



Ambulatory Clinic Policy and Procedure

Title: HAND HYGIENE	Policy Number: EP 7.16
Regulation APIC, CDC Reference:	Effective Date: 01/2025

Policy Statement:

It is the policy of the Texas Tech Physicians of El Paso (TTP EP) to maintain a safe environment for patients, visitors, and employees by preventing transmission of infections through the use of proper hand hygiene techniques.

Scope and Distribution:

This policy applies and will be distributed to all Texas Tech Physicians of El Paso (TTP EP) ambulatory clinics.

Procedure:

1. Healthcare Personnel (HCP) will use an alcohol-based hand rub (ABHR) or wash their hands with soap and water for the following clinical indications:
 - a. Immediately before touching a patient.
 - b. Before performing an aseptic task or handling invasive medical devices.
 - c. Before moving from work on a soiled body site to a clean body site on the same patient.
 - d. After touching a patient or the patient's immediate environment.
 - e. After contact with blood, body fluids, or contaminated surfaces.
 - f. Immediately after glove removal.

2. HCP who decontaminate their hands with soap and water should follow the process below:
 - a. Wet hands first with warm (avoid HOT) water.
 - b. Apply a quarter size of (institution approved) soap to hands.
 - c. Use friction by vigorously rubbing hands together for at least 20 seconds.
 - d. Wash in between fingers to include areas around/under fingernails.
 - e. Rinse hands with water and dry thoroughly.
 - f. Use paper towels after drying hand to turn off faucet.

3. Follow the process below when using ABHR:
 - a. Apply a quarter size of (institution approved) alcohol solution to the palm of one hand and rub hands together.
 - b. Vigorously rub all surfaces of your hands and fingers including areas around/under fingernails
 - c. Continue to rub hands until they dry.
 - d. Follow the manufacturer's recommendations.

- Note:** soap and water or an alcohol-based hand rub (ABHR) must be readily available inside or immediately outside areas where patient care is delivered.

4. Hand Moisturizing:
 - a. Only hand lotions that minimize irritant contact dermatitis and have been approved by the Infection Control Nurse may be used in the clinics.
 - b. No unapproved lotions will be kept or used in clinical area.



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5. Fingernails:

- a. Natural fingernails will be kept clean and not exceed the fingertip length.
- b. Regular nail polish is acceptable, but chipped polish should be removed and/or re-applied.
- c. HCP engaged in patient care will not wear artificial nails nor any decorative additions.
 - a. i.e. - nothing that increases the height of natural fingernails including, but not limited to; acrylic, bondings, extensions, gels, tips, gemstones, stickers or any "3-D" nail art.
- d. For more information, see EP Policy 9.11 Clinical Personnel Dress Code.

6. Jewelry:

- a. HCP will limit the number of rings to be worn and should remain simple.
- b. Ornate rings that impede or compromises the wearing of gloves is prohibited
- c. All rings should be removed if assisting with a clinical procedure.

References

Center for Disease Control and Prevention. (2022, November 29). *CDC's Core Infection Prevention and Control Practices for Safe Healthcare Delivery in All Settings*. Retrieved from Center for Disease Control and Prevention: https://www.cdc.gov/infectioncontrol/guidelines/core-practices/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhicpac%2Frecommendations%2Fcore-practices.html

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James M. Hughes, M. S. (2002, October 25). *Guideline for Hand Hygiene in Health-Care Settings*. Retrieved from MMWR: <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5116a1.htm#top>

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Policy Number: EP 7.16	Original Approval Date: 10/2014
Version Number: 4	Revision Date: 01/2025
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