



Hand hygiene

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Statement of the standard

Hand hygiene is a key measure to prevent healthcare associated infections, therefore staff as well as parents and visitors must adhere to best hand hygiene practice.



For parents and family

- Parents and other visitors are informed and instructed by healthcare professionals about hand hygiene compliance and technique according to the World Health Organisation's (WHO) 'my five moments of hand hygiene'.
- Parents and visitors are reminded about the importance of hand hygiene by posters, stickers, visual and vocal prompts.
- Rings, watches, and bracelets are not to be worn in the neonatal unit.
- Cell phones are not allowed or only allowed if stored in a plastic bag.



For neonatal unit

- Materials and equipment to effectively perform hand hygiene, including alcohol-based hand rub, continuous supplies of safe, clean water, soap and single-use towels are available at the point of care.
- Posters, stickers, banners, screensavers, etc. are functioning as regular reminders about the importance of hand hygiene.
- A unit guideline on hand hygiene is available and regularly updated.
- Regular monitoring of HAIs as well as hand hygiene compliance is done and reported to HCWs in regular intervals.
- A designated healthcare professional to promote hygiene is available.
- An environment prioritising high compliance with hand hygiene is created.
- Sufficient HCW staffing is ensured to enable optimal hand hygiene



For health service

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

Benefits

Short-term benefits

- Reduced risk of HAIs
- Due to reduced rates of HAIs reduced risk of mortality and morbidity (intraventricular haemorrhage (IVH), necrotising enterocolitis (NEC) and retinopathy of prematurity (ROP))
- Reduced duration of hospital stays and costs

Long-term benefits

- Reduced risk of antibiotic-resistant bacteria
- Due to reduced rates of HAIs reduced risk for long term morbidity and 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 healthcare professionals.
- Hand hygiene according to WHO's 'my five moments of hand hygiene' is applied.
- Single use non-sterile gloves are for self-protection only and are used where there is risk of body fluid contact or contact with multi resistant bacteria, followed by hand disinfection after usage.
- Artificial nails, rings, watches, bracelets, ties and long sleeves are not to be worn in the neonatal unit.



For hospitals

- Training on hand hygiene for all professionals is ensured.
- Hand hygiene facilities e.g. sinks and disinfection solutions are provided at the point of care.
- Resources for hand hygiene programmes and initiatives are available and supported by the leaders and management.

