

5 May 2018

## Saving lives one hand wash at a time

Hand hygiene and preventing the spread of illnesses is up to all of us, experts from South Western Sydney Local Health District say.

Infection Control Clinical Nurse Consultant, Emina Ryan, said proper hand washing was a simple and easy method to limiting the spread of germs in the community and in healthcare facilities.

“All our employees follow The Five Moments for Hand Hygiene rules to promote patient safety,” she said.

Bowral & District Hospital Infection Prevention Nurse, Arene Smuts said, “Without strict hand hygiene it is easy for harmful germs to spread and cause life threatening infections to develop.”

Fairfield Hospital Infection Prevention and Control practitioner, Yi Pan, said, “We strongly support the global push to raise awareness of the importance of hand hygiene. It is something we are constantly promoting within the hospital to make sure it is at the forefront of everyone’s minds.”

Bankstown-Lidcombe Hospital Infection Control Consultant, Verily Thomas said, “Improving hand hygiene is in our hands and it is an easy goal for every hospital around the world.

“We also make a concerted effort to encourage hand hygiene among people visiting our hospital, including families, friends and carers of our patients,” she said.

Campbelltown Hospital Infection Prevention and Staff Health Nurse, Michelle Callard, said the use of alcohol-based hand rub was also important.

“Alcohol-based hand rub is easily accessible throughout the hospital and we encourage anyone who comes into contact with patients and the hospital environment to use the rub before and after touching any patient or the environment,” she said.

“Together, we can continue to raise awareness of hand hygiene and the benefits it has for us all.”

### The Five Moments of hand hygiene

You should wash your hands or use alcohol-based hand rub:

1. Before touching a patient
2. Before a procedure
3. After exposure to bodily fluid
4. After touching a patient
5. After touching a patient’s surroundings