

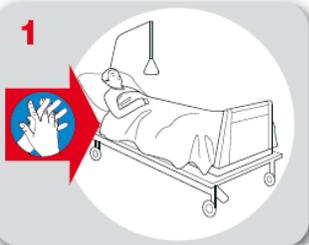
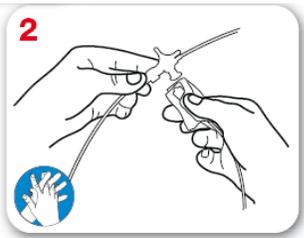
5 Moments Fact Sheet

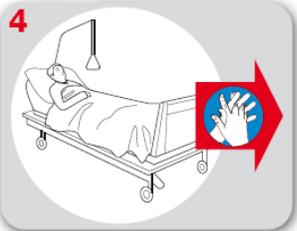
Hand Hygiene is the number one intervention to protect your patient from a healthcare associated infection. So in addition to doing hand hygiene upon **entering** and **exiting** a room, incorporating the World Health Organization's (WHO) 5 MOMENTS of hand hygiene while caring for our patients, ASSURES them that all healthcare workers are engaged in a culture of safety.

The most effective way to ensure optimal hand hygiene is by using an alcohol-based hand rub. It is the preferred means for routine hand antisepsis. Perform hand hygiene with soap and water when hands are visibly dirty or soiled with blood or other body fluids, when exposure to potential spore-forming organism (C.diff) or after using the restroom.

The indications for hand hygiene are independent of those that justify the use of gloves (whether sterile or non-sterile). Glove use neither alters nor replaces the performance of hand hygiene. If an indication occurs while the health-care worker is wearing gloves they must be removed to allow hand hygiene performance and, if necessary, changed.

Refer to your hospital's Hand Hygiene Policy and Procedure for additional information.

<p>Upon entering the patient room/space, before touching the patient or the environment</p> 	<p>WHY? To protect the patient against colonization and, in some cases, against exogenous infection, by harmful germs carried on your hands.</p> <p>WHEN? Clean your hands before touching a patient when approaching him/her.</p> <p>Situation when Moment 1 applies:</p> <ol style="list-style-type: none"> Before shaking hands, before stroking a child's forehead. Before assisting a patient in personal care activities: to move, to take a bath, to eat, to get dressed, etc. Before delivering care and other non-invasive treatment: applying oxygen mask, giving message. Before performing a physical non-invasive examination: taking pulse, blood pressure, chest auscultation, recording ECG.
<p>Before clean / aseptic procedure</p> 	<p>WHY? To protect the patient against infection with harmful germs, including his/her own germs, entering his/her body.</p> <p>WHEN? Clean your hands immediately before accessing a critical site with infectious risk for the patient (e.g. a mucous membrane, non-intact skin, an invasive medical device).</p> <p>Situations when Moment 2 applies:</p> <ol style="list-style-type: none"> Before brushing the patient's teeth, instilling eye drops, performing a digital vaginal or rectal examination, examining mouth, nose, ear with or without an instrument, inserting a suppository, suctioning mucous. Before dressing a wound with or without instrument, applying ointment on vesicle, making a percutaneous injection/puncture. Before inserting an invasive medical device (nasal cannula, nasogastric tube, endotracheal tube, urinary probe, percutaneous catheter, drainage), disrupting / opening any circuit of an invasive medical device (for food, medication, draining, suctioning, and monitoring purposes). Before preparing food, medications, pharmaceutical products, sterile material.

<p>After body fluid exposure risk</p> 	<p>WHY? To protect you from colonization or infection with patient's harmful germs and to protect the health-care environment from germ spread.</p> <p>WHEN? Clean your hands as soon as the task involving an exposure risk to body fluids has ended (and after glove removal).</p> <p>Situations when Moment 3 applies:</p> <ol style="list-style-type: none"> When the contact with a mucous membrane and with non-intact skin ends. After a percutaneous injection or puncture; after inserting an invasive medical device (vascular access, catheter, tube, drain, etc.); after disrupting and opening an invasive circuit. After removing an invasive medical device. After removing any form of material offering protection (napkin, dressing, gauze, sanitary towel, etc.). After handling a sample containing organic matter, after cleaning excreta and any other body fluid, after cleaning and contaminated surface and soiled material (soiled bed linen, dentures, instruments, urinal, bedpan, etc.).
<p>After touching a patient when leaving the patient zone</p> 	<p>WHY? To protect you from colonization or infection with patient's harmful germs and to protect the health-care environment from germ spread.</p> <p>WHEN? Clean your hands when leaving the patient's side, after having touched the patient.</p> <p>Situations when Moments 4 applies, if they correspond to the last contact with the patient before leaving him/her:</p> <ol style="list-style-type: none"> After shaking hands, stroking a child's forehead. After you have assisted the patient in personal care activities: to move, to bath, to eat, to dress etc. After delivering care and other non-invasive treatment: changing bed linen as the patient is in, applying oxygen mask, giving a massage. After performing a physical non-invasive examination: taking a pulse, blood pressure, chest auscultation, recording an ECG.
<p>After touching patient surroundings when leaving the patient zone.</p> 	<p>WHY? To protect you from colonization with patient germs that may be present on surfaces/objects in patient surroundings and to protect the health-care environment against germ spread.</p> <p>WHEN? Clean your hands after touching any object or furniture when leaving the patient surrounds without having touched the patient.</p> <p>Situations when Moments 5 applies, if they correspond to the last contact with the patient surroundings, without having touched the patient.</p> <ol style="list-style-type: none"> After an activity involving physical contact with the patient's immediate environment: changing bed line with the patient out of the bed, holding a bed rail, clearing a bedside table. After a care activity: clearing a monitoring alarm. After other contacts with surfaces or inanimate objects.