until implementation of program. Greater than 14,000 observations made during 17-month period. (Sickbert et al., 2016)



### Results

In a 17<sup>th</sup> month period a hospital had 197 fewer infections. Estimated 22 less deaths and save \$5 million by improving hand hygiene compliance by 10%. This showed a 6% decrease in HAIs after implantation of Clean In, Clean out program. (Sickbert et al., 2016)



### Implications for Nursing

With programs being introduced nursing staff need to be aware of the indications for hand hygiene: Before Patient Contact, Before an antiseptic task, after body fluid exposure, after patient contact and after contact with patient surroundings. (Martin, 2017). Staff needs to be aware of how hand hygiene decreases infection rates through education.

Education to staff and the patients is also an implication as it takes everyone to perform the hand hygiene properly. In own hospital, we promote scrub in and scrub out kind of like this program to make sure staff is always thinking about hand hygiene. We also have secret observers to help calculate hand hygiene compliance and we can compare to HAI rates. Hand hygiene is important for everyone and what is best practice for our patients to prevent complications during their hospital stay.

### References

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