

Infection Prevention Link Champion

Train the trainer teaching
pack & supporting
resources

Hand hygiene, uniform &
work-wear



Add the contact detail and link to CTS



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Thank you for joining in with this bite-size teaching session. We hope that you find it useful and that you will feel confident to share the presentation and your knowledge with your work colleagues.

Whilst you are an Infection Prevention and Control Link Champion it is important that you keep a record of all the training that you deliver and that you also record any competency assessment undertaken [example here](#). Maintaining these records will support your manager with any future inspections from the Care Quality Commission and it will also demonstrate compliance with the Health and Social Care Act 2008: code of practice on the prevention and control of infections (see below). If you experience any difficulties whilst delivering this teaching to others, in the first instance please speak with your manager or alternatively contact a member of the Infection Prevention and Control Team

<https://www.gov.uk/government/publications/the-health-and-social-care-act-2008-code-of-practice-on-the-prevention-and-control-of-infections-and-related-guidance>

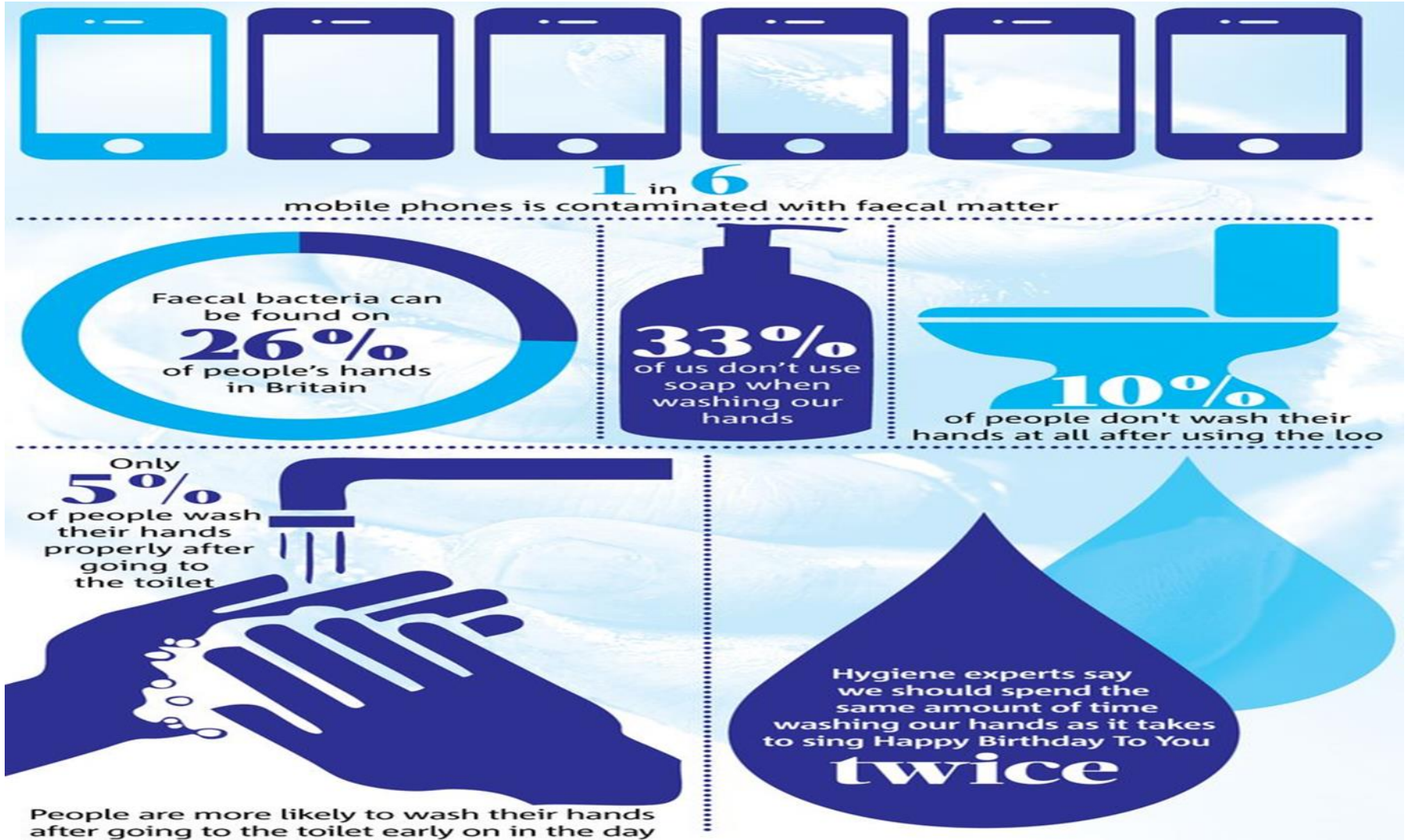
Germs (microorganisms) can be transmitted via our clothing and via our skin.

We all have microorganisms on the surface of our skin, in our noses and in our gut. Most of these microorganisms cannot penetrate through normal skin but they may harmlessly live on it (colonisation); this is often referred to as “our own skin flora”. It is important to note that although many microorganisms can be harmless, some have the potential to cause infection, particularly if we have skin problems, uncovered wounds or we are immunocompromised. When delivering care it is possible for you to pick up microorganisms which are carried by another person, for example if you’re supporting a resident with an infection, or you are maintaining their environment, completing tasks like general housekeeping, managing a body fluid spillage, handling contaminated foodstuffs and dirty linen or brushing against soiled objects presents a risk of transmission.

We can protect ourselves and those in our care from infections by wearing appropriate Personal Protective Equipment (PPE) [National Guidance](#), laundering our clothes regularly ([see more](#)) and washing our hands frequently and effectively, these Standard Infection Control Precautions ([SICP's](#)) significantly reduces the risk of illness by reducing transmission.



Please review the results of this recent study; take time to reflect on your own hand hygiene practice and then consider the video link below;



[Consider this example - the transmission of infection ?](#)



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The World Health Organisation states;

“Every individual must understand that they are not helpless - there are things everyone should do to protect themselves and others from infection”. Share the message “Your health is in your hands” quite literally!! Remind your colleagues whilst caring for others “the residents health is in their hands too”!!

Environmental considerations (do you have);

- Ease of access to clean and well maintained hand washing facilities (sink is fit for purpose, free from clutter and clean)
- Liquid hand soap is in use (bars of soap can harbour germs) (Non-refillable soap dispenser is used/refillable are difficult to monitor)
- Paper towels or a single-use flannel available (Risk Assessment)
- Non-touch waste bin and correct waste stream available

Hands must be washed with soap and water when caring for any resident with diarrhoea and vomiting or other gastro-intestinal illness

- Alcohol gel (consider ease of access, Risk Assessment and COSHH)

Soap and water must be used to decontaminate hands after several applications of gel or when the hands are visibly dirty or feel sticky





Clothing/Uniform

Sleeves must end at the elbow or be rolled up above the elbow (Risk Assessment must be completed when unable to comply)

Nails must be clean & kept short

No false nails/acrylics/gels or nail varnish

Jewellery must not be worn

No wrist watches, bracelets, stoned or engraved rings are not permitted

A plain wedding band is allowed

Remember to cover cuts and abrasions and moisturise regularly

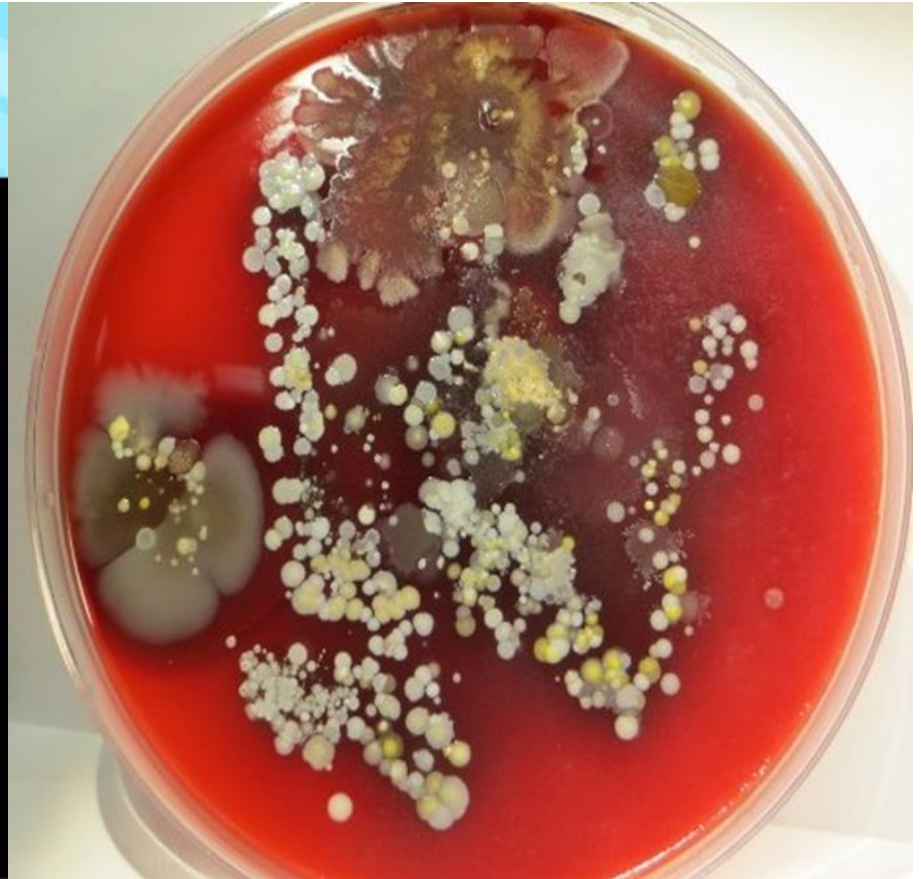
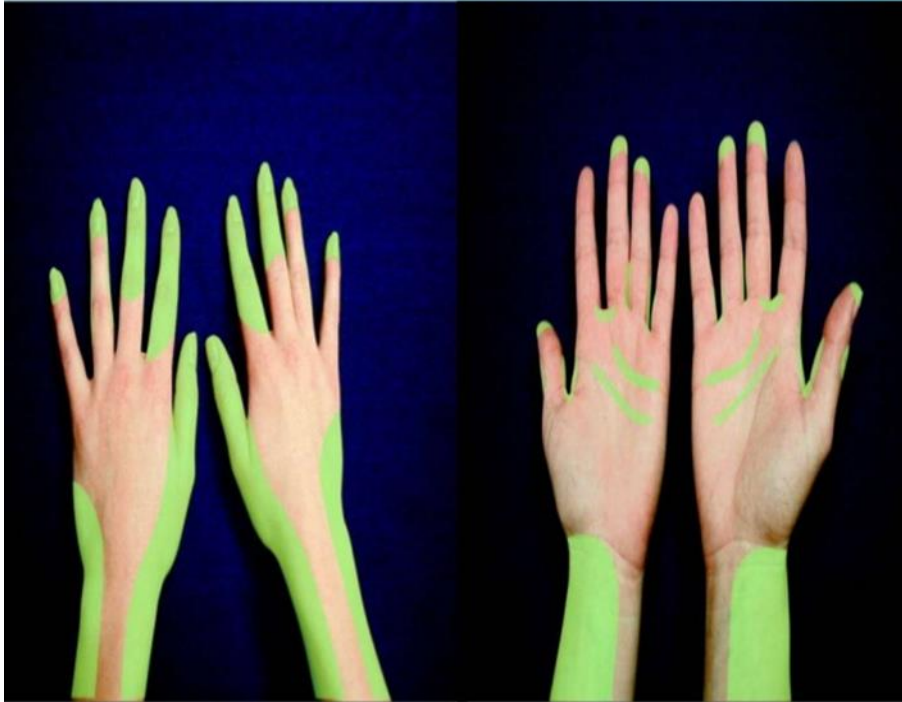
[Click this link to see how soap works](#)



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The posters to support your assessment of hand-hygiene practices are located at the end of the teaching pack, please also discuss the following key points;

Hand Hygiene: Frequently missed areas

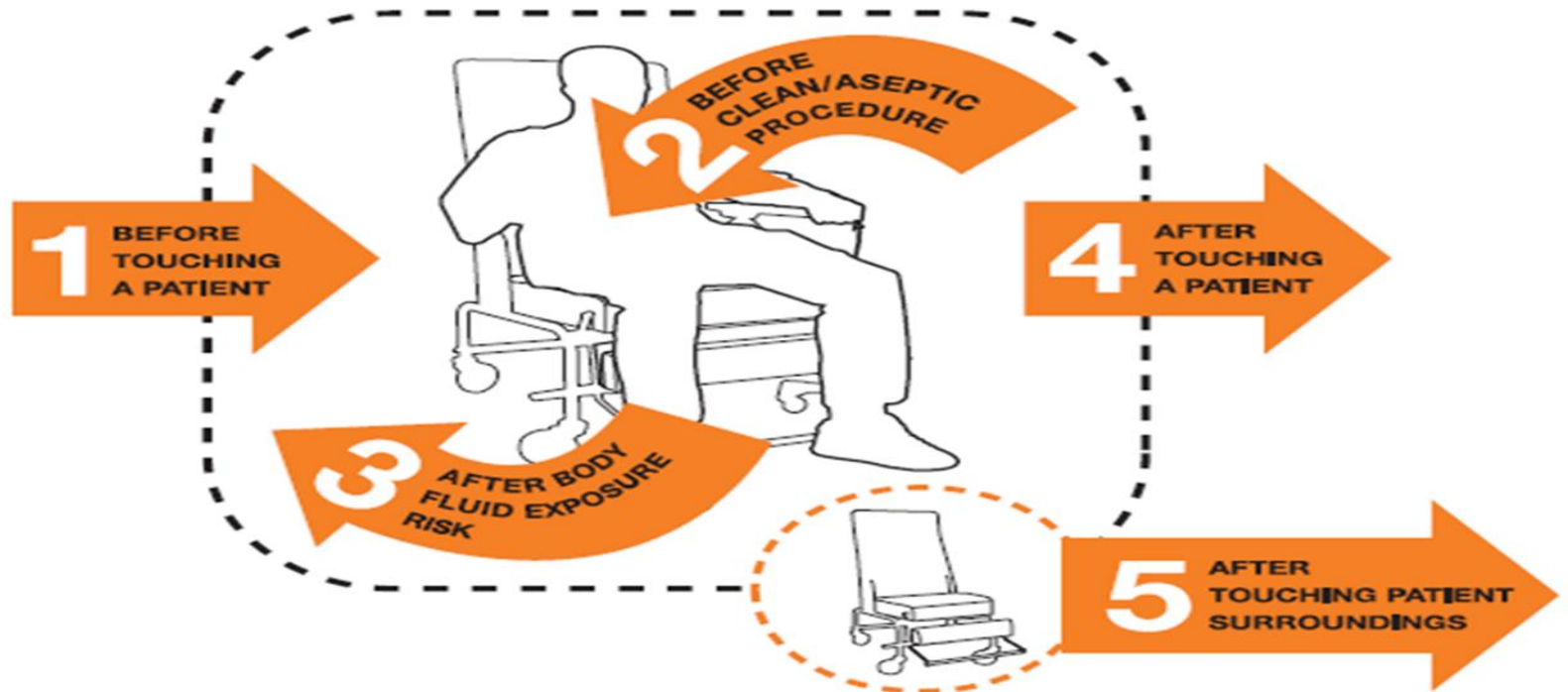


[This is what made doctors wash their hands report](#)



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Your 5 Moments for Hand Hygiene



Please take several minutes to discuss **WHY** these 5 moments for Hand Hygiene are **ESSENTIAL!!!**



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Key points to remember

Adhering to SICP's can break the [Chain of Infection](#); Infection Prevention does start and can end with YOU !!

By following the guidance in this teaching pack You can reduce the risk of infection related illness (morbidity) and death (mortality).

You can also help to prevent the spread of multi-resistant microorganisms and health care associated infections (HCAI's).

Dates for your diary – (perhaps organise your own campaign or event)

[International Infection Prevention and Control Week: Infection Prevention and You](#)

24th October, 2020

[WHO:SAVE LIVES:Clean Your Hands](#) May 2021 (5th May each year)

Thank you for all that you do



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Supporting Resources and further information

Audit

<https://www.who.int/infection-prevention/campaigns/clean-hands/5moments/en/>

Posters Links (for display and assessing the processes of hand-washing)

https://www.who.int/gpsc/5may/tools/workplace_reminders/Your_5_Moments_For_Hand_Hygiene_Poster_Chair.pdf?ua=1

https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1

https://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf?ua=1

Uniform & work-wear (please also review your local guidance)

https://www.ips.uk.net/files/2115/4816/1201/BBE_Guidance_Notes_final_published_Feb_2018.pdf

Video Link (donning and doffing PPE)

https://www.youtube.com/watch?v=-GncQ_ed-9w