



Hand hygiene

Helder O, Tissières P, Mader S, Thiele N

Statement of the standard

Hand hygiene is practiced consistently according to the guidelines in order to reduce the spread of hand carried pathogens.



For parents and family

- Parents are informed and instructed by healthcare professionals about hand hygiene according to the World Health Organisation's (WHO) 'my five moments of hand hygiene'.
- Parents are asked to instruct the own family and relatives to apply hand hygiene guidelines.
- Rings, watches, and bracelets are not to be worn in the neonatal unit.



For neonatal unit

- A unit guideline on hand hygiene is available and regularly updated.
- Regular, and at least annually, audit and feedback on hand hygiene protocol adherence are conducted.
- A designated healthcare professional to promote hygiene is available.



For hospitals

- Training on hand hygiene is ensured.
- Hand hygiene facilities e.g. sinks and disinfection solutions are provided near the patient.

Benefits

Short-term benefits

- Reduced risk of nosocomial infection
- Reduced risk of mortality and morbidity (intraventricular haemorrhage (IVH), necrotising enterocolitis (NEC) and retinopathy of prematurity (ROP))

Long-term benefits

- Reduced risk of antibiotic resistant bacteria
- Reduced risk of chronic lung disease
- Reduced risk of hearing loss
- Reduced risk of cerebral palsy
- Reduced risk of poor neurodevelopmental outcome



For healthcare professionals

- A unit guideline on hand hygiene is adhered to by all healthcare professionals.
- Training on hand hygiene is attended by all responsible healthcare professionals.
- Hand hygiene according WHO's 'my five moments of hand hygiene' is applied.
- Single use non-sterile gloves are used where there is risk of body fluid contact.
- Single use non-sterile gloves, gown, and mask are used where there is risk of multi resistant bacteria.
- Artificial nails, rings, watches, bracelets, ties and long sleeves are not to be worn in the neonatal unit.



For health service

- A national guideline on hand hygiene is available and regularly updated.

