



Hand Hygiene short term program

Syllabus

- Standard precautions – Hand hygiene
- Audit, glow gel and lumino meter demonstration
- Standard precautions –PPE, and Practical on donning and doffing
- Transmission based precautions
- Demonstration handwashing procedure
- Hand hygiene exercise
- Prevention of major type of HAIs
- Prevention of SSI
- HAI surveillance and care bundle
- Disinfection policy and CSSD
- Decontamination and packaging sterilization and monitoring
- BMW guideline 2016 with 2018-20 amendments

Outcomes of Hand Hygiene short term program

1. **Personal hygiene:** Hand hygiene programs teach individuals about the importance of personal hygiene and how to maintain it. This includes proper handwashing techniques, such as using soap and water, and washing hands for at least 20 seconds.
2. **Disease prevention:** By learning how to practice good hand hygiene, individuals can reduce their risk of contracting and spreading infectious diseases. This life skill is essential in preventing the spread of diseases like the common cold, flu, and COVID-19.
3. **Responsibility:** Practicing good hand hygiene is a responsibility that individuals have to themselves and others around them. A hand hygiene program can instill a sense of responsibility in individuals to maintain good personal hygiene and prevent the spread of diseases.
4. **Attention to detail:** Proper hand hygiene requires attention to detail, such as washing each hand thoroughly and drying them properly. This attention to detail can transfer to other areas of life, such as work and school, where attention to detail is essential.
5. **Time management:** Proper hand hygiene takes time, and a hand hygiene program can teach individuals how to manage their time effectively to ensure they have enough time to wash their hands thoroughly.
6. **Adaptability:** Hand hygiene practices may change depending on the situation, such as using hand sanitizer instead of soap and water when soap and water are not available. Learning to adapt to different situations can be a valuable life skill that can benefit individuals in other areas of their lives.

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