



# General Practice Accreditation Hand Hygiene

Hand hygiene is a basic but important tool in reducing the spread of disease and infection.

To successfully improve hand hygiene practises in your workplace, multiple strategies need to be implemented:

- Improve access to hand washing facilities.
- Provide ongoing training and regularly audit hand hygiene processes.
- Take your time to wash your hands according to best practice techniques.

## Resources

### Hand Hygiene Australia

The Australian Commission on Safety and Quality has developed the healthcare National Hand Hygiene Initiative (NHHI) to improve Australian healthcare worker hand hygiene practises and reduce the risk of healthcare associated infections (HAIs).

The purpose of the National Hand Hygiene Initiative is to develop a national approach to improving hand hygiene and monitor its effectiveness.

Posters, audit tools, manuals and online education are available for free download from Hand Hygiene Australia:

<http://www.hha.org.au/forhealthcareworkers.aspx>

### World Health Organisation

The World Health Organisation (WHO) - World Alliance for Patient Safety 'Clean Care is Safer Care' campaign launched in 2005 and aims to provide logical times for health workers to clean their hands.

The 'My 5 Moments for Hand Hygiene' approach includes:

1. Before touching a patient.
2. Before clean/aseptic procedures.
3. After body fluid exposure/risk.
4. After touching a patient.
5. After touching patient surroundings.

Further guidelines and resources are available online for WHO:

<http://www.who.int/gpsc/5may/background/5moments/en/>

Whilst all care has been taken in preparing this document, this information is a guide only and subject to change without notice.

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