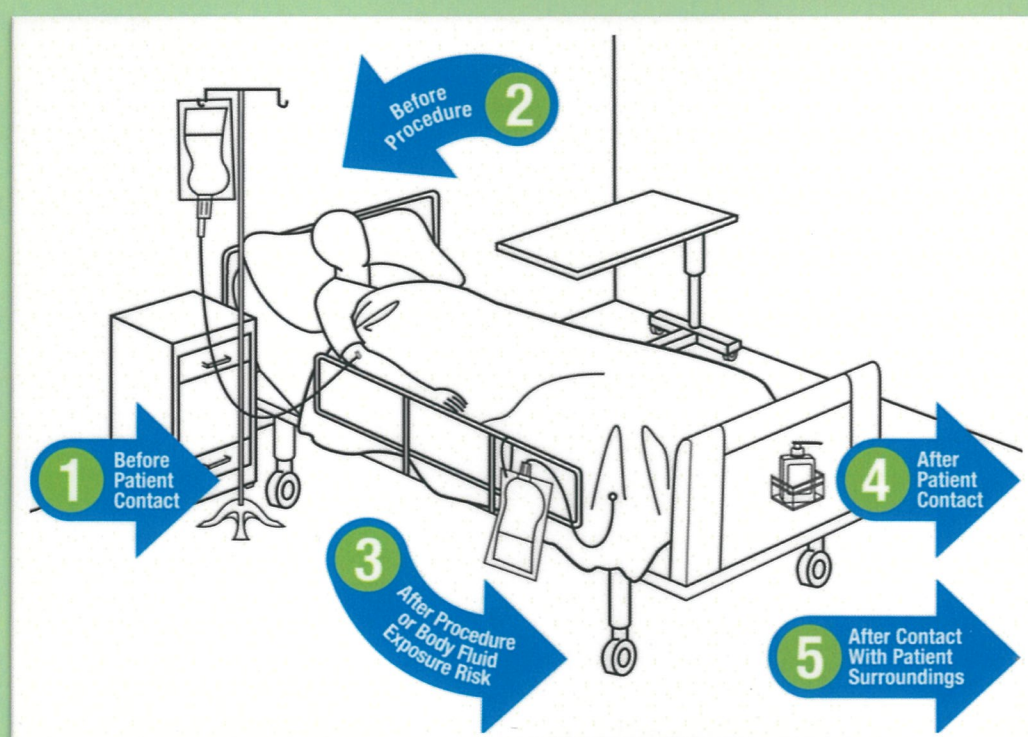


# IS ALCOHOL-BASED HAND GEL MORE EFFECTIVE IN REDUCING HEALTH CARE ASSOCIATED INFECTIONS THAN HANDWASHING, WHEN HANDS ARE NOT SOILED?

## INTRODUCTION

Hand Hygiene is considered the most important measure for preventing health care associated infections and the spread of antimicrobial resistant pathogens. It is so important that we understand when to do the basic task of hand hygiene. Five Moments for Hand Hygiene is a great tool to use to gain this knowledge, a great reminder to ensure we are doing it correctly and preventing our patients from health care associated infections.

## WORLD HEALTH ORGANISATION: FIVE MOMENTS FOR HAND HYGIENE.



## ARE YOUR HANDS SOILED?

YES



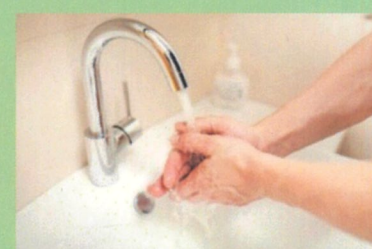
Wash Hands

NO



Use Hand Gel

In most countries in Northern Europe it is golden standard to use an alcohol based hand gel for hand hygiene unless your hands are visibly soiled.



## CONCLUSION

Literature has proved that hand hygiene can reduce the risk of health care associated infections. Having alcohol based hand rubs more readily available for health care workers increases the compliance of hand hygiene. It is now known that alcohol based hand gel is more effective than hand washing when hands are not soiled. The World Health Organisation five moments for hand hygiene is a great initiative that is being rolled out in all District Health Boards throughout New Zealand. Let's hope that the compliance improves with all health care workers with hand hygiene this will then reduce health care associated infections.

## IS HAND GEL OR HAND WASH BEST?

According to research that has been completed, there is evidence to show that alcohol-based hand gel is more effective than hand washing when hands are not visibly soiled. There is evidence shown in a study that alcohol based hand gel removed 83% of hand contamination on hands that were not soiled while hand washing only removed 41%.

## REFERENCES

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**THE PECOT MODEL**

PECOT CATEGORY	INFORMATION RELATED TO QUESTION	EXPLANATION
Population	Basing this on healthcare workers.	Population will be health care workers having contact with patients in a health care setting
Exposure	Hospital health care setting.  Not specific to a particular ward or area. Focusing at health care workers that don't have soiled hands.	We know that soiled hands should be hand washed, so the focus is at non-soiled hands and the effectiveness of alcohol-based hand gel being used instead of hand washing.
Comparison	Comparing alcohol-based hand gel with hand washing.	What is most effective when hands are not soiled?
Outcome	Resolution of comparison. Is alcohol-based hand gel more effective?	To know what is more effective in reducing health care associated infections.
Time	Not Applicable	Not Applicable