

Inservice Presentation on Handwashing Summary

- A. Three objectives:
 - a. The Importance of handwashing and why you should care
 - b. The hazards of improper hand hygiene
 - c. Explain what proper handwashing technique is/components of proper handwashing station
- B. Introduction:
 - a. CDC statistic for disease outbreaks due to improper hand hygiene
 - b. Example of pathogens that can spread through fecal-oral route
 - c. “Out of sight, out of mind” mentality
 - d. What food service workers can do to prevent this; our responsibilities
- C. Importance of Handwashing: Why you should care
 - a. Why we should care?
 - b. Personal accountability
 - c. Motivational strategies to wash hands more often
- D. Hazards of Improper Washing
 - a. Examples of bacteria on hands before/after washing (pictures)
 - b. Pie graph explaining the breakdown of different pathogens
- E. Real-Life Example:
 - a. What our group noticed in management style and proper handwashing amongst food service employees
 - b. Experience at DJUSD vs. WHNRC with regards to handwashing
- F. When you should wash your hands/Components of proper handwashing station (poster)
 - a. examples of when you should wash your hands
 - b. essential parts of a proper handwashing station
- G. Proper handwashing techniques
 - a. Wet, lather, scrub, rinse, dry
 - b. a demo of proper handwashing
 - i. “Who actually washes their hands for this long?”
 - 1. Follow-up: Even if you do, do you get these commonly missed areas?

References:

Randomized volunteers into three groups after touching the door handles and railings in public areas: 1) handwashing with antibacterial soap, 2) handwashing with water only, and 3) no handwashing. The result shows that 44% of the bacterias found on people with no handwashing. With water only, it reduces to 23% of the bacterias, and even up to 8% when washing hands with soap.

Burton, M., Cobb, E., Donachie, P., Judah, G., Curtis, V., & Schmidt, W. (2011, January 6). The Effect of Handwashing with Water or Soap on Bacterial Contamination of Hands. Retrieved December 1, 2015, from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3037063/>

Public Health England (PHE) makes what is invisible, visible to show people different pictures on how hands are contaminated after touching raw chicken, old dishcloth, using the toilet, and cleaning surface used for raw meat preparation. Thumb is the commonly missed area when people wash their hands after handling raw chicken. PHE also show pictures of hands after handwashing to emphasize the importance of handwashing to reduce potential harm.

The invisible bugs that lurk on your hands. (2014, May 5). Retrieved December 1, 2015, from <https://www.gov.uk/government/news/the-invisible-bugs-that-lurk-on-your-hands>

Center for Disease Control and Prevention provides statistics for consequences due to improper hand hygiene and examples of pathogens that can spread through fecal-oral route. They also inform the public about how proper handwashing should be done and when people should wash their hands.

Why Wash Your Hands? Center for Disease Control and Prevention (2015, July 22). Retrieved December 1, 2015, from <http://www.cdc.gov/handwashing/why-handwashing.html>

In the introduction of the book showed that only 39% of healthcare professionals actually properly wash their hands in the introduction. After, the book introduces the term “Hand Hygiene” and provides information about how to improve hand hygiene compliance Chapter 8 Interventions To Improve Hand Hygiene Compliance: Brief Update Review. (n.d.). In *Making Health Care Safer II: An Updated Critical Analysis of the Evidence for Patient Safety Practices*. (<http://www.ncbi.nlm.nih.gov/books/NBK133371/>)