



Hand Hygiene Course

Introduction

Keeping hands clean is one of the most important ways to prevent the spread of infection and illness. Good hand hygiene helps reduce the risk of things like flu, food poisoning and infections being passed from person to person. Hand washing is the best way to stop germs from spreading, but it needs to be done properly.

This teaching pack contains everything you need to explain when and why hands should be washed, how germs are spread, where germs hide; and both how and when to wash hands.

The aim of the teaching aid is to enable both adults and children of all ages to feel confident about hand hygiene and to empower them to ask care givers to use good hand hygiene practices. The materials have been designed so they can be adapted to suit a range of abilities. They can be used in a group situation or for a one-to-one session.

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Pack Contents

- **Slide set** – there are 12 slides which have lots of pictures. You can use all of them or just a selection.
- **Teaching Notes** – these are for guidance and can be used to suit whoever is being trained.
- **Certificates** – a certificate can be given at the end of the course to show that hand hygiene training has been successfully completed.
- **Stickers** – these can be given after hand washing has been correctly carried out. They can be printed out using Avery E3613 labels.
- When hands should be washed
- When other people should wash their hands
- How to wash hands correctly

Preparation

The course can be carried out in any environment with access to hand washing facilities with soap / gel in a dispenser, paper towels and a waste bin.

If you have access to a 'Glow and Tell' Light Box, install it ready for use before participants arrive. Also, don't forget to have a supply of UV Germ lotion available.

In a group situation, it may be easier to sit round a table. In this case set up the table with an information pack for each client before the training begins.

Before the training starts, it will save time to fill out the name of each participant on the certificates ready to hand out at the end of the session.

Teaching Notes

There are notes to go with each slide. These act as a reminder of some of the points that can be made and are for guidance only. The materials will work much better when adapted to meet specific hand hygiene learning needs. Although there are serious messages, these can be delivered in a fun way as this is more likely to encourage engagement and recall of the main messages.

The Hand Hygiene course contains information about:

- How germs are spread
- Where germs hide
- What germs can do to the body



Slide 1 'Hand Hygiene' course

Give an introduction to the course and explain what will happen during the session.

The course will cover:

- How germs are spread
- Where germs hide
- What germs can do to the body
- When hands should be washed
- When other people should wash their hands
- How to wash hands correctly

In a group environment, ask the participants to introduce themselves and write their name on the front page of the training pack.

Slide 2 'Did you wash them?'

Ask participants if they have washed their hands today. Ask why they think they need to wash their hands.

Reasons for hand washing include:

- To remove germs
- To make hands clean
- To stop germs from spreading
- To keep you safe
- To keep other people safe

Slide 3 'How germs are spread'

Look at the diagram showing a dirty hand with arrows pointing to:

- **Raw food** – germs can be spread from raw food like uncooked chicken and fish to the hands, when preparing a meal. If you don't wash your hands after touching uncooked meat, you can spread germs to other uncooked food like salad. Cooking the raw food will kill the germs but they will still live on the uncooked food like salad.
- **Animals** – after petting and touching animals, their food, toys, cages and litter trays, hands should be washed to get rid of the animal germs.
- **Cooked food** – if you don't wash your hands before making food, germs can be passed to those who eat the food you've made.

- **Nose, mouth, eyes to hands** – germs can spread to your hands by sneezing, coughing or rubbing your eyes, and then passed to other people, if you don't wash your hands.

Slide 4 'Germ Farm - Wash them!'

Remind participants that germs can hide everywhere on their hands, even though they can't be seen.

Ask how do you think they get there?

Some of the reasons may include:

- Touching raw food like meat or fish
- Touching rubbish when you empty the waste bins
- Touching dirty laundry when you put it in the washing machine
- Touching pets
- Touching other people
- Blowing your nose, coughing or sneezing into your hands
- Using the toilet
- Gardening

Before moving onto the next slide, ask 'what do you think germs can do to your body?'

Slide 5 'What germs can do to your body'

Explain that some germs are good - some good germs live inside our tummies to help digest food. **but** some germs can make us ill.

Ask if anyone has ever been sick, what it feels like and how long it takes to get better.

Give a reminder that germs on our hands can get into our bodies:

- Through our mouths when we put food in with our fingers
- If we rub our eyes
- If we pick our noses
- If we have a sore or cut that we touch or pick
- Ask 'Is it important to wash our hands?'



Slide 6 'When should I wash my hands?'

Ask 'When do you think you should wash your hands?' to encourage discussion.

Go through each point on the diagram:

- **Dirty hands** – always wash your hands if you can see dirt on them.
- **Pets** – after you've touched a pet or its toys or bedding, always wash your hands as animals carry lots of germs which can make people ill.
- **Gardening** – there's lots of germs in the soil, so always wash your hands after gardening. Don't forget to clean under your nails as soil can easily get stuck there.
- **Toilet** – always wash your hands after you've been to the toilet. There are lots of bad germs in your poo which can make you very ill.
- **Cooking** – wash your hands before touching any food. Wash them again if you touch raw meat like chicken or fish.
- **Sneezing and coughing** – when you cough or sneeze into your hands don't forget to wash the germs away or they'll keep getting back into your body and make you ill again. If you don't wash your hands after sneezing and coughing, you could also pass the germs on to someone else and make them ill.

Slide 7 'Help prevent germs keep safe!'

Introduce the idea of asking other people to wash their hands before giving help, care or preparing food.

Ask 'have you ever asked anyone to wash their hands?'

Then ask who they think they should ask to wash their hands.

The list could include:

- Nurse
- Doctor
- Dentist
- Care giver
- Anyone preparing food

Reiterate that it is ok to ask carers / people preparing food to wash their hands.

Slide 8 'When should I ask other people to wash their hands?'

The aim of this slide is to help make a distinction between care-giving and social contact or contact with food. Hand washing is always essential before any sort of care giving, but it is not necessary in many social situations.

Ask: 'When should other people should wash their hands?'

Make a clear distinction between social contact like sitting having a chat with a friend (when hands don't need to be washed) and care-giving contact or people preparing food (when hands do need washing).

Slide 9 & 10 'Help Prevent Germs'

This part of the session can make use of a 'Glow and Tell' Light Box to reinforce correct hand washing techniques, or it can be carried out using hand washing facilities alone.

As participants are required to each wash their hands under supervision, it can be useful to give those waiting something to do. A 'Spot the Difference' sheet is included in this pack and can be used to fill in the time while waiting.

Clearly demonstrate the stages of hand washing, pointing to the diagrams in these two slides.

If using a Glow Box, explain exactly what will happen.

Invite each participant to come and try out their hand washing technique.

Slide 11 'Spot the difference'

Ask participants to circle the differences between the two cartoons whilst waiting for their turn at hand washing. Varying degrees of difficulty can be found in spotting the differences to cater for a range of abilities.



Slide 12 'Thank You'

Give a recap on the session:

- Today we've talked about hand washing
- Why hand washing is important
- What germs/bacteria can do to you
- When you should wash your hands
- When you should ask other people to wash their hands

Hand hygiene is a simple thing and it's the best way to prevent infection and illness. Clean hands prevent infections. Washing your hands properly is one of the most important things you can do to help prevent and control the spread of many illnesses.

- Ask for feedback.
- Session closes.
- Hand out certificates and stickers.

Additional considerations

Utilise hand hygiene posters to reinforce messages (available as downloadable pdfs).

Nominate one person as a 'Hand Hygiene Champion' to help spread hand hygiene messages. Award a badge to the Hand Hygiene Champion.