

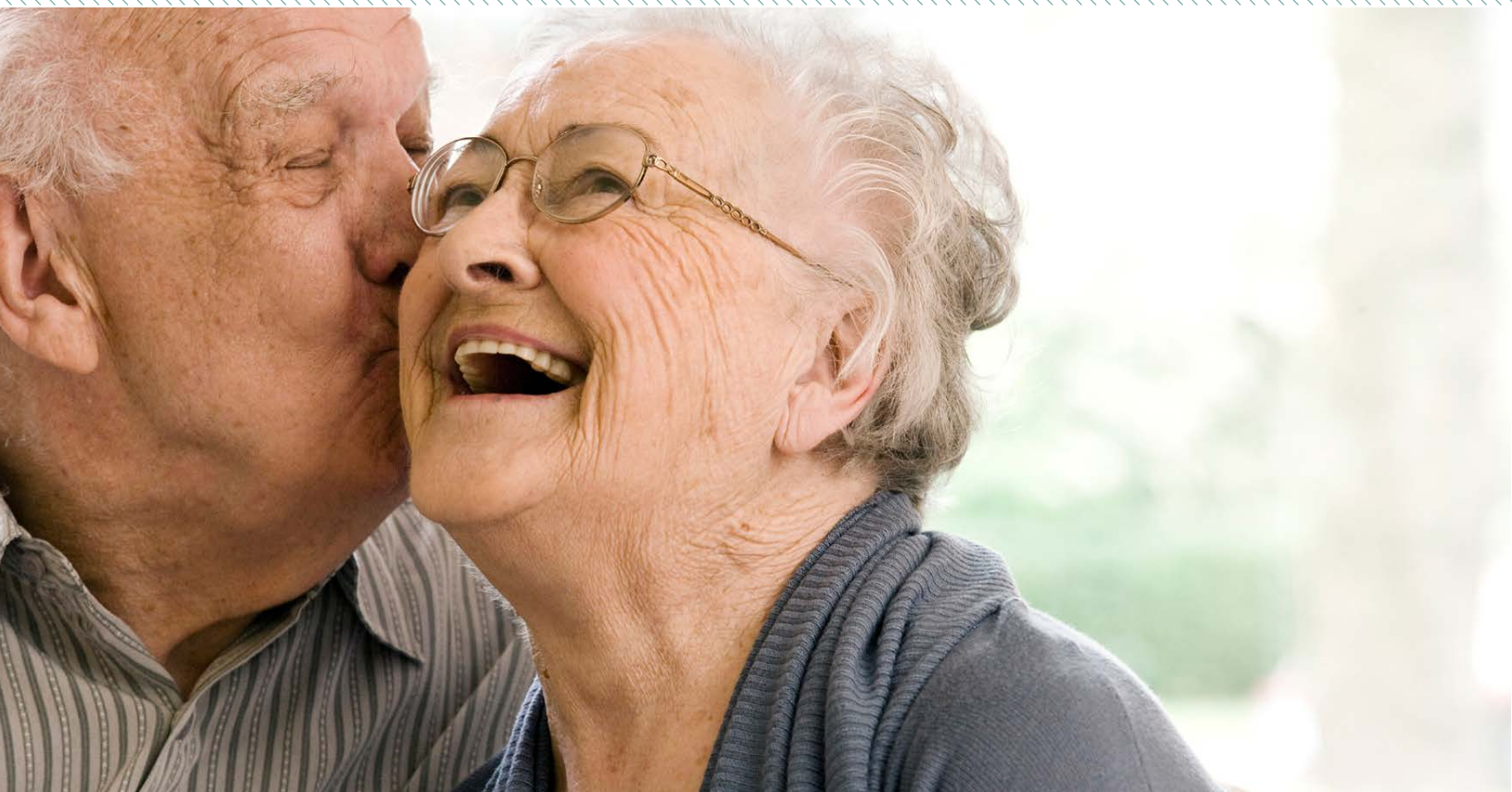


*Guiding You to Healthy
Hand Hygiene*



Implementation Guide: Long Term Care





What this Guide Will Do

Hand hygiene compliance is a serious issue. Approximately 80% of all infections are transmitted by the hands. Healthcare facilities must focus on preventing cross-contamination for the well-being of patients and healthcare workers. The World Health Organization recommends 5 essential elements for a successful hand hygiene program.

Step 1 - Gaining Commitment from all operating areas of your facility is critical. All facility and staff are key advocates to reinforce this commitment.

Step 2 - Educating those chosen to be hand hygiene advocates on the impact of this implementation is the next step. This guide will give you a basic education on critical facts and the positive impact a proper hand hygiene program can have on your facility.

Step 3 - Create a Roadmap by surveying your facility for proper placement of both sanitizing and handwashing stations. Your distributor or Betco® representative will assist in this process.

Step 4 - Implementation of the dispenser installation needs careful planning. Optimizing the educational function, or site zone, of the dispenser along with message reinforcement will greatly assist your facility campaign.

Step 5 - Communication strategy to drive hand hygiene compliance is critical. Betco® has developed several themes and support materials to implement within your facility. In addition, a suggested press release can be found that is encouraged for use to generate public awareness.

Gain Commitment

Step 1

How to gain commitment

Commitment within all levels is vital to be effective and successful in improving health and safety. This means that nurses, doctors, facility managers and even your patients' families need to be working together. Leadership and commitment from management is important in making this program successful. You can demonstrate the benefits of the hand hygiene program in a number of ways.

- *Highlight how adopting a comprehensive hand hygiene program can positively impact the facility.*
- *Full adoption and messaging also remind visiting friends and families to assist in preventing the risk of cross-contamination in resident rooms.*
- *Reflects well on potential new families seeking care for their loved ones.*

Educating

Step 2

When and how to wash your hands

Keeping hands clean with proper procedures is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If water is unavailable, use an alcohol hand sanitizer.

The proper sequence for handwashing is: wet hands, turn water off, apply soap, lather using 6-step method for a minimum of 20 seconds, then rinse and dry.

When you should wash your hands.

- *Before, during, and after preparing food*
- *Before and after eating*
- *Before and after caring for someone who is sick*
- *Before and after treating a cut or wound*
- *After using the restroom*
- *After changing diapers or helping someone who has used the restroom*
- *After blowing your nose, coughing, or sneezing*
- *After touching garbage*





Long Term Care

Step 2 (continued)

Handwashing with soap helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some foods or drinks, and make people sick.
- Germs from unwashed hands can be transferred to other objects like handrails, table tops, or chairs, and then transferred to another person's hands.

- Removing germs with proper handwashing therefore helps prevent diarrhea and respiratory infections and can even prevent some skin and eye infections.

Teaching people about handwashing helps them and their communities stay healthy.

- Reduces the number of people who get sick with diarrhea by 31%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 16-21%

How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- **Lather** your hands by rubbing them together with the soap. Be sure to follow the 6 step method which will address critical areas between your fingers and under your nails.

- **Scrub** your hands for at least 20 seconds.

- **Rinse** your hands well under clean, running water.

- **Dry** your hands using a clean towel.

What should you do if you don't have water?

Washing hands with soap and water is the best way to reduce germs on the skin. If soap and water are not available, use an alcohol-based hand sanitizer. Alcohol hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.



How do you use hand sanitizers?

- *Apply the product to the palm of one hand.*
- *Rub your hands together.*
- *Rub the product over all surfaces of your hands and fingers until your hands are dry.*
- *Alcohol-based sanitizer does not create antibiotic-resistant super bugs. The antimicrobial activity of alcohols can be attributed to their ability to denature proteins. They kill germs quickly, but in a different way than antibiotics.*
- *For some areas of your facility, you may want to consider a non-alcohol sanitizer. Primarily due to the Ethyl alcohol can cause poisoning if accidentally swallowed.*

Long Term Care Statistics

Not washing hands harms people around the world.

A comprehensive hand hygiene program is highly complementary to any long term care facility strategy and can increase employee and resident satisfaction.

- *1 out of 4 people don't attempt to wash their hands after using the restroom.*
- *As many as 380,000 people die of infections acquired in long term care facilities each year. 75% of breakroom faucet handles contain high levels of bacteria.*
- *Handwashing can reduce the risk of respiratory infections by 16%.*
- *Alcohol-based sanitizers do kill the good and bad germs on hands, but the good germs come back very quickly.*

- *Alcohol-based sanitizer does not kill C. difficile. Washing your hands with soap and water using the correct method is critical.*

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Quiz

Q1: True or False - Since half of all infections are transmitted from the hands it's important to encourage handwashing.

Q2: True or False - There are 5 key steps to implement a successful Hand Hygiene program.

Q3: True or False. When water is not available, an alcohol based sanitizer should be used.

Q4: Which sequence is the correct for handwashing:

1. Wet hands, apply soap, lather using 6-step method for 20 seconds, rinse & dry
2. Apply soap, wet hands, lather using 6-step method for 30 seconds, rinse & dry
3. Wet hands, turn water off, apply soap, lather using 6-step method for a minimum of 20 seconds, rinse & dry



Q5: Is handwashing or sanitizing the best way to reduce the number of germs on your hands?

Q6: The most critical areas missed by not following the 6-step method of handwashing are:

1. Palms of your hands and in-between fingers
2. Top of your hands and under nails
3. Top of your hands, in-between your fingers and under your nails

Q7: Which of the following are reasons to implement a hand hygiene program at your facility?

1. Keeping the residents and healthcare workers safe
2. Reducing cross contamination on surfaces
3. Promote the initiative to the community and resident family members
4. Promote to attract new residency
5. All of the above

Q8: Does alcohol sanitizer kill C-Diff?

Answers

Q1 Answer: 5 - All of the above.

Q2 Answer: No

Q3 Answer: 3 - It is always a good habit to turn the water off as you are lathering and using the 6-step method for a minimum of 20 seconds.

Q4 Answer: Handwashing is always the most effective when you do it correctly.

Q5 Answer: 3 - The 6-step method specifically addresses these areas that harbor harmful germs.

Q6 Answer: False - 80% of all infections are transmitted by the hands creating an urgent need to use proper techniques for hand hygiene.

Q7 Answer: True - Gaining Commitment, Educating, Roadmap, Implementation and Communication.

Q8 Answer: True - An alcohol-based sanitizer can be effective at removing germs but should only be used when water and soap are not available to wash hands.

Create a Roadmap

Step 3

It is important to make handwashing and sanitizing available, where it is needed. A critical element is to ensure proper dispenser placement with the correct type of soap or sanitizer. Your distributor or trained Betco® representative will guide this plan for you. Consider that food preparation areas require a different rated soap and sanitizer. Placement of dispensers will require ADA compliance and mounting to ensure the guiding screen is visible. Do not assume your previous dispenser placement is necessarily correct. We will verify what is compliant for your new program.

Implementation

Step 4

Implementation can feel overwhelming, especially if you have hundreds of dispenser changes. The carefully planned roadmap will take the surprises out of the equation. Your Betco authorized distribution and installation team will minimize disruption and ensure a professional and seamless transition to your new hand hygiene program. If you have an older system and still have supply, we will complete installation in phases so you can consume your existing soap inventory. Keep in mind, this is a program that will influence the safety and well-being of your residents and staff, this is not a product exchange.

Communicate

Step 5

During your installation, you will select messaging to post in designated areas or on the dispenser itself. Choose from posters, dispenser billboards or table tent cards with themes that emphasize the commitment you have made to create a healthier community. We have also included a pre-written press release ready for your use. Send this press release to local news outlets, post on your intranet and post on social media sites that you already use.



Press Release Sample Template

FOR IMMEDIATE RELEASE

From: (Name of person issuing the release)
(Name of long term care facility issuing the release)
(Contact Information)

(Facility Name) Builds a Healthier Long Term Care Facility with New Comprehensive Hand Hygiene Program

(Facility Name) announces the implementation of the hand hygiene program designed to help keep patients and guests healthy by educating them on proper hand hygiene practices.

According to the Centers for Disease Control and Prevention, proper hand hygiene education is the most important step in preventing the spread of illness and disease. The program aligns with CDC recommendations by promoting the step-by-step instructions for proper handwashing. (Facility Name) will place Soap and Instant Hand Sanitizer dispensers throughout their facility and restrooms to support their commitment to a worry-free path to recovery. These dispensers will use Betco® skin care products, which include green and triclosan-free options. In addition, (Facility Name) will implement educational elements to remind patients, guests and staff about the relationship between proper hand hygiene and health.

“Controlling the spread of germs in a healthcare facility is very important,” says NAME, TITLE at (Facility Name). “Research shows that 80% of all communicable diseases are spread by touch. In order to stay dedicated to improving the health and wellbeing of our patients, (Facility Name) agreed that the program is the best solution to accomplish that goal. I’m convinced that this program can do amazing things to reduce risk during a patient’s journey to recovery.”

“Germs can spread very easily in a treatment facility,” adds NAME, POSITION at (FACILITY NAME). “Otherwise healthy guests and staff can spread them every time they touch a doorknob, faucet or another person. This can mean trouble for patients who are trying to recover from other illnesses.”

The educational elements of the Hand Hygiene Program aim to make proper hand hygiene a habit for everyone. Thorough messaging that increases knowledge surrounding the importance of hand hygiene is also available as posters and table tents and accompanies the dispenser program. **“Helping our residents, staff and community stay healthy could not be any more in line with our mission.”** said (Long Term Facility Name) President NAME.

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