

# CLEAN YOUR HANDS

**BEFORE**  
aseptic/clean  
procedure

**NOTE: Hand hygiene is required for both Moment 1 and then Moment 2.**



## Examples (not an exhaustive list):

- Prior to dressing change.
- Prior to skin lesion care.
- Prior to preparing medications or removing them from the Pyxis machine.
- Prior to adding meds to the Pyxis machine/med charts.
- Prior to changing TPN.
- Prior to starting a peripheral IV.
- Prior to changing an IV.
- Prior to giving patient an IV medication.
- Prior to giving a vaccination.
- Prior to opening a vascular access system or draining system.
- Prior to taking bloodspecimen.
- Prior to taking a blood glucose test.
- Prior to giving a patient an oral medication.
- Prior to subcutaneous/intramuscular injections.
- Prior to instilling eye/ear drops.
- Prior to oral care.
- Prior to setting up a patient's food tray.
- Prior to preparing food.
- Prior to feeding a patient.
- Prior to giving a patient a drink of water.
- Prior to inserting a catheter.
- Prior to inserting an NG tube.
- Prior to secretion aspiration.
- Prior to putting on sterile gloves to perform any aseptic procedure.

**Moment 2:** Consider the following actions:

### Leadership:

- Talk about hand hygiene, during walk-about
- Congratulate those that are completing appropriate hand hygiene
- Be a role model
- Promote hand hygiene
- Ask staff what they are learning or discussing in their Safety Huddles related to hand hygiene

### Unit Manager:

- Talk about hand hygiene
- Congratulate those that are completing appropriate hand hygiene
- Encourage staff to use triggers to prompt better hand hygiene practices
- Be a role model
- **Safety Huddle questions for Moment 2: (use for week 1 and week 2 [1 question a day])**
  - **How frequent is glove use prior to clean/aseptic techniques?**
  - **What is a good reminder that would help remember to clean hands prior to putting gloves on?**
  - **How often does one move from Moment 1 to Moment 2 at the patient's bedside?**
  - **What are some examples of clean and aseptic care that require hand hygiene again just prior to the activity?**
  - **What are clean or aseptic activities in our area?**

### Frontline Staff:

- Model good hand hygiene with coworkers
- Treat everyone with respect, if reminding them to clean hands
- Participate in Safety Huddle discussions regarding hand hygiene