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		<input type="checkbox"/> INTERDEPARTMENTAL	<input type="checkbox"/> INTERNAL
TITLE		POLICY NUMBER/V#	
Hand Hygiene		MMC-IPC- 12 (01)	
INITIATED DATE	EFFECTIVE DATE	REVISED DATE	
02/08/2025	01/09/2025	01/08/2028	
REPLACES NUMBER		NO. OF PAGES	
NA		05	
APPLIES TO		RESPONSIBILITY	
All staff		Nursing and housekeeping	

## 1- PURPOSE

To reduce the risks of transmitting micro-organisms from one person to another or from one site to another on the same patient.

## 2- DEFINITION

**2.1. Hand washing:** Washing hands with plain soap and water.

**2.2. Anti-septic hand washing:** Washing hands with water and antiseptic soap or other detergents containing an antiseptic agent.

**2.3. WHO Five moments for hand hygiene:** The newly developed Five Moments for Hand Hygiene has emerged from the WHO Guidelines on Hand Hygiene in Health Care (Advanced Draft) to add value to any hand hygiene improvement strategy

**2.4. Benchmark WHO & MOH Guidelines:** 60% to 80% as compliance rate.

**2.5. Alcohol-based hand rub:** Rubbing hands with an alcohol-containing preparation.

**2.6. Antiseptic Hand Cleansers:** (chlorhexidine, povidone iodine and alcohol) antimicrobial products that more reliably remove transient flora and greatly reduce resident flora on hands.



**2.7. Antiseptic Waterless Products:** (Alcohol Hand rub) can be used in clinical areas whenever hands are not visibly soiled (e.g., with blood, body fluids, or other body substances).

**2.8. Antiseptic agent:** Antimicrobial substances that are applied to the skin to reduce the number of microbial flora. Examples include alcohols, chlorhexidine, quaternary ammonium compounds, this soap is available for use as an antiseptic at sinks all around the hospital.

**2.9. Visibly soiled hands:** Hands showing visible dirt or visibly contaminated with material, blood, or other body fluids (e.g., fecal material or urine)

### 3. RESPONSIBILITY

1. Infection Control Department
2. All Hospital Staff
3. Contractors' employees

### 4. POLICY

**1. All persons working on the Hospital premises including those working in the Home Health Care Department shall wash their hands to prevent the spread of infections:**

- 1.1 When coming on duty
- 1.2 Before applying and after removing gloves.
- 1.3 Before inserting or manipulating any invasive device.
- 1.4 When the hands are visibly soiled and contaminated.
- 1.5 Between handling of individual patients.
- 1.6 Before and after having contact with patients.
- 1.7 Before and after personal use of the toilet.
- 1.8 After sneezing, coughing, blowing, or wiping the nose or mouth.
- 1.9 On leaving isolation area or after handling articles from an isolation area.
- 1.10 After having contact with bodily fluids or excretions, non-intact skin, wound dressing, and contaminated items.



- 1.11 After having contact with inanimate objects near a patient.
- 1.12 Before and after handling food or beverages.
- 1.13 Before and after eating.
- 1.14 Before preparing medications
- 1.15 Before and after specimen collection
- 1.16 After carrying out cleaning procedures of:
  - 1.16.1 Bathroom areas
  - 1.16.2 Toilets
  - 1.16.3 Cafeteria/Restaurant
- 1.17 On completion of duty.

**2. All health care worker should follow the WHO Five moments for hand hygiene guidelines to prevent the spread of infections:**

- 2.1. Before patient contact.
- 2.2. Before a clean/aseptic procedure.
- 2.3. After body fluid exposure risk.
- 2.4. After patient contact.
- 2.5. After contact with patient surrounding

## 5. PROCEDURE

### 1. Hand Washing:

- 1.1 Remove jewelry and watches.
- 1.2 Turn on water to comfortable temperature.
- 1.3 Wet hands appropriately up to the wrists.
- 1.4 Apply single pump of soap.
- 1.5 Rub for 40-60 seconds the hands and fingers to cover all areas especially between fingers and under nails.
- 1.6 Rinse well, keeping hands pointing down. Complete removal of soap helps to prevent excoriation of the hands.



1.7 Dry hands well with paper towels, and then use the paper towel to turn off faucet.

1.8 Dispose of paper towels properly.

## **2. Use of Alcohol-Based [60-70%] Hand Rubs:**

2.1 If hands are visibly soiled or contaminated with organic matter, used soap and water hand washing procedure.

2.2 Alcohol rub dispensers must be available at the entrance of patient rooms, and treatment areas.

2.3 Apply single pump of alcohol hand rub onto palm hand.

2.4 Rub vigorously over all surfaces until dry [about 30 seconds].

2.5 Alcohol hand rubs maybe used up to four [4] times consequently in lieu of regular hand washing.

3. Anti-septic hand washing.

4. Antiseptic Hand Cleansers.

5. Antiseptic Waterless Products.

6. Antiseptic Soap

## **REFERENCES**

1. Guidelines for Hand Hygiene in Healthcare Settings Published 2002. October 25, 2002 / Vol. 51 / No. RR-16

2. WHO - Guidelines on Hand Hygiene in Healthcare. (2009)

3. [http://who.int/gpsc/tools/Five\\_moments/en/](http://who.int/gpsc/tools/Five_moments/en/) 4. The GCC Infection prevention and control manual 3rd edition 2018



## 6. Approved

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