

The WHO Five Moments of Hand Hygiene

Moment 1

1 BEFORE TOUCHING A PATIENT



Direct contact:

- Shaking hands, stroking a child's forehead
- Helping a patient to move around, get washed
- Applying oxygen mask, giving physiotherapy
- Taking pulse, blood pressure, chest auscultation, abdominal palpation, recording ECG

Rationale:

To protect the patient against harmful germs carried on your hands

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Moment 2



Aseptic procedures:

- Brushing the patient's teeth, instilling eye drops
- Skin lesion care, wound dressing, subcutaneous injection
- Catheter insertion, opening a vascular access system or a draining system, secretion aspiration
- Preparation of food, medication, pharmaceutical products, sterile material

Rationale:

To protect the patient against harmful germs, including the patient's own, entering his/her body

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Moment 3



Body fluid exposure risk:

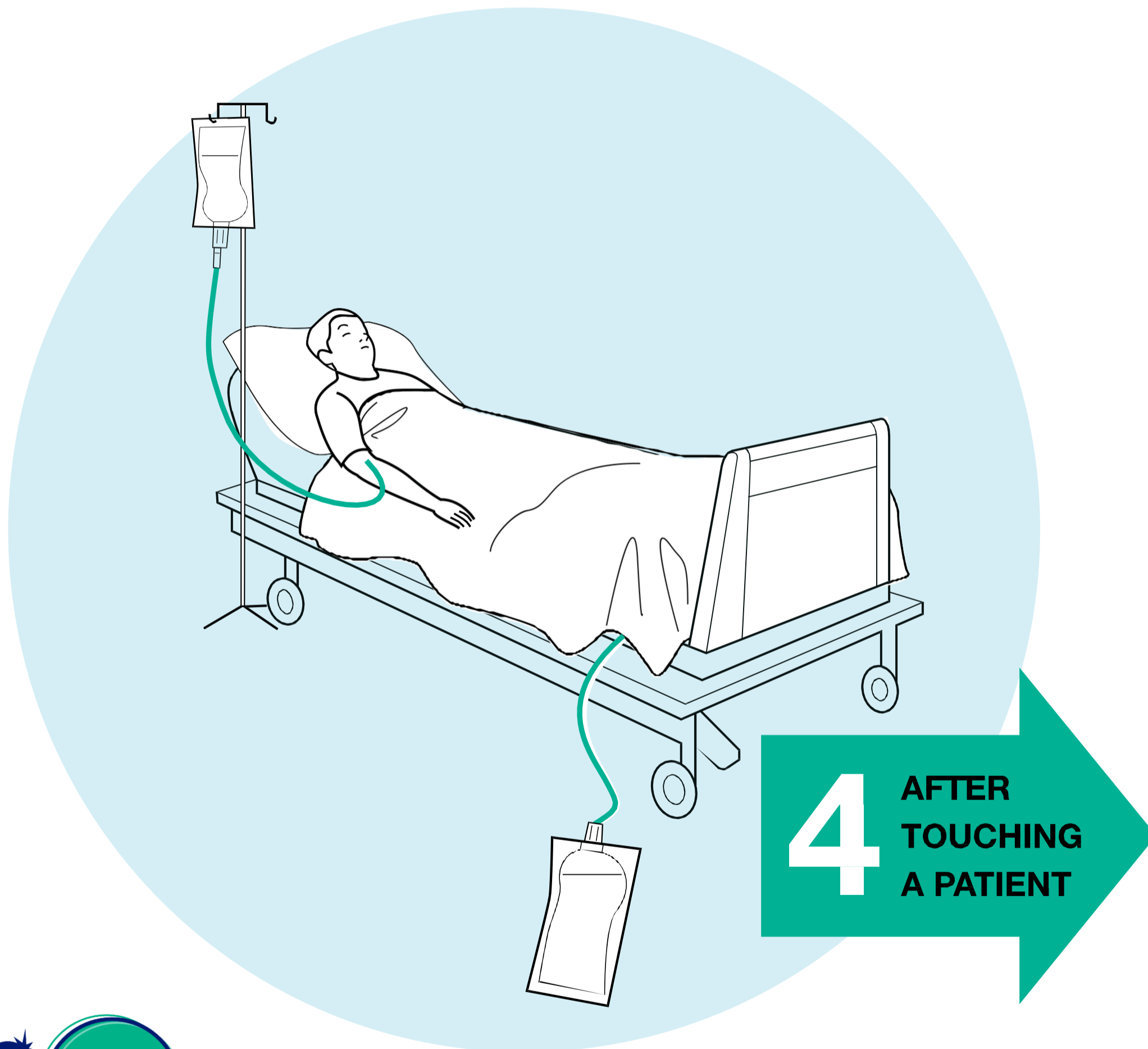
- Brushing the patient's teeth, instilling eye drops, secretion aspiration
- Skin lesion care, wound dressing, subcutaneous injection
- Drawing and manipulating any fluid sample, opening a draining system, endotracheal tube insertion and removal
- Cleaning up urine, feces, vomit, handling waste (bandages, napkin, incontinence pads), cleaning of contaminated and visibly soiled material or areas (soiled bed linen, lavatories, urinal, bedpan, medical instruments)

Rationale:

To protect yourself and the patient care environment from harmful patient germs

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Moment 4



Direct contact:

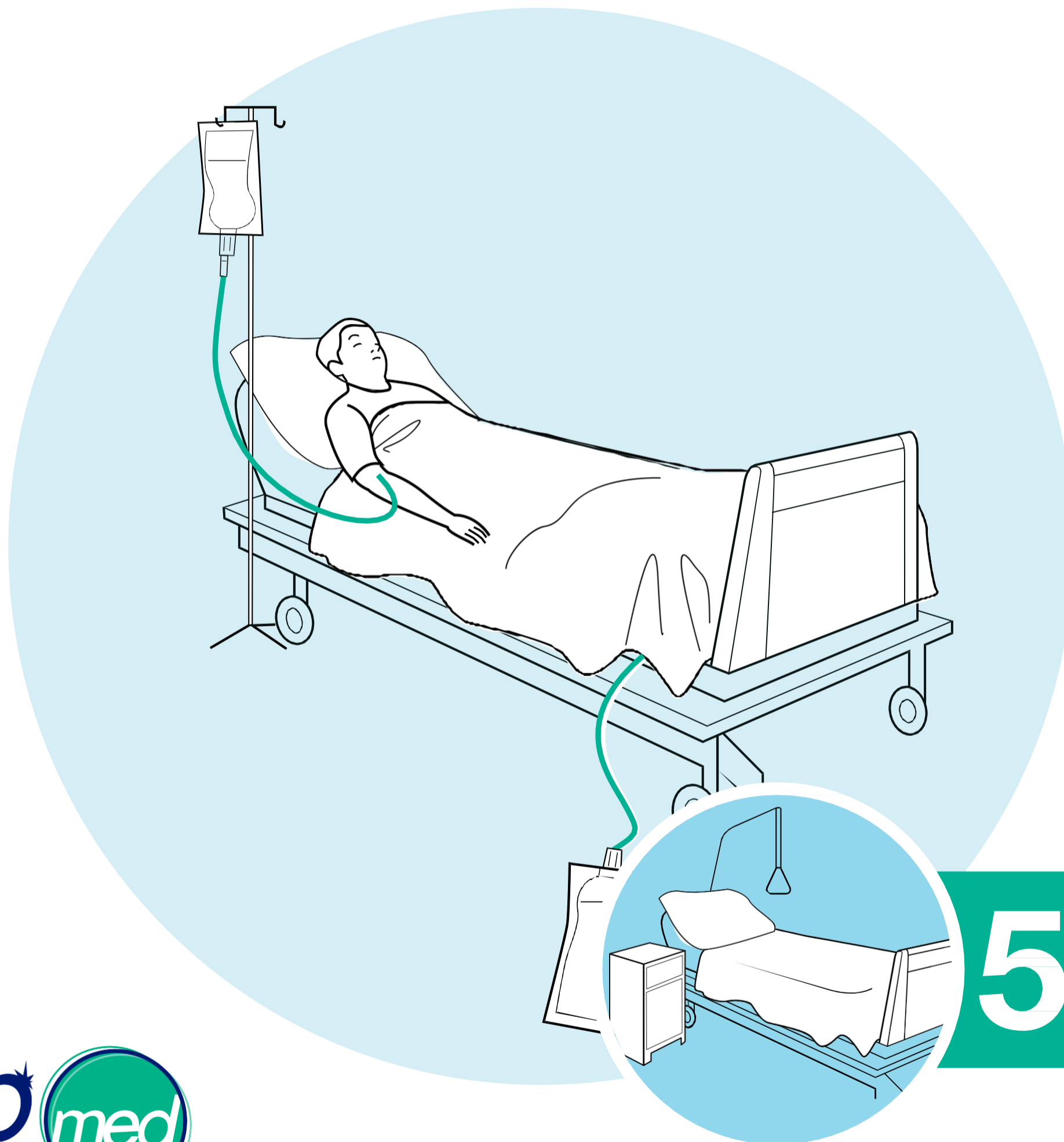
- Shaking hands, stroking a child's forehead
- Helping a patient to move around, get washed
- Applying oxygen mask, giving physiotherapy
- Taking pulse, blood pressure, chest auscultation,
- Abdominal palpation, recording ECG

Rationale:

To protect yourself and the patient care environment from harmful patient germs

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Moment 5



Contact with patient surroundings:

- Changing bed linen, with the patient out of the bed
- Perfusion speed adjustment
- Monitoring alarm
- Holding a bed rail, leaning against a bed or night table
- Clearing the bedside table

Rationale:

To protect yourself and the patient care environment from harmful patient germs

5 AFTER TOUCHING PATIENT SURROUNDINGS