

4 Moments Summary

1	BEFORE PATIENT CONTACT	<p>When? When approaching - clean your hands before touching ✓ a patient ✓ any equipment, furniture or surface in their bed space</p> <p>Why? To protect the patient against harmful germs carried on your hands</p>
<p>Examples</p> <ul style="list-style-type: none"> Before courtesy/comfort gestures: greeting a patient by shaking their hand or comforting them by touching their arm or shoulder Before direct patient assistance with: dressing or undressing, personal hygiene, skin care, transfer to or from a chair or commode Before clinical examination: taking a patient's pulse or blood pressure, chest auscultation, abdominal palpation Before IV pump adjustment, silencing monitoring alarms, replenishing supplies, sitting at bedside 		
2	BEFORE AN ASEPTIC TASK	<p>When? Clean your hands immediately before any aseptic task (and before donning gloves)</p> <p>Why? To protect the patient against harmful germs, including the patient's own germs, entering his or her body</p>
<p>Examples</p> <ul style="list-style-type: none"> Before contact with mucous membranes: oral/dental care, giving eye drops, suctioning respiratory secretion Before contact with non-intact skin: skin lesions, wound care, any type of injection Before contact with medical devices: catheter insertions, opening a vascular access system or drainage system Before preparation of: medications, dressing sets, enteral feeds 		
3	AFTER BODY FLUID EXPOSURE RISK	<p>When? Clean your hands immediately after an exposure risk to body fluids (and after glove removal)</p> <p>Why? To protect yourself and the health-care environment from harmful patient germs</p>
<p>Examples</p> <ul style="list-style-type: none"> After contact with mucous membranes and with non-intact skin: as detailed above in 2 – <i>BEFORE AN ASEPTIC TASK</i> After contact with medical devices or clinical samples: drawing and manipulating any fluid sample, opening a drainage system, endotracheal tube insertion and removal After cleaning up of: urine faeces, vomit or other body fluids After handling waste: (bandages, sanitary napkins, incontinence pads), cleaning of contaminated and visibly-soiled areas or equipment (commodes, bedpans and urinals, K-basins, medical instruments, patient's bed, chair, over-bed or bedside table) 		
4	AFTER PATIENT CONTACT	<p>When? When leaving – clean your hands after touching ✓ a patient ✓ any equipment, furniture or surface in their bed space</p> <p>Why? To protect the patient against harmful germs, including the patient's own germs, entering his or her body</p>
<p>Examples</p> <ul style="list-style-type: none"> After courtesy and comfort gestures: touching or holding a patient's hand After directly assisting with: personal hygiene, ambulation or repositioning, transferring to or from a stretcher or wheelchair After clinical assessment: examining limbs or dressing sites, adjusting bed cloths and patient garments to assess signs & symptoms After contact with a bed rail, changing bed linen, touching or moving patient care equipment/furniture, sitting in the bedspace 		

Adapted from WHO "Your 5 Moments for Hand Hygiene" 2006

Your 4 Moments for Hand Hygiene A COMPONENT OF ROUTINE PRACTICES

