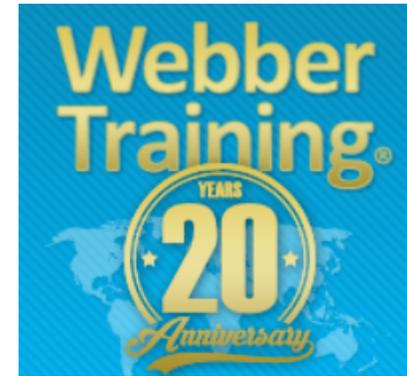




**SAVE LIVES  
CLEAN YOUR HANDS**



5 de mayo de 2021: Lograr una higiene de manos eficaz en el punto de atención

CIAAS Comité de Infecciones Asociadas a la Atención de la Salud

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# Agradecimientos

❖ Prof. Benedetta Allegranzi, MD

❖ IPC Global Unit, WHO HQ

❖ Prof. Didier Pittet, MD, MS

❖ Infection Control Programme,  
University of Geneva Hospitals and  
Faculty of Medicine, Geneva,  
Switzerland



- ❖ Cada año, la campaña de la Organización Mundial de la Salud Salva Vidas: Lava tus Manos tiene como objetivo mantener un perfil global sobre la importancia de la higiene de manos en la atención médica y "unir a las personas" para apoyar la mejora de la higiene de manos a nivel mundial

**12 AÑOS DE LA CAMPAÑA MUNDIAL  
ANUAL DE  
HIGIENE DE MANOS  
5 DE MAYO DE 2009 - 2021**

# Recomendaciones de la OMS para prevenir transmisión de COVID 19



1

Todas las instituciones de salud públicas y privadas deben establecer o fortalecer sus programas de higiene de manos y garantizar, como mínimo, la adquisición de cantidades adecuadas de suministros de higiene de manos de calidad, capacitación de actualización sobre higiene de manos y sobre su importancia para prevenir la propagación del virus COVID-19.

2

Las autoridades de salud locales deben de asegurar la presencia continua de estaciones funcionales para la higiene de manos (dispensadores de sanitizantes a base de alcohol o agua y jabón, y toallas de papel desechables) para todos los trabajadores de la salud

3

Los trabajadores de la salud deben realizar la higiene de manos empleando la técnica adecuada, “Los 5 momentos para la higiene de manos” especialmente antes de la colocación del EPP y posterior a removerlo, al cambiar de guantes, después del contacto con cualquier paciente con sospechoso o confirmado con infección por el virus COVID-19, sus desechos y su entorno

4

Todas las instituciones de salud son fuertemente alentadas a participar activamente en la campaña de la OMS SALVANDO VIDAS: lava tus manos, antes, el 5 de mayo y para responder al llamado global a la acción del Secretario General de la ONU sobre agua, saneamiento e higiene en las instalaciones sanitarias



# Hand Hygiene for All

## A whole of society approach to achieving universal hand hygiene and stopping the spread of COVID-19

### HAND HYGIENE FOR ALL INITIATIVE



Improving access and behaviour in health care facilities

#### Purpose of the brief

To provide insights into available strategies and approaches to hand hygiene improvement in health care facilities (HCFs) in support of the new [United Nations Children's Fund \(UNICEF\)/World Health Organization \(WHO\) Hand Hygiene for All Initiative](#), including sustainable interventions. The brief draws on learning from legacy work and the current evidence base. It emphasizes the synergistic relationship between infection prevention and control (IPC) and water, sanitation and hygiene (WASH) in HCFs and summarizes how joint action and collaboration is essential for improvement in the context of the coronavirus disease (COVID-19) response and beyond.

#### Introduction and background

Access to quality health care for all is a human right. As clearly recognized by the United Nations (UN) Sustainable Development Goals 3.8 and 6, it is impossible to succeed in providing quality health care. Shockingly, many HCFs still lack WASH and, by default, cannot implement good IPC practices.

#### According to global estimates released in 2020 by WHO/UNICEF:

	1 in 4 facilities lack basic water <sup>1</sup>
	1 in 10 facilities have no sanitation <sup>1</sup>
	1 in 3 facilities lack hand hygiene facilities at points of care <sup>1</sup>
	1 million of the 4.1 million maternal and neonatal deaths per year may be related to unhygienic birthing practices <sup>2</sup>

# Año de los trabajadores de la salud 2021



- ❖ El 2021 se ha designado internacionalmente como el año de los trabajadores de la salud en reconocimiento por su dedicación en la lucha contra la pandemia por COVID-19
- ❖ La OMS lanza una campaña de un año
- ❖ Destaca la necesidad urgente de invertir en trabajadores de la salud para compartir dividendos en salud, empleo, oportunidades económicas y equidad
- ❖ Lograr los objetivos de la campaña de la OMS SALVA VIDAS: lava tus manos, protegerá a los trabajadores de la salud de riesgos de infección

# OMS SALVA VIDAS: LAVA TUS MANOS EN EL CONTEXTO DE COVID-19

World Health Organization

**When going to a health care facility of any kind**  
In areas where **COVID-19** is spreading

 +  + 

Maintain a distance of at least 1 metre from others

Clean hands frequently

Wear a mask

## CONTACT AND DROPLET PRECAUTIONS - COVID-19 PERSONAL PROTECTIVE EQUIPMENT (PPE)

### 1 Perform hand hygiene

- 1 Alcohol based handrub** Rub hands for 20–30 seconds. **or** **Water and soap** Wash hands for 40–60 seconds.



### 2 Put on the gown



### 3 Put on the mask

- 3 Medical mask** **or** **Respirator mask (N95, FFP2, FFP3, or equivalent).** Only use if performing aerosol generating procedures.

## AIRBORNE PRECAUTIONS PERSONAL PROTECTIVE EQUIPMENT (PPE)

### 1 Perform hand hygiene

- 1 Alcohol based handrub** Rub hands for 20–30 seconds. **or** **Water and soap** Wash hands for 40–60 seconds.



### 2 Put on the respirator mask (N95, FFP2, FFP3, or equivalent)



### 3 Put on the mask

- 3 Medical mask** **or** **Respirator mask (N95, FFP2, FFP3, or equivalent).** Only use if performing aerosol generating procedures.



### 4 Put on eye protection

- 4 Put on face shield or goggles.**



### 5 Put on gloves

- 5 Ensure gloves are placed over the cuff of the gown.**



## HOW TO WEAR A MEDICAL MASK SAFELY

### Do's →

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
- Avoid touching the mask
- Remove the mask from behind the ears or head
- Keep the mask away from you and surfaces while removing it
- Discard the mask immediately after use preferably into a closed bin
- Wash your hands after discarding the mask

## Higiene de manos y vacunación contra COVID-19

Los proveedores de vacunas deben seguir las precauciones estándar durante la vacunación

Todo el personal se deberá lavar las manos con agua y jabón al llegar y al retirarse de las instalaciones

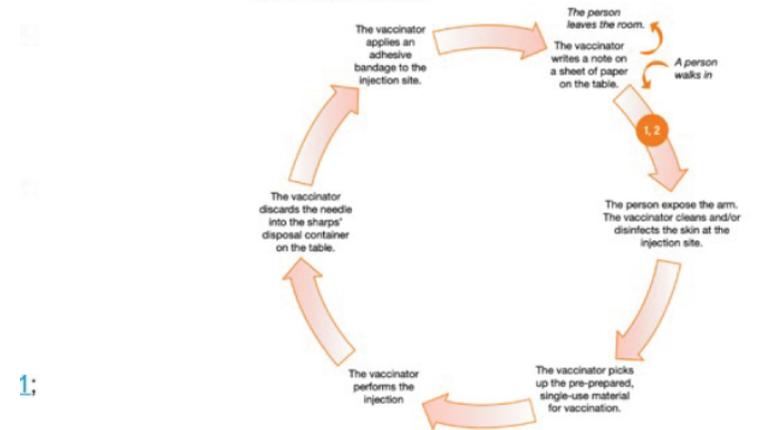
No se requiere uso de guantes, en caso de usarse, no reemplazar la higiene de manos entre cada aplicación de vacunas

Garantizar que áreas funcionales para higiene de manos se encuentren disponibles en la entrada y salida de cada estación de vacunación

Vacunadores: realizar aseo de manos antes de colocar y remover el EPP, antes de preparar la vacuna y entre cada aplicación de vacuna; de preferencia usar sanitizantes a base de alcohol



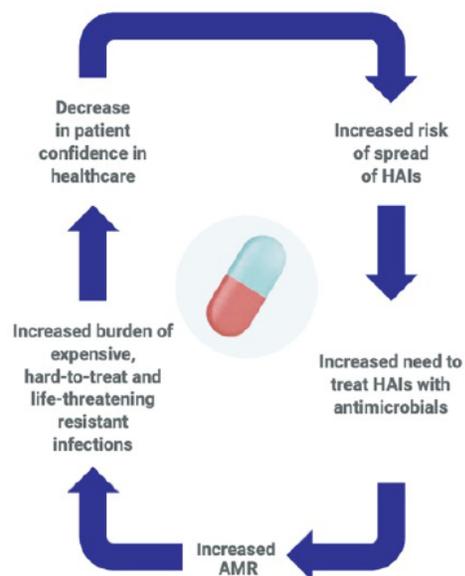
Figure 1 - Minimum requirements for hand hygiene in an immunization session



1;

# Una buena higiene de manos es la clave para la prevención de infecciones y la resistencia antibiótica

- **Impacto de prácticas deficientes de prevención y control de infecciones**
- Sin Prevención y Control de Infecciones, es imposible lograr una atención médica de calidad y la capacidad de responder a epidemias se ve severamente comprometida



## Impacto de prácticas adecuadas de prevención y control de infecciones

PCI es una responsabilidad de todos

Las infecciones asociadas a los cuidados de la salud son unas de las principales consecuencias de una atención de mala calidad. Causan un daño evitable a millones de pacientes en todo el mundo cada año y contribuyen a la resistencia antibiótica

Alcanzar la Cobertura Sanitaria Universal significa una atención de calidad para todos, en todas partes. Todos tenemos un papel que desempeñar para hacer que la atención sea segura: los responsables de la formulación de políticas, deben asegurarse de que su país tenga programas sólidos de PCI

# Nuevo acuerdo europeo

1. Higiene respiratoria y de manos
2. Equipo de protección personal
3. Higiene ambiental, gestión de residuos y ropa

## Infection prevention and control

### Guidance to action tools



RESPIRATORY  
AND HAND  
HYGIENE



PERSONAL  
PROTECTIVE  
EQUIPMENT



ENVIRONMENTAL  
CLEANING,  
WASTE AND LINEN  
MANAGEMENT



❖ **1 de cada 4** centros médicos carecen de suministro de agua



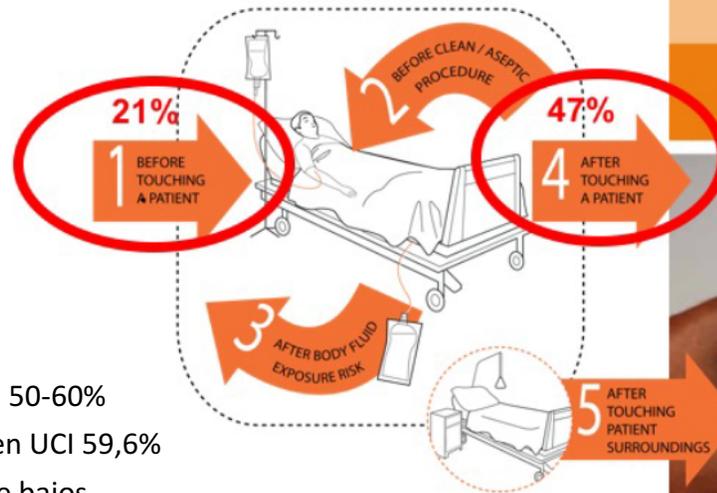
❖ **1 de cada 3** centros médicos carecen de instalaciones para la higiene de manos

❖ **17%** de las instalaciones de salud tienen disponibilidad continua de desinfectantes para manos a base de alcohol en países de bajos ingresos

# Recomendaciones para el cumplimiento de la higiene de manos

**40%**

- <sup>1</sup>UCI: 30-40%
- <sup>1</sup>Salas generales: 50-60%
- <sup>2</sup>Cumplimiento en UCI 59,6%
- <sup>2</sup>UCI en países de bajos ingresos 9%
- Raramente excede el 70% in países de altos ingresos



WHO Guidelines  
on Hand Hygiene in Health Care

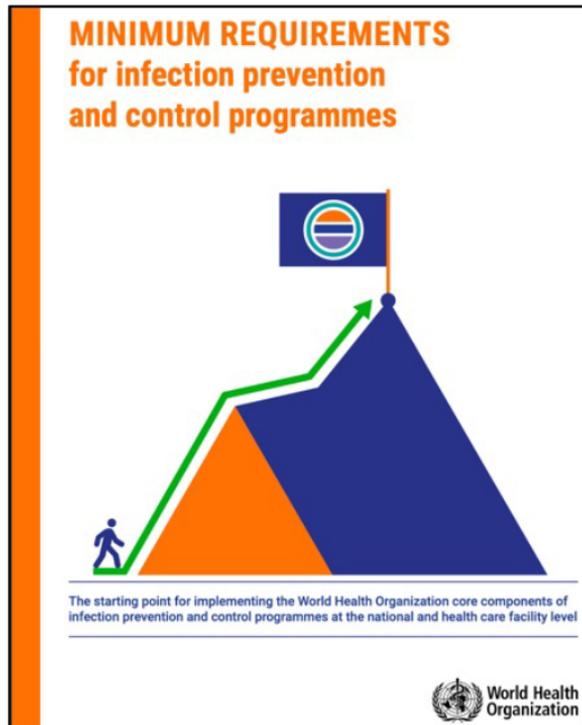
First Global Patient Safety Challenge  
Clean Care is Safer Care



<sup>1</sup>Erasmus V et al. *Infect Control Hosp Epidemiol* 2010;31:283-294.

<sup>2</sup>Lambe KA et al. *Crit Care Med*, 2019; 47:1251-1257

# La higiene de las manos es el núcleo de los componentes básicos de los programas de PCI eficaces



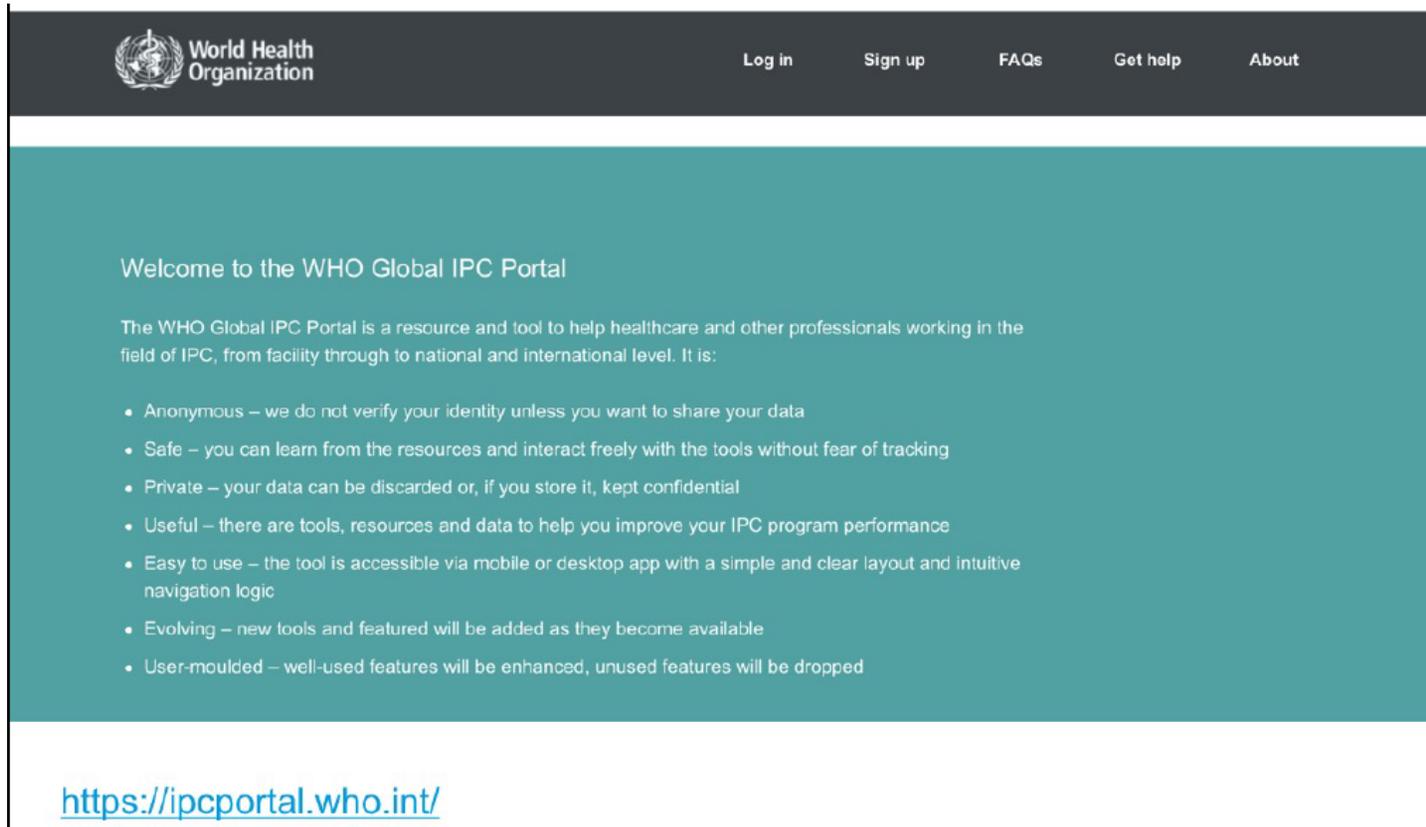
1

- **Primera recomendación del componente básico 8**
- Los productos para la higiene de manos deben de estar disponibles en la unidad de salud incluida una infraestructura adecuada así como suministro de agua segura

2

- **Segunda recomendación del componente básico 6**
- El monitoreo y la retroalimentación de la higiene de manos debe ser un indicador clave de rendimiento a nivel nacional.

# Nuevo portal de monitoreo PCI



 World Health Organization

Log in Sign up FAQs Get help About

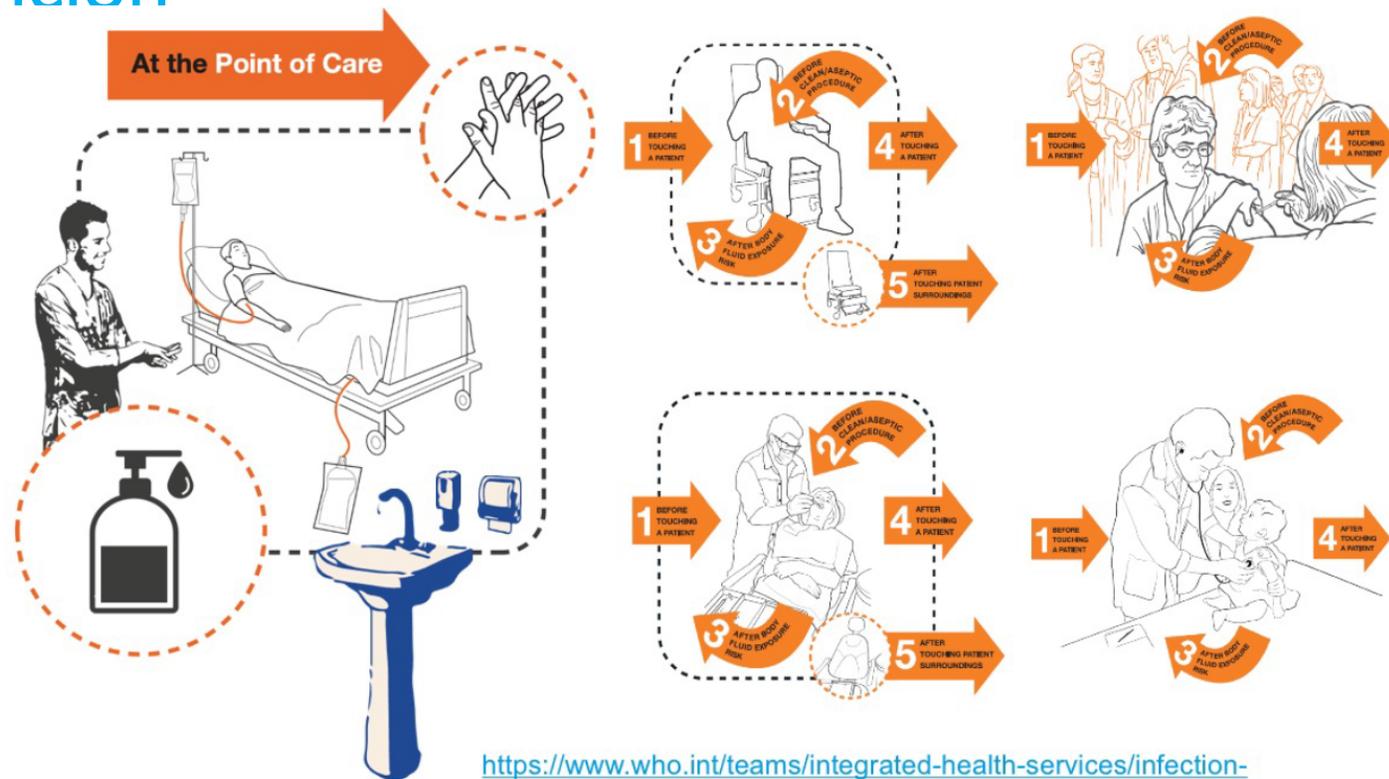
## Welcome to the WHO Global IPC Portal

The WHO Global IPC Portal is a resource and tool to help healthcare and other professionals working in the field of IPC, from facility through to national and international level. It is:

- Anonymous – we do not verify your identity unless you want to share your data
- Safe – you can learn from the resources and interact freely with the tools without fear of tracking
- Private – your data can be discarded or, if you store it, kept confidential
- Useful – there are tools, resources and data to help you improve your IPC program performance
- Easy to use – the tool is accessible via mobile or desktop app with a simple and clear layout and intuitive navigation logic
- Evolving – new tools and featured will be added as they become available
- User-moulded – well-used features will be enhanced, unused features will be dropped

<https://ipcportal.who.int/>

# Concepto de la campaña 2021: lograr una acción eficaz de higiene de manos en el punto de atención



<https://www.who.int/teams/integrated-health-services/infection-prevention-control/hand-hygiene/tools-and-resources>

# DEFINICIÓN de punto de atención

- ❖ Lugar donde tres elementos se unen: paciente, trabajador de la salud, atención/tratamiento que involucra contacto con el paciente y su entorno
- ❖ La higiene de manos debe realizarse en los momentos recomendados exactamente donde se lleva a cabo la atención
- ❖ Los productos para la higiene de manos deben ser accesibles y encontrarse lo más cercano posible al punto de atención, sin tener que abandonar el entorno del paciente



Para una higiene de manos efectiva, es importante conocer **cómo** y **cuándo** realizarla durante la atención sanitaria

# ¿Cómo?

## How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds

**0** Wet hands with water;

**1** Apply enough soap to cover all hand surfaces;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

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

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

**8** Rinse hands with water;

**9** Dry hands thoroughly with a single use towel;

**10** Use towel to turn off faucet;

**11** Your hands are now safe.

## How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;

**1b** Rub hands palm to palm;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

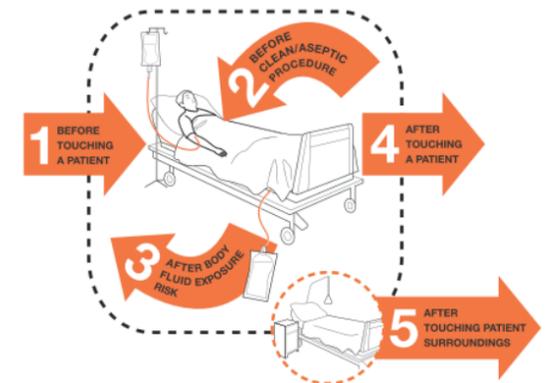
**5** Backs of fingers to opposing palms with fingers interlocked;

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

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

**8** Once dry, your hands are safe.

# ¿Cuándo?



# Nuevos mitos sobre desinfectantes para manos a base de alcohol

**Alcohol-based sanitizers are safe for everyone to use**

Alcohols in the sanitizers have not been shown to create any relevant health issues. Little alcohol is absorbed into the skin, and most products contain an emollient to reduce skin dryness. Allergic contact dermatitis and bleaching of hand hair due to alcohol are very rare adverse effects. Accidental swallowing and intoxication have been described in rare cases.

**Alcohol-based sanitizers can be used in religions where alcohol is prohibited**

Any manufactured substance developed to alleviate illness or contribute to better health is **permitted by the Qur'an**, including alcohol used as a medical agent.

**Hand sanitizers can be used often**

An alcohol-based sanitizer does not create antibiotic resistance. Unlike other antiseptics and antibiotics, pathogens (harmful germs) do not seem to develop resistance to alcohol-based sanitizers.

**Touching a communal bottle of alcohol-based sanitizer will not infect you**

Once you've sanitized your hands, you have disinfected them from any germs that may have been on the bottle. If everyone uses sanitizer in a public place such as a supermarket entrance, the risk of germs on communal items will be lower and will help keep everyone safe.

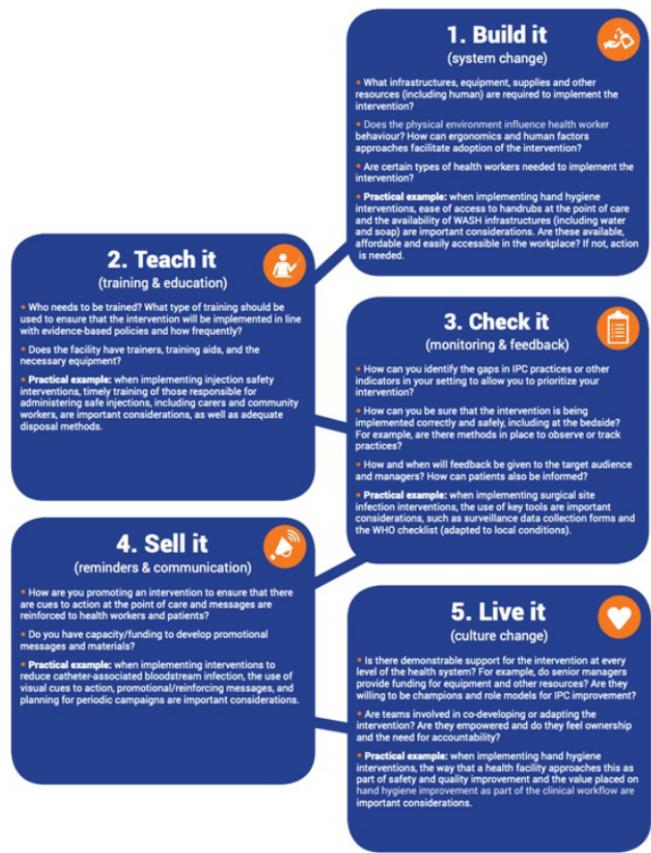
**The amount of alcohol-based sanitizer you use matters**

Apply a palmful of alcohol-based sanitizer to cover all surfaces of your hands. Rub your hands together using the right technique until they are dry. The entire procedure should last 20-30 seconds.

**It is safer to frequently clean your hands and not wear gloves**

Wearing gloves risks transferring germs from one surface to another and contaminating your hands when removing them. **Wearing gloves does not replace cleaning hands.** Health workers wear gloves only for specific tasks.

# OMS: Estrategias multimodales para mejorar la higiene de manos



# Nuevo video de la OMS

Applying the WHO multimodal strategy  
for successful infection prevention improvements  
in health care



**BUILD IT**



**TEACH IT**



**CHECK IT**



**SELL IT**



**LIVE IT**

# Consideraciones de recursos para lograr una higiene de manos eficaz en el punto de atención

**RESOURCE CONSIDERATIONS FOR INVESTING IN HAND HYGIENE IMPROVEMENT IN HEALTH CARE FACILITIES**

World Health Organization

## ANNEX: IMPROVING HAND HYGIENE THROUGH A MULTIMODAL STRATEGY

**WHO's multimodal hand hygiene improvement strategy**

- Effective hand hygiene improvement programmes can prevent up to 50% avoidable infections acquired during health care delivery and generate economic savings on average 16 times the cost of implementation.
- The multimodal improvement strategy is highly effective, leading to significant improvement of key hand hygiene indicators in health care facilities. It comprises five elements.
- Implementing a multimodal strategy leads to a reduction of health care-associated infections and antimicrobial resistance, and substantially helps to stop outbreaks.

**Use the five elements to drive improvement**

All elements are **essential** and **complementary**.

The **five critical elements** to be implemented as part of an infection prevention and control programme at the health care facility level, in an integrated manner, can be simplified as: Build it; Teach it; Check it; Sell it and Live it (see visual).

**Track progress**

- Track progress over time through use of the Hand Hygiene Self-Assessment Framework.
- The Framework is a **diagnostic tool**, identifying strengths and gaps requiring improvement across each of the five elements.

**SYSTEM CHANGE (Build it)**

- Achievement of continuous availability of the necessary infrastructure, materials and equipment to effectively perform hand hygiene at the point of care.
- This includes the reliable and uninterrupted provision of alcohol-based hand rub at the **point of care**, continuous supplies of safe, clean water, soap, single-use towels, and an adequate number of functioning sinks.

**MONITORING AND FEEDBACK OF HAND HYGIENE INDICATORS (Check it)**

- Regular **monitoring and evaluation** (ideally using standardized tools) of hand hygiene infrastructures (location of facilities at the point of care, consumption of soap and alcohol-based hand rubs), including knowledge of and compliance with best practices.
- Providing regular **feedback** to health workers and senior management using local data is a very powerful approach to raise awareness and achieve improvement of practices.

**TRAINING AND EDUCATION (Teach it)**

- Tailored **education and practical training of clinical staff, patients and visitors** about the importance of hand hygiene to better understand when and how it should be performed.
- Education should also address **all other health workers**, including hospital administrators, cleaning personnel and community health workers.

**REMINDERS IN THE WORKPLACE/ COMMUNICATIONS (Sell it)**

- Posters, stickers, visual and vocal prompts, banners, screensavers. They can **continuously prompt and remind** health workers about the importance of hand hygiene and the indications when to perform it.
- They also help to **involve patients and their visitors** and inform them of the level of care they should expect from health workers with regards to hand hygiene.

**SAFETY CLIMATE/CULTURE CHANGE (Live it)**

- Creating an organizational environment that prioritizes high compliance with hand hygiene to achieve patient and health worker safety.
- At the **institutional level**, this should include the **allocation of resources** for hand hygiene programmes and **clear messages of support** for hand hygiene from **leaders** within the institution, setting benchmarks or targets, and having hand hygiene champions.
- At an **individual level**, the aim is to ensure that health workers identify hand hygiene as a **priority** that reflects their commitment to do no harm to patients. Partnering with patients and patient organizations to promote hand hygiene may also promote a climate of patient safety, but should be undertaken sensitively and in close consultation with key stakeholders, including health workers and patient representatives.

World Health Organization

# Cómo encaja el concepto con la estrategia de mejora multimodal de la OMS

Se deben implementar múltiples elementos, todos esenciales y complementarios, como parte de las intervenciones para lograr mejoras en los resultados y un cambio de comportamiento óptimo en la higiene de las manos

1 a. Cambio de sistema - desinfectante para manos a base de alcohol en el punto de atención



1 b. Cambio de sistema – acceso a suministro continuo y seguro de agua , jabón y toallas de papel



2. Entrenamiento y educación



3. Evaluación y retroalimentación



4. Recordatorios en el área de trabajo

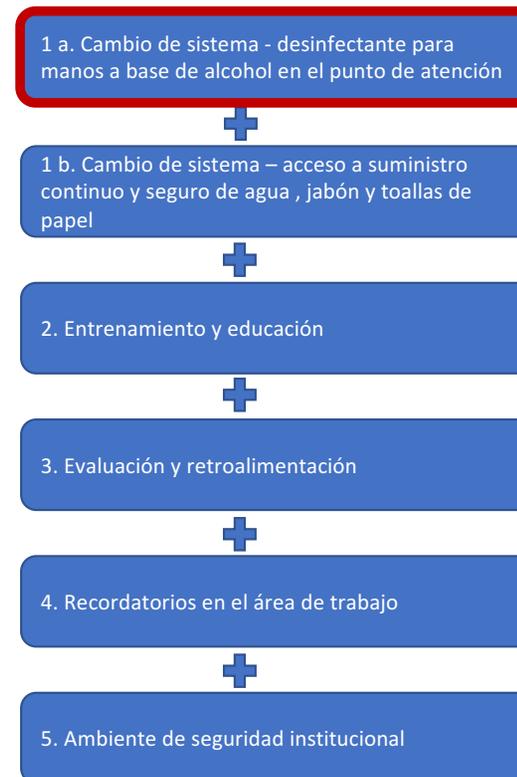


5. Ambiente de seguridad institucional



- Estaciones disponibles y funcionales para la higiene de manos
- Asesoría/enseñanza en el punto de atención
- Monitorización de la higiene de manos en el punto de atención
- Recordatorios (pósters) de la higiene de manos en el punto de atención
- Mejorar la higiene de manos en los puntos de atención a través de un ambiente de cambio (liderazgo, campañas que involucren a todo el personal)

# Estrategia multimodal de mejora de la higiene de manos de la OMS



# El cambio en el sistema es la clave para lograr una higiene de manos efectiva en el punto de atención

Lograr la disponibilidad continua de infraestructura, materiales y equipos para realizar una higiene de manos eficaz en el punto de atención

Provisión confiable e ininterrumpida de desinfectante para manos a base de alcohol en el punto de atención

Suministro continuo de agua limpia y segura, jabón, toallas de un solo uso y una cantidad adecuada de lavabos funcionales



# Desinfectante a base de alcohol como recurso preferido para la higiene de manos

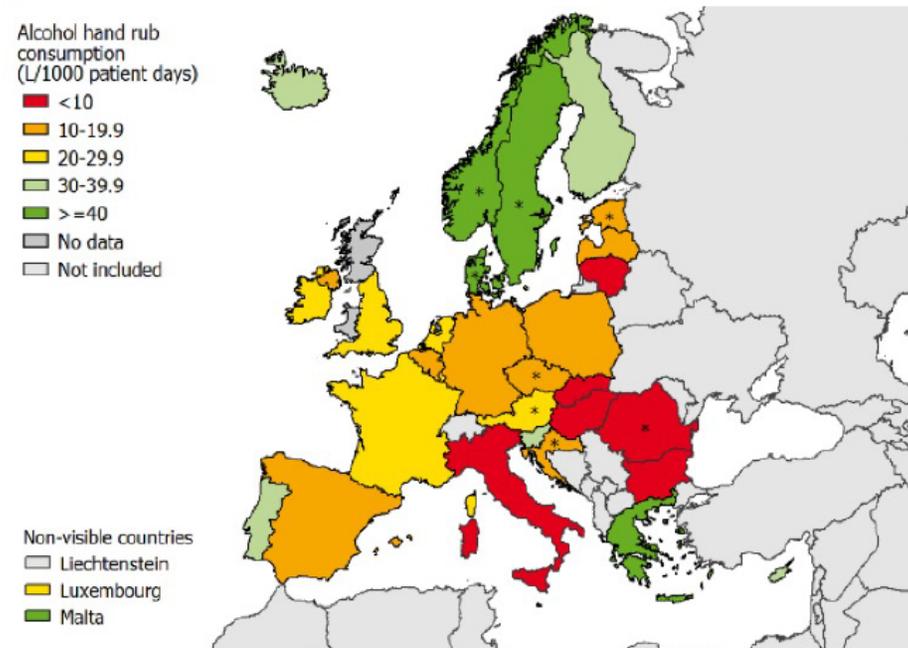
- Amplio espectro antimicrobiano
- Altamente efectivo, bien tolerado por la piel
- Disponible en los puntos de atención
- Superar las barreras conductuales clave para el cumplimiento de la higiene de manos
- Menos tiempo
- El desafío de asegurar un suministro confiable y sostenible
- Producción local de desinfectante a base de alcohol usando las formulaciones de la OMS (PBI\*)
- Es de suma importancia que se produzca desinfectante a base de alcohol de una calidad adecuada, que esté continuamente disponible en los puntos de atención



\*PBI países de bajos ingresos

# Consumo de desinfectante a base de alcohol en Europa\*\*

**Figure 15.** Median alcohol hand rub consumption (litres per 1000 patient-days), ECDC PPS 2011–2012



European average: 23.9 L/1000 patient-days

## NEW POPS VIDEO



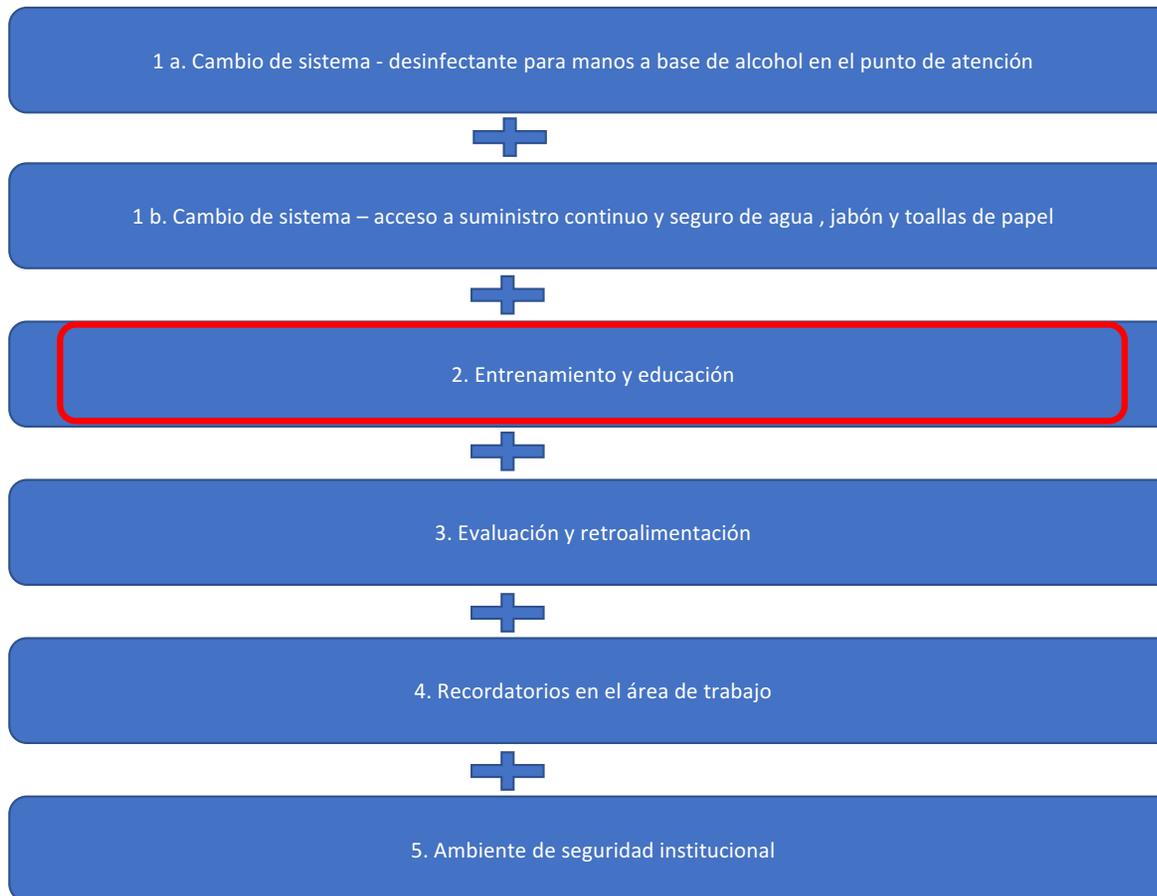
**World Health  
Organization**



**Private  
Organizations  
for Patient  
Safety  
Hand Hygiene**

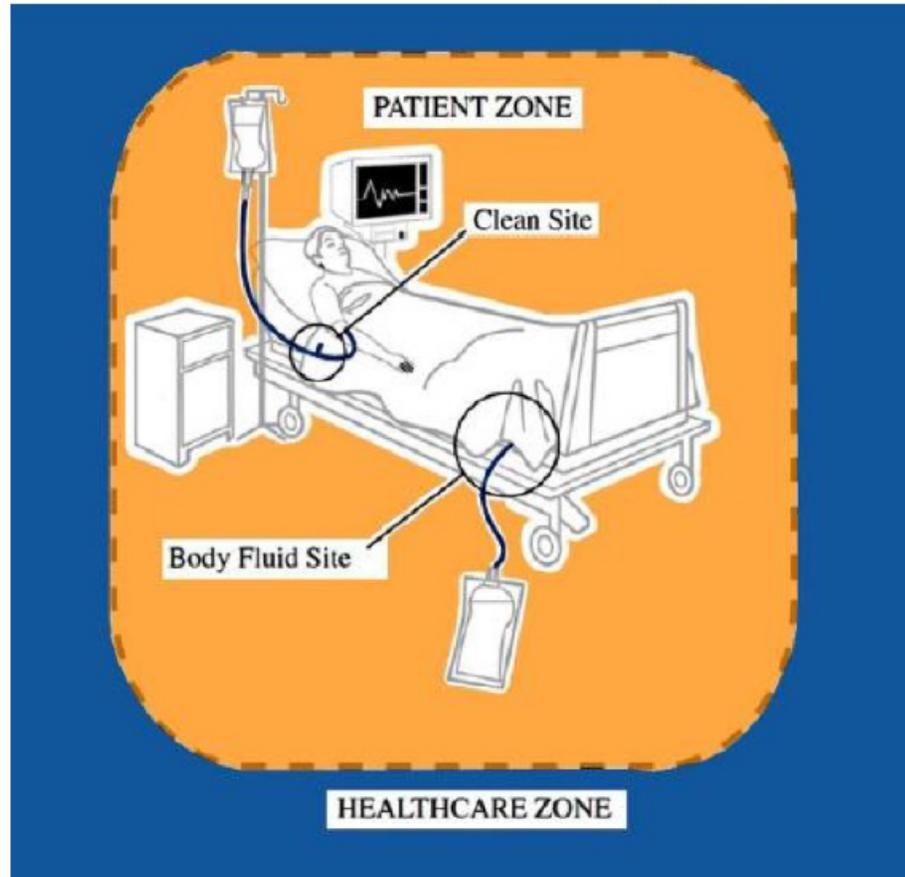
<https://www.who.int/initiatives/private-organizations-for-patient-safety/pops-for-hand-hygiene>

# Estrategia multimodal de mejora de la higiene de manos de la OMS





## 2. Entrenamiento y educación



# 2. Entrenamiento y educación

## ¿Cómo y cuándo?

### How to Handwash?

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**⌚** Duration of the entire procedure: 40-60 seconds

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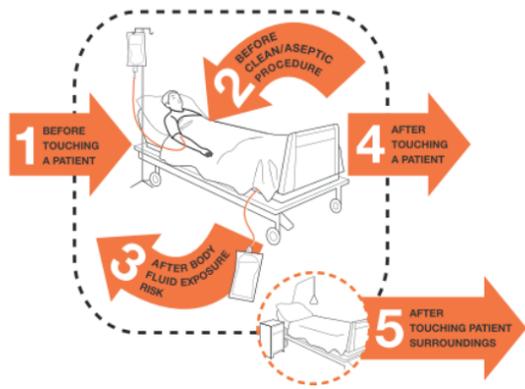
5 Backs of fingers to opposing palms with fingers interlocked;

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

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

8 Once dry, your hands are safe.

9 Dry hands thoroughly with a single use towel;



World Health Organization | Patient Safety | SAVE LIVES Clean Your Hands

Hand Hygiene: Why, How & When?

#### WHY?

- 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.
- This brochure explains how and when to practice hand hygiene.

#### WHO?

- 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.

#### HOW?

- Clean your hands by **rubbing them with an alcohol-based formulation**, as the preferred mean 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 difficile*, hand washing with soap and water is the preferred means.

World Health Organization | Patient Safety | SAVE LIVES Clean Your Hands

# Sesión educativa para entrenadores, observadores y trabajadores de la salud

## HIGIENE DE MANOS

**WHO Infection Prevention and Control Hub**  
**WHO Collaborating Centre on Patient Safety, Geneva,  
Switzerland**

5 May 2018

<https://www.who.int/teams/integrated-health-services/infection-prevention-control/hand-hygiene/training-tools>



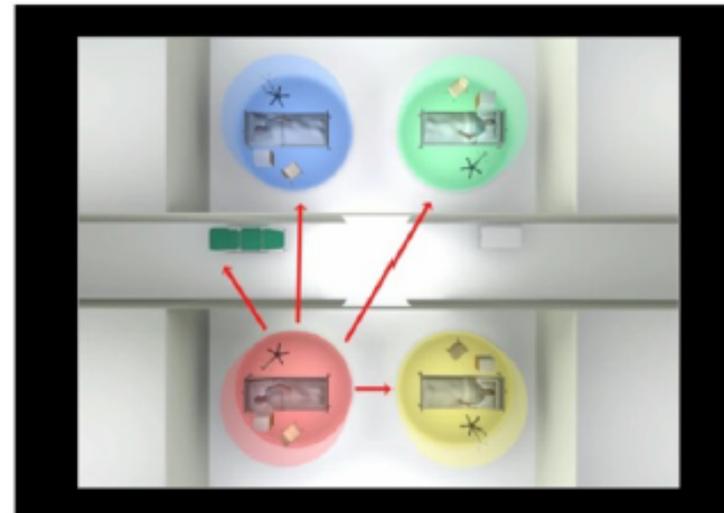
# Free Hand Hygiene video as a practical tool



VIDEOS IN CLINICAL MEDICINE

## Hand Hygiene

Yves Longtin, M.D., Hugo Sax, M.D., Benedetta Allegranzi, M.D., Franck Schneider, and Didier Pittat, M.D.



Longtin Y, et al. *N Engl J Med* 2011; 364: e24.

# Hand Hygiene VIDEOS in The New England Journal of Medicine in YOUR language

Produced in collaboration with the WHO Collaborating Centre on Patient Safety, University of Geneva Hospitals & Faculty of Medicine, Geneva, Switzerland



Hand Hygiene NEJM English



Hygiene des mains NEJM French



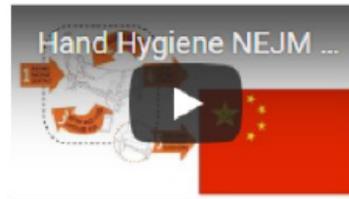
Higiene de manos NEJM Spanish



Hand Hygiene NEJM Arabic



Hand Hygiene NEJM Chinese



Hand Hygiene NEJM Russian



Händehygiene NEJM German



Hand Hygiene NEJM Indonesian



Hand Hygiene NEJM Italian



# Video de entrenamiento

YouTube

## Surgical Handrubbing Technique

- Handwash with soap and water on arrival to OR, after having donned theatre clothing (cap/hat/bonnet and mask).
- Use an alcohol-based handrub (ABHR) product for surgical hand preparation, by carefully following the technique illustrated in Images 1 to 17, before every surgical procedure.
- If any residual talc or biological fluids are present when gloves are removed following the operation, handwash with soap and water.



1 Put approximately 5ml (3 doses) of ABHR in the palm of your left hand, using the elbow of your other arm to operate the dispenser.



2 Dip the fingertips of your right hand in the handrub to decontaminate under the nails (5 seconds).



3



4



5

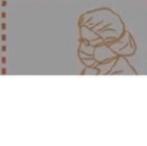


6



7

Images 3-7: Smear the handrub on the right forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10-15 seconds).



# Próximamente: Herramienta de aprendizaje interactiva de la OMS

**Your 5 Moments for Hand Hygiene**

**WHO Academy**

**COMING SOON**

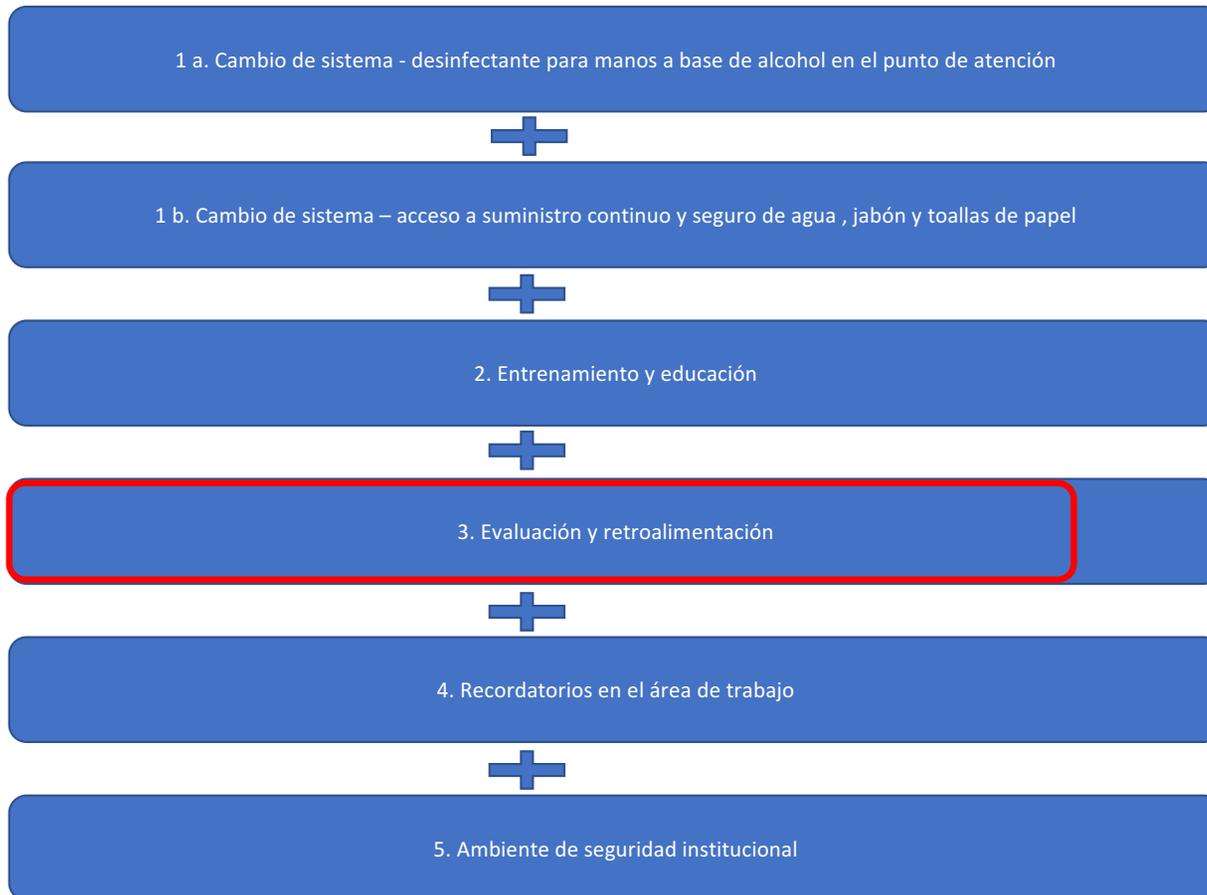
An interactive, game-based learning resource to support all health workers to perform hand hygiene at the point of care. Developed by hand hygiene and adult-learning experts from the WHO Academy.

Health workers can play an important role in preventing the transmission of infection during health care delivery by performing hand hygiene according to the 5 moments. Using gaming methodologies, this learning programme will support health workers and health facilities to embed hand hygiene into practice, protecting themselves and the people they care for.

**GET INVOLVED**  
Subscribe to newsletter.  
Help test the learning programme before launch.  
Sign up.

<https://www.who.int/about/who-academy>

# Estrategia multimodal de mejora de la higiene de manos de la OMS



### 3. Seguimiento y retroalimentación de los indicadores de higiene de manos

- ❖ Monitoreo y evaluación regulares (utilizando herramientas estandarizadas) de las infraestructuras de higiene de manos
- ❖ Ubicación de las instalaciones en el punto de atención, consumo de jabón y desinfectante de manos a base de alcohol
- ❖ Seguimiento y evaluación del conocimiento y cumplimiento de las mejores prácticas de higiene de manos en el punto de atención
- ❖ Brindar retroalimentación periódica sobre el desempeño a los trabajadores de la salud y a la gerencia utilizando datos locales para crear conciencia y mejorar las prácticas

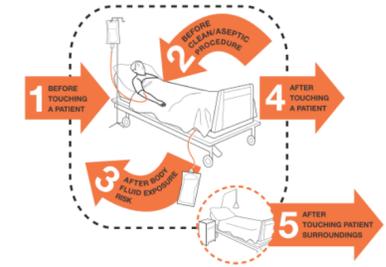


#### Observation Form

Facility: \_\_\_\_\_ Period Number: \_\_\_\_\_ Session Number: \_\_\_\_\_  
 Service: \_\_\_\_\_ Date: (dd/mm/yy) \_\_\_\_/\_\_\_\_/\_\_\_\_ Observer: \_\_\_\_\_  
 Ward: \_\_\_\_\_ Start/End time: \_\_\_\_:\_\_\_\_ : \_\_\_\_:\_\_\_\_ Page Nº: \_\_\_\_\_  
 Department: \_\_\_\_\_ Session duration: (mm) \_\_\_\_\_ City\*\*: \_\_\_\_\_  
 Country\*\*: \_\_\_\_\_

| Prof. cat Code Nº |
|-------------------|-------------------|-------------------|-------------------|
| 1                 | 1                 | 1                 | 1                 |
| 2                 | 2                 | 2                 | 2                 |
| 3                 | 3                 | 3                 | 3                 |
| 4                 | 4                 | 4                 | 4                 |

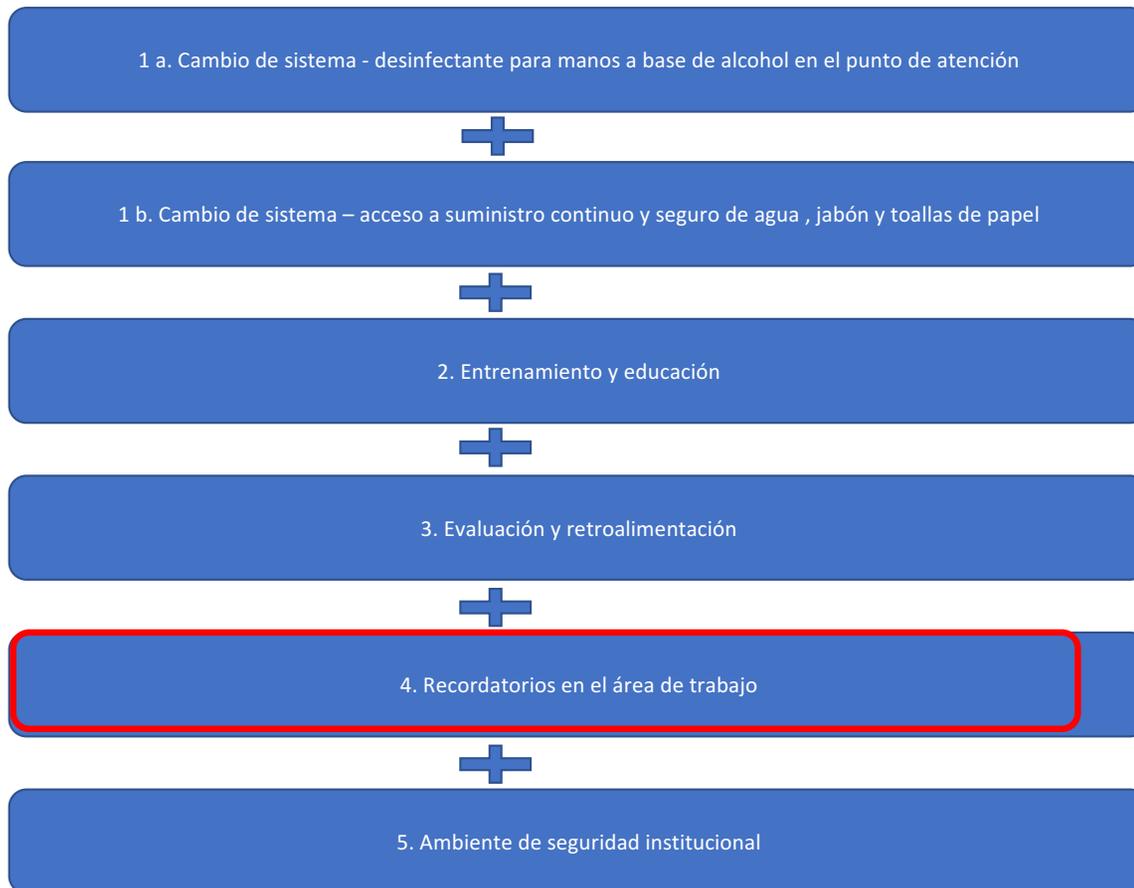
## Your 5 Moments for Hand Hygiene



1	<b>BEFORE TOUCHING A PATIENT</b>	WASH* Clean your hands before touching a patient when approaching them. To protect the patient against harmful germs spread on your hands.
2	<b>BEFORE CLEAN/ASEPTIC PROCEDURE</b>	WASH* Clean your hands immediately before performing a clean/aseptic procedure. To protect the patient against harmful germs, including the patient's skin, from entering the body.
3	<b>AFTER BODY FLUID EXPOSURE RISK</b>	WASH* Clean your hands immediately after an exposure risk to body fluids and after glove removal. To protect yourself and the health-care environment from harmful patient germs.
4	<b>AFTER TOUCHING A PATIENT</b>	WASH* Clean your hands after touching a patient and their immediate surroundings, when leaving the patient's care. To protect yourself and the health-care environment from harmful patient germs.
5	<b>AFTER TOUCHING PATIENT SURROUNDINGS</b>	WASH* Clean your hands after touching any object or surface in the patient's immediate surroundings, when leaving a room if the patient has not been touched. To protect yourself and the health-care environment from harmful patient germs.

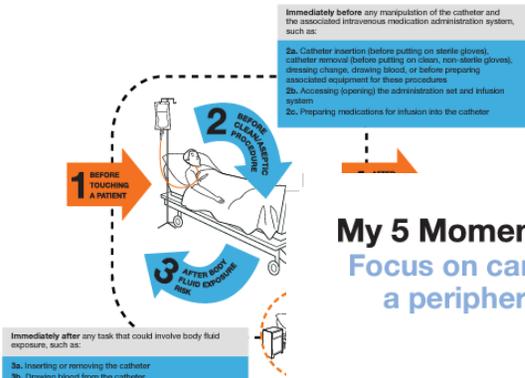


# Estrategia multimodal de mejora de la higiene de manos de la OMS



## My 5 Moments for Hand Hygiene

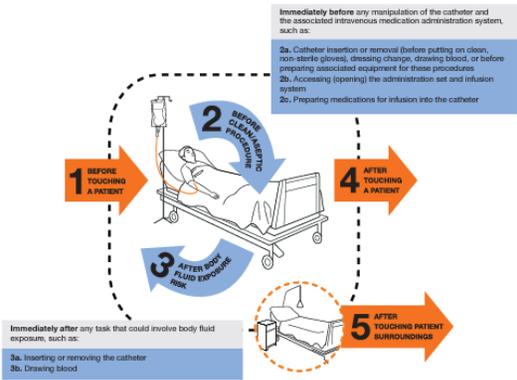
### Focus on caring for a patient with a central venous catheter



## My 5 Moments for Hand Hygiene

### Focus on caring for a patient with a peripheral venous catheter

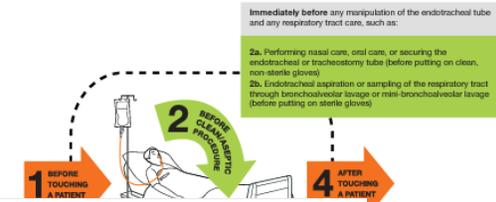
- Key additional considerations for**
- 1. Indication:** Ensure that a central intravenous catheter is indicated. Remove the catheter when no longer needed/clinically indicated.
  - 2. Insertion/maintenance/removal**
    - 2.1 Avoid inserting catheters into the femoral vein.
    - 2.2 Prepare clean skin with an antiseptic (alcohol-based 2% chlorhexidine-gluconate preferred) before insertion.
    - 2.3 Use full sterile barrier precautions during insertion (cap, surgical mask, sterile gloves, sterile gown, large sterile drape).
    - 2.4 Replace gauze-type dressings every 2 days and transparent dressings every 7 days; replace dressings whenever visibly soiled.



- Key additional considerations for peripheral intravenous catheters**
- 1. Indication:** Ensure that a peripheral venous catheter is indicated. Remove the catheter when no longer necessary/clinically indicated.
  - 2. Insertion/maintenance/removal**
    - 2.1 Prepare clean skin with an antiseptic (70% alcohol, tincture of iodine, an iodophor, or alcohol-based 2% chlorhexidine gluconate) before catheter insertion.
    - 2.2 Wear clean, non-sterile gloves and apply an aseptic procedure (with non-touch technique) for catheter insertion, removal, and blood sampling.
    - 2.3 Replace any dry gauze-type dressings every 2 days.
    - 2.4 Consider scheduled catheter change every 96 hours.
    - 2.5 Change tubing used to administer blood, blood products, chemotherapy, and fat emulsions within 24 hours of infusion start. Consider changing all other tubing every 96 hours.
    3. **Monitoring:** Record time and date of catheter insertion, removal and dressing change, and condition (visual appearance) of catheter site every day.

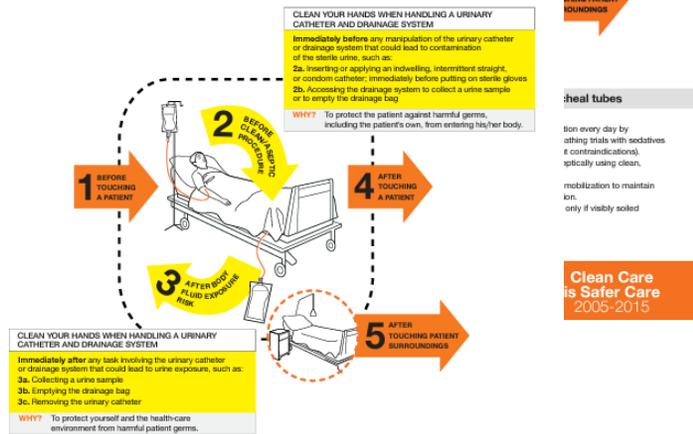
## My 5 Moments for Hand Hygiene

### Focus on caring for a patient with an endotracheal tube



## My 5 Moments for Hand Hygiene

### Focus on caring for a patient with a Urinary Catheter



- 5 KEY ADDITIONAL CONSIDERATIONS FOR A PATIENT WITH A URINARY CATHETER**
- Make sure that there is an appropriate indication for the indwelling urinary catheter.
  - Use a closed urinary drainage system, and keep it closed.
  - Insert the catheter aseptically using sterile gloves.
  - Assess the patient at least daily to determine whether the catheter is still necessary.
  - Patients with indwelling urinary catheters do not need antibiotics (including for asymptomatic bacteriuria), unless they have a documented infection.

**HEAL PATIENT WOUNDS**

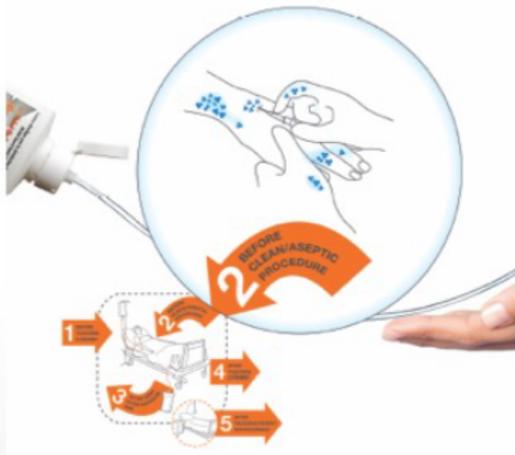
**heal tubes**

Wash every day by sitting, standing with soaps (antiseptics), specifically using clean, mobilization to maintain skin, only if visibly soiled

**Clean Care is Safer Care 2005-2015**

It takes just **5 Moments** to change the world

Clean your hands, stop the spread of drug-resistant germs!



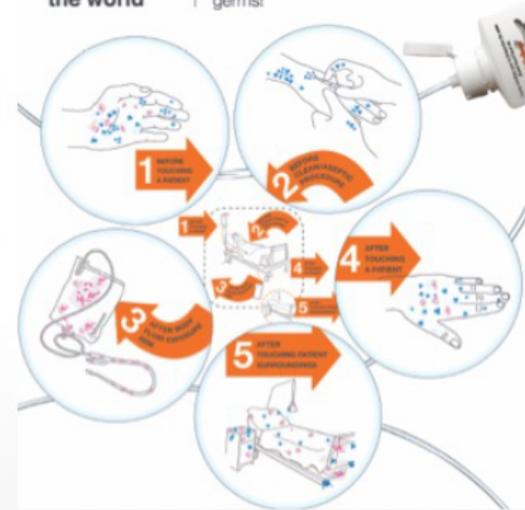
It takes just **5 Moments** to change the world

Clean your hands, stop the spread of drug-resistant germs!



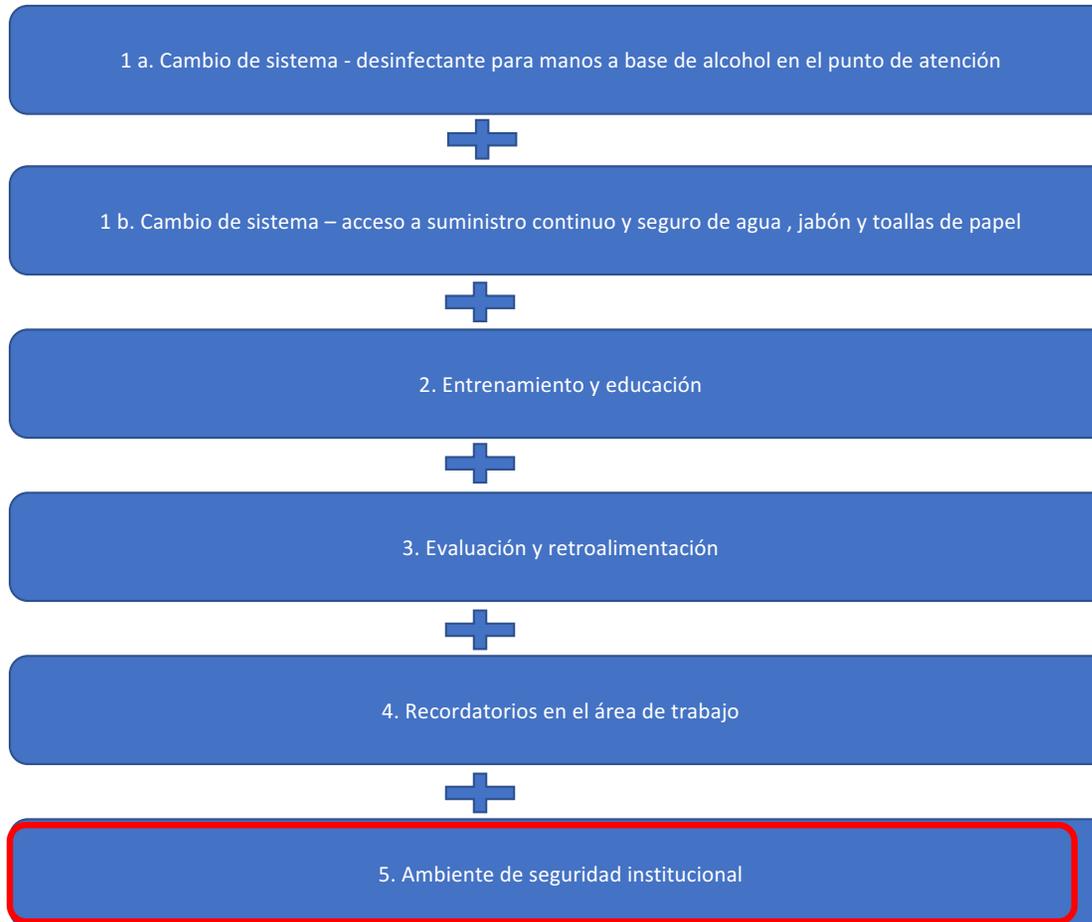
It takes just **5 Moments** to change the world

Clean your hands, stop the spread of drug-resistant germs!





# Estrategia multimodal de mejora de la higiene de manos de la OMS



# Ambiente de seguridad institucional

Crear un entorno organizacional que priorice el alto cumplimiento de la higiene de manos para lograr la seguridad del paciente y del personal sanitario

## ❖ Nivel institucional

- ❖ Asegurar la asignación de presupuesto para el programa y los recursos de higiene de manos
- ❖ Apoyo de los líderes y altos directivos
- ❖ Establecer puntos de referencia para el cumplimiento de los objetivos
- ❖ Promoción para la campaña anual del 5 de mayo Salva Vidas lava tus manos

## ❖ Nivel individual

- ❖ Asegurar que los trabajadores de la salud identifiquen la higiene de manos como una prioridad
- ❖ Hacer el compromiso de no dañar a los pacientes



# Ambiente de seguridad institucional



Participación del paciente en la promoción de higiene de manos

Los pacientes están informados acerca de la importancia de la higiene de manos

Programa formal de participación del paciente

# Modelo de formación de la OMS en liderazgo y gestión de programas en prevención y control de infecciones

## Sesión 1



**Introducción al liderazgo en el contexto de:** los componentes centrales; estrategia multimodal; recursos de implementación, gestión de proyectos; interrelaciones de prevención y control de infecciones; principios del aprendizaje en adultos

## Sesión 2



**Desglose del liderazgo en prevención y control de infecciones:** Que hace a un buen líder; la relevancia del liderazgo para PCI, características de liderazgo; tipos de líderes; desafíos y oportunidades del liderazgo

## Sesión 3



**Exploración de la implementación y el cambio de comportamiento:** Factores de éxito de la implementación; ciclos de mejora de la calidad e implementación; desafíos y soluciones de liderazgo

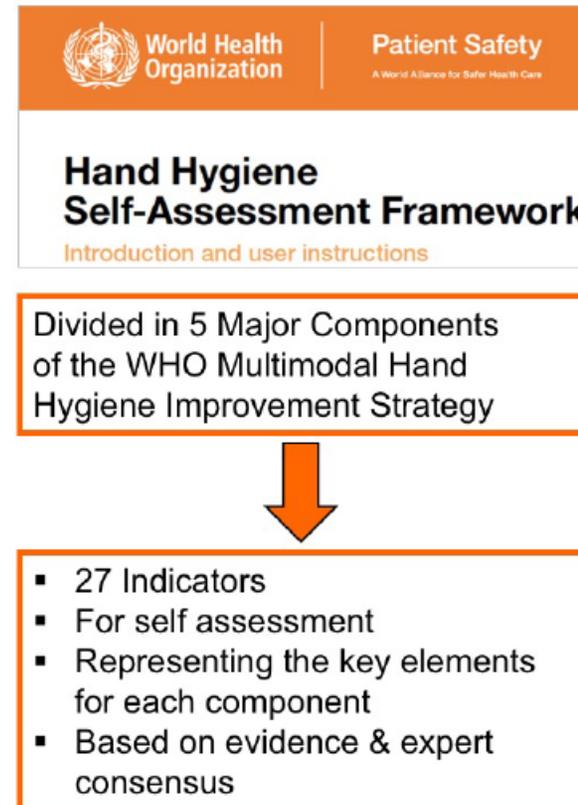
## Sesión 4



**Centrarse en la comunicación y la promoción:** Habilidades de comunicación en PCI; escoger los métodos de comunicación adecuados; liderazgo y resolución de conflictos

# Marco de autoevaluación de la higiene de manos

- Una herramienta global, sistemática y validada utilizada por los establecimientos de salud
- Un análisis de situación completo
- Apoyar la implementación y el mantenimiento de un programa de higiene de manos
- Una herramienta de diagnóstico
  - para identificar problemas clave que requieren atención y mejora
- Facilita el desarrollo de un plan de acción
- Documentación del progreso a lo largo del tiempo



# OMS: Marco de autoevaluación de la higiene de manos 2019

## **Objetivos**

1. Fomentar la evaluación local de actividades de higiene de manos utilizando una herramienta estandarizada y validada
2. Analizar las situaciones para informar las estrategias para mejorar la seguridad del paciente, la preparación para epidemias y la prevención y el control de infecciones

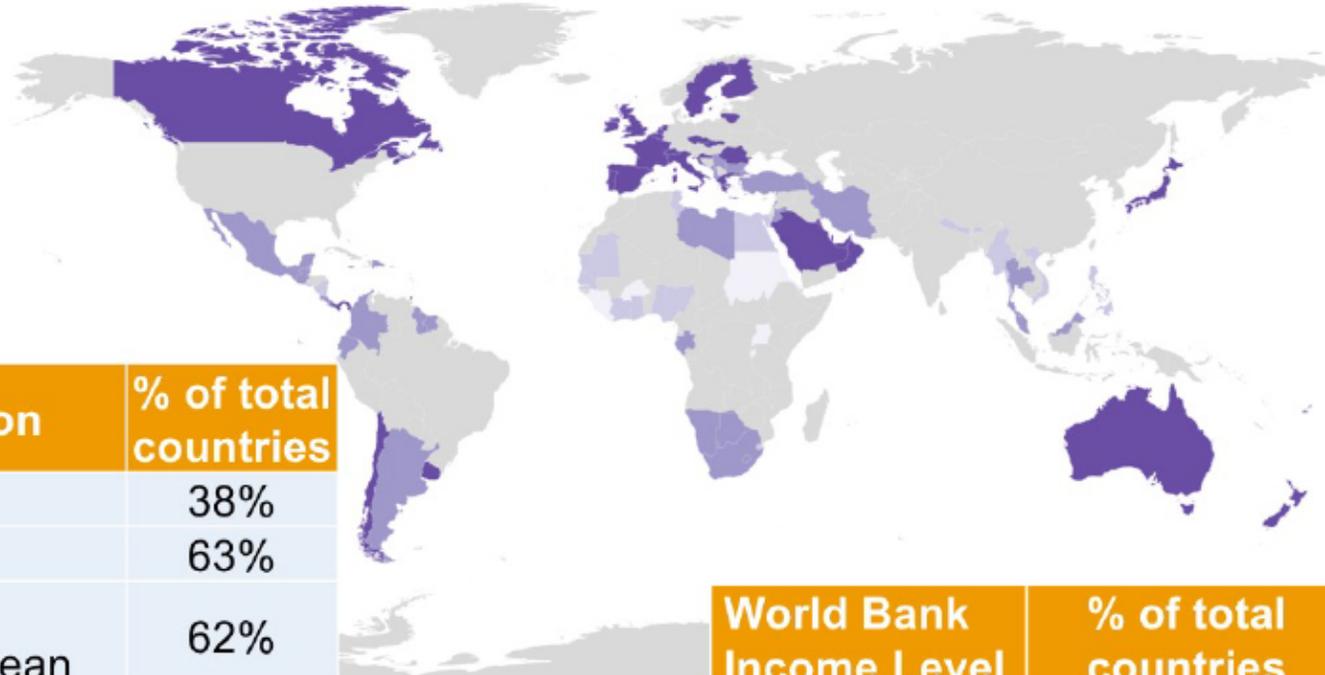
## **Representación global mejorada:**

1. El algoritmo geoespacial seleccionó respuestas únicas por centro de salud
2. Los países con muy pocas respuestas fueron excluidos del análisis general
3. Ponderación posterior a la estratificación (nivel y tipo de atención, región de la OMS, nivel de ingresos del Banco Mundial)

# HHSAF 2019: Country participation



■ No participation 
 ■ Low-income 
 ■ Lower Middle-income 
 ■ Upper Middle-income 
 ■ High-income

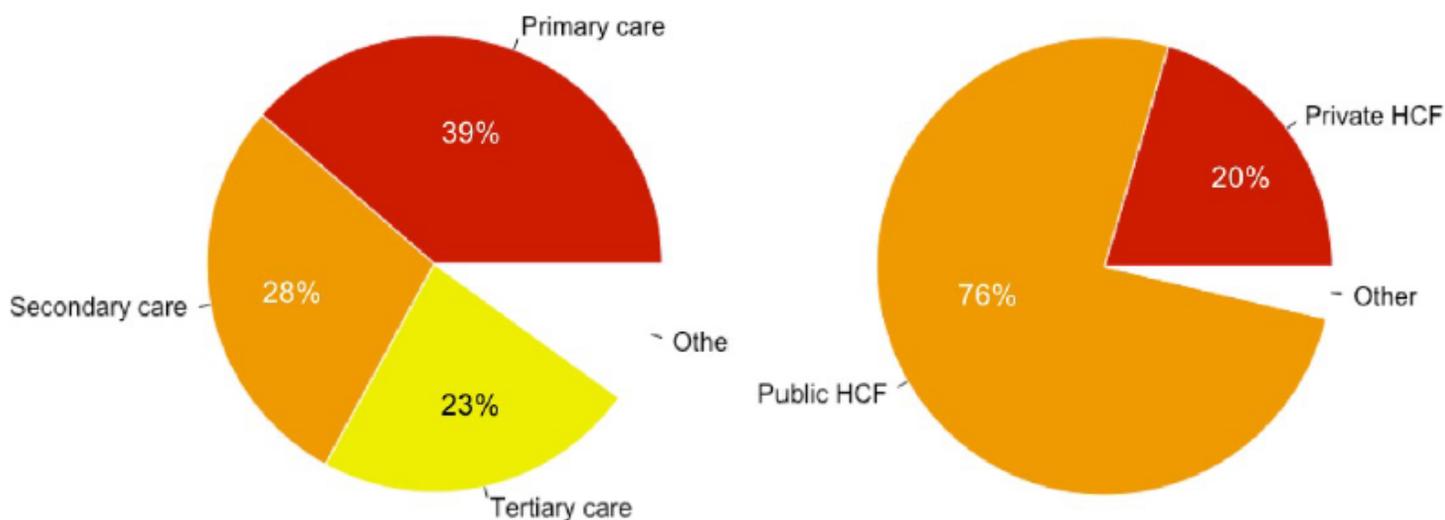


WHO region	% of total countries
Africa	38%
Americas	63%
Eastern Mediterranean	62%
Europe	42%
Southeast Asia	55%
Western Pacific	33%
<b>Total</b>	<b>46%</b>

World Bank Income Level	% of total countries
Low	28%
Lower Middle	35%
Upper Middle	57%
High	55%
<b>Total</b>	<b>46%</b>

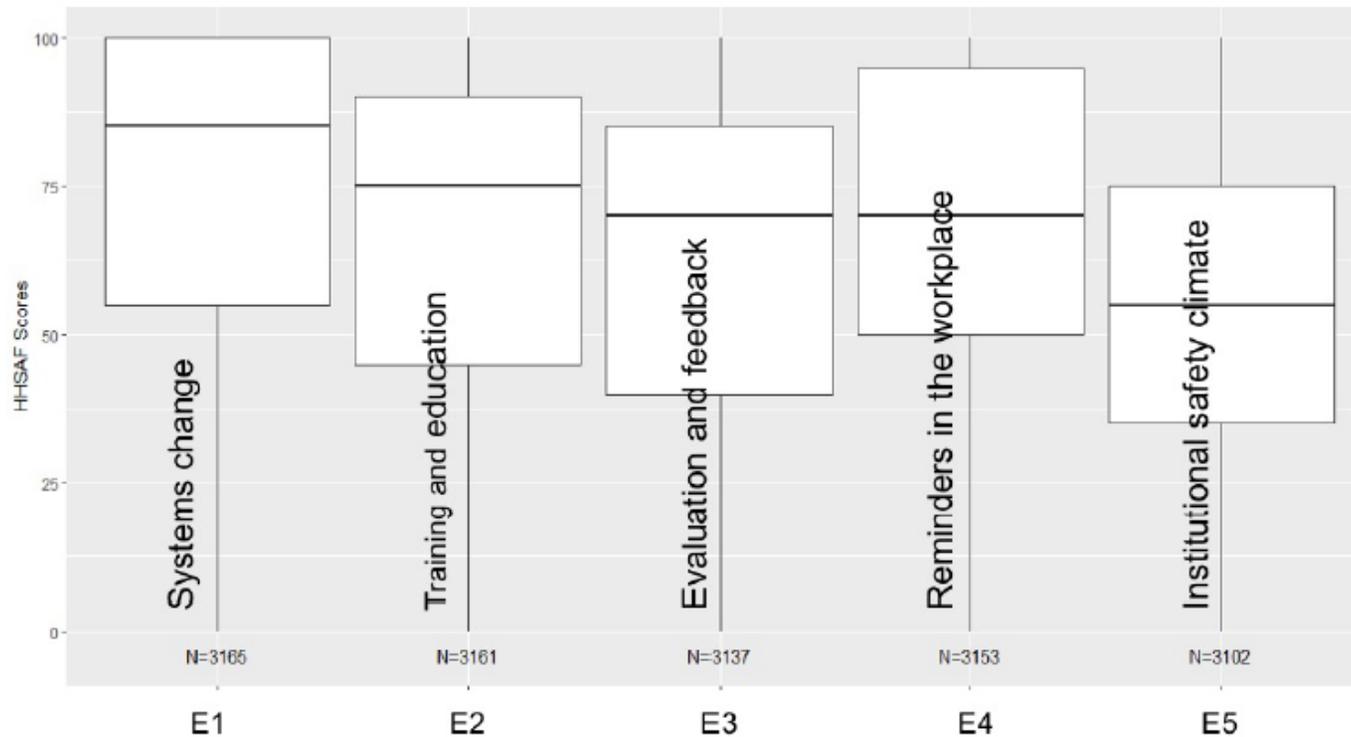
WHO confidential data under publication

# HHSAF 2019: Hand hygiene level per HCF (N=3206)



Nivel Higiene de Manos	N	%
Inadecuado	223	7
Básico	555	18
Intermedio	976	32
Avanzado	1254	42

WHO confidential data under publication

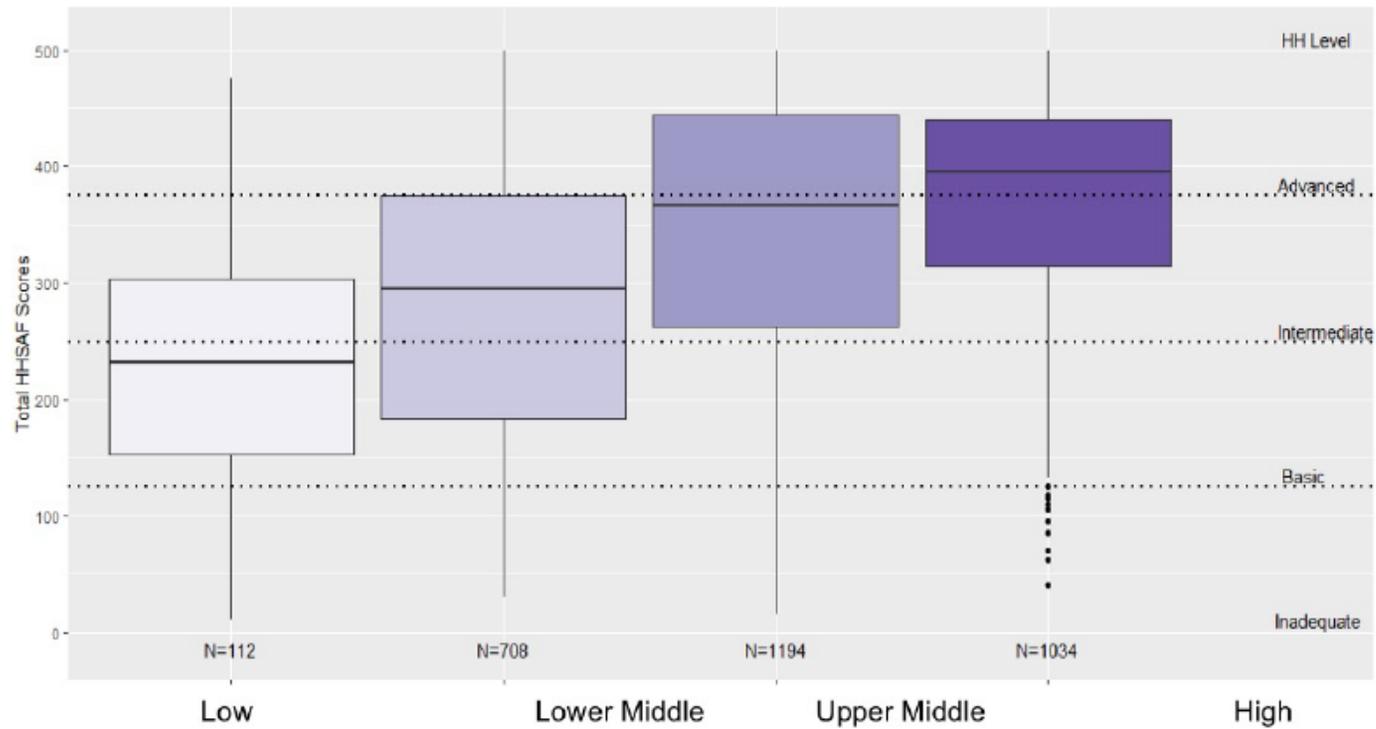


\* Box-whisker plot displays median, interquartile range and range of each score

**Overall median score: 365, IQR 278 – 430 – Intermediate HH level**

## **HHSAF 2019: Scores per element**

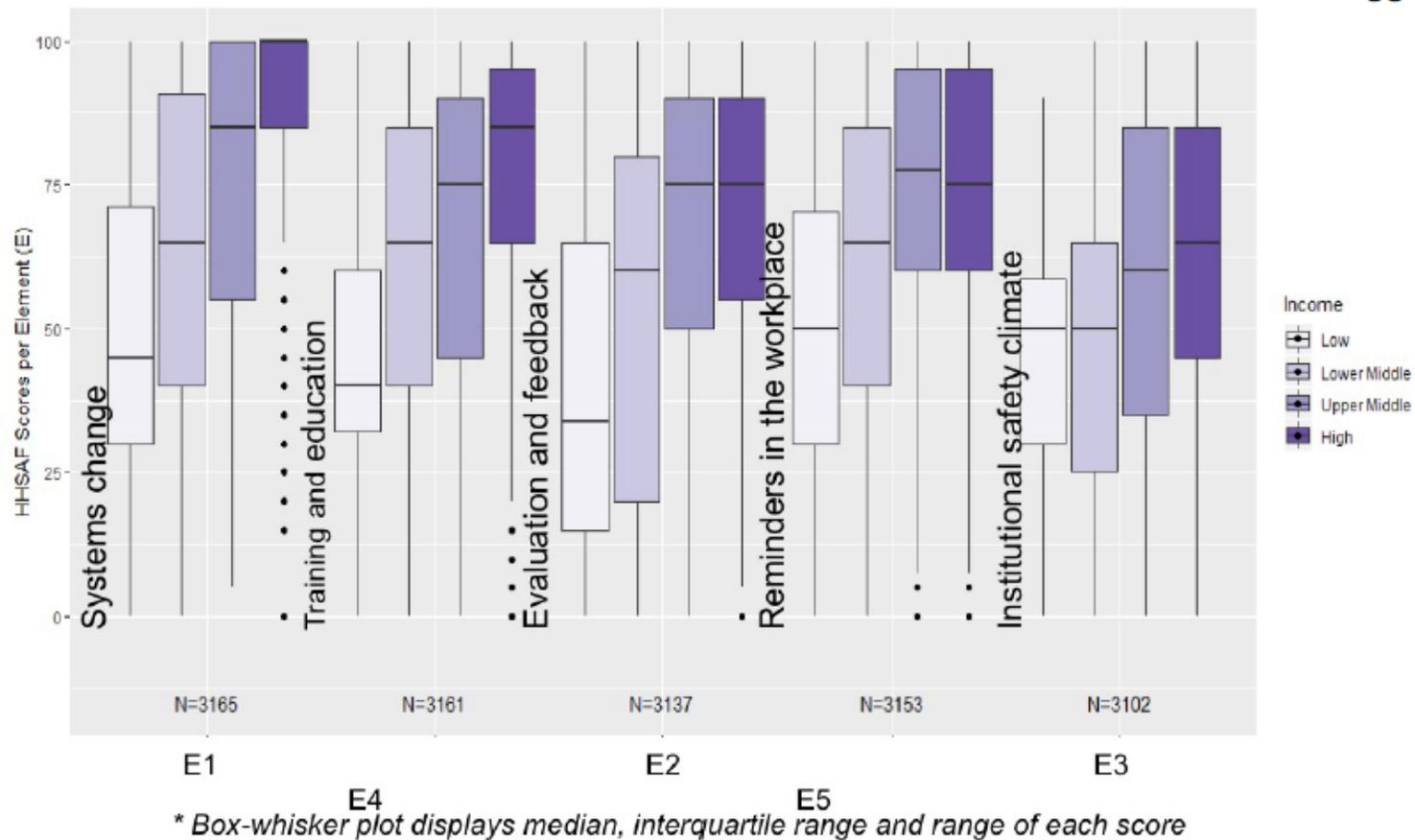
WHO confidential data under publication



*\* Box-whisker plot displays median, interquartile range and range of each score*

## HHSAF: Scores per World Bank Income level

WHO confidential data under publication

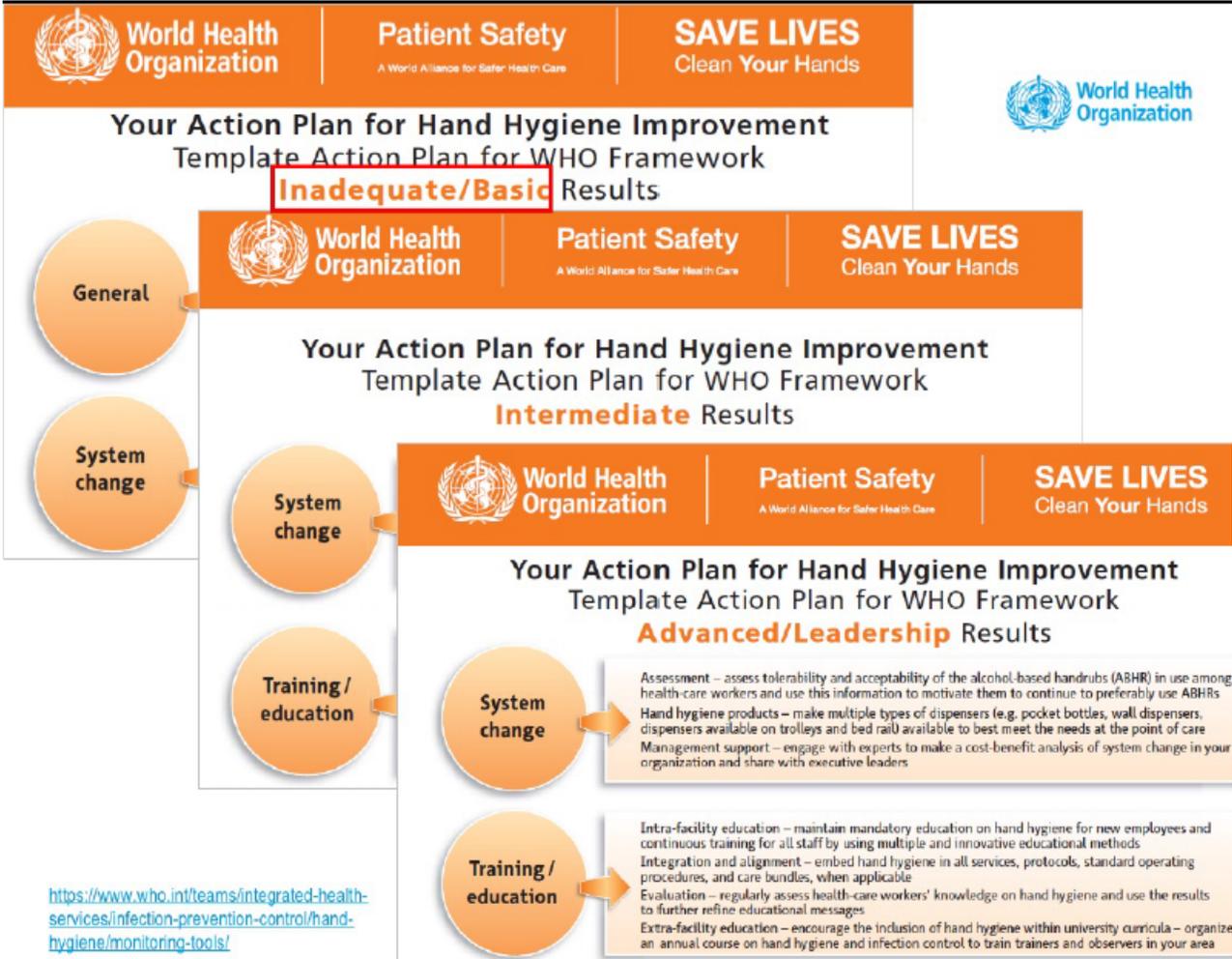


## HHSAF 2019: Scores per element and World Bank Income level

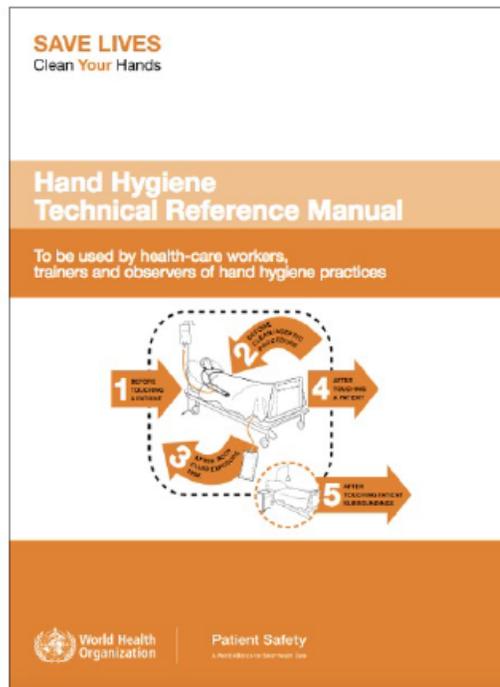
WHO confidential data under publication

Usted puede usar estos planes de avance según el nivel que alcanzo al medirse con la estrategia de la OMS

El seguir estos planes diseñados por la OMS le permitirá avanzar



# Recurso clave para comprender la práctica y la observación de la higiene de manos en el cuidado de la salud



GRACIAS