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Diploma in Pharmacy 1st Year

Social Pharmacy

Experiment

To learn hand washing technique

Aim:

To learn hand washing technique.

Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Anshu , “ Practical Manual of Social Pharmacy ” Published by Nirali Prakashan , Pg.No 22 - 25

Theory :

Thousands of people die every day around the world from infections acquired while receiving health care. Hands are the main pathways of germ transmission during health care, Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent health care associated infections.

Hand hygiene helps to stop the spread of germs including ones that can cause antibiotic resistant infections. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. That means the germs are not killed and continue to grow. Infections caused by antibiotic resistant germs are difficult and sometimes impossible to treat. Keeping your hands clean by washing your hands with soap and water or using alcohol based hand sanitizer is one of the best ways to prevent germs from spreading and avoid infections.

Any health care worker, caregiver, or person involved in direct or indirect patient care needs to be concerned about hand hygiene and should be able to perform it correctly and at the right time. Clean your hands by rubbing them with an alcohol based formulation as the preferred means for routine hygienic hand antisepsis if

hands are not visibly soiled it is faster more effective, and better tolerated by your hands than washing with soap and water.

Wash your hands with soap and water when hands are visibly dirty or visibly soiled with blood or other body fluids or after using the toilet if exposure to potential spore forming pathogens is strongly suspected or proven including outbreaks of clostridium difficult hand washing with soap and water is the preferred means.

If you don't have soap water use a hand sanitizer with at least 60% alcohol. If you don't have hand sanitizer or soap but do have water rub your hands together under the water and dry them with a clean towel or air dry. Rubbing your hands under water will rinse some germs from your hands even though it's not as effective as washing with soap.

Hand care

Take care of your hands by regularly using a protective hand cream or lotion at least daily do not routinely wash hands with soap and water immediately before or after using an alcohol based hand rub. Do not use hot water to rinse your hand after hand rubbing let your hands dry completely before putting on gloves.

Washing hands with soap and water is the best way to remove all types of germs and chemicals. If soap water are not available use an alcohol based hand sanitizer with at least 60% alcohol.

Points to remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- keep natural nails short.



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers and vice versa



Palm to palm with fingers interlaced



Back of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



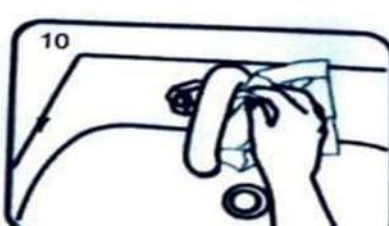
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water



Dry thoroughly with single use towel



Use towel to turn off faucet



...and your hands are safe

Result : Understood hand washing techniques.

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Amir Khan

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