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Handwashing

Patient name: _____ Admission: _____

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- I. **The client/caregiver can list reasons for using good handwashing.**
 - A. Prevention of spread of infections such as colds, flu, gastrointestinal disorders
 - B. Prevention of the spread of food-borne illness

- II. **The client/caregiver can list when it is important to wash hands.**
 - A. After using the bathroom
 - B. After changing a diaper—wash baby’s hands, too.
 - C. After touching animals or animal waste
 - D. Before and after preparing food (especially when handling raw meat)
 - E. Before eating
 - F. After blowing your nose
 - G. After coughing or sneezing into your hands
 - H. Before and after treating wounds or cuts
 - I. Before and after touching a sick or injured person
 - J. After handling garbage
 - K. Before inserting or removing contact lenses
 - L. When using public restrooms

- III. **The client/caregiver can describe good handwashing techniques.**
 - A. Instructions for washing with soap and water
 - 1. Wet hands with warm, running water and apply soap. Lather well.
 - 2. Rub hands together vigorously for at least 15 seconds.

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- 3. Scrub the backs of your hands and wrists and between your fingers and under fingernails.
- 4. Rinse well.
- 5. Dry hands with clean or disposable towel.
- 6. Use towel to turn off the faucet.
- B. Instructions for the use of alcohol-based hand sanitizer.
 - 1. Use only alcohol-based products.
 - 2. If your hands are visibly dirty, use soap and water.
 - 3. Apply about 1/2 teaspoon of product to hands.
 - 4. Rub hands together, covering all surfaces, until hands are dry.

RESOURCE

Centers for Disease Control and Prevention
www.cdc.gov/cleanhands/

REFERENCES

Perry, A., & Potter, P. (2006). *Clinical nursing skills & technique*. St. Louis: Mosby Inc.

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Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.