

Hand Hygiene (Home Health Care) - CE

Checklist

S = Satisfactory U = Unsatisfactory NP = Not Performed

Step	S	U	NP	
1. Removed hand hygiene supplies from the outer pocket of the nursing bag.				
2. Removed rings or other jewelry and placed them in a secure pocket or other secured area. Did not leave jewelry on the patient's sink, counters, or tables.				
3. Inspected all surfaces of the hands for breaks or cuts in the skin or cuticles.				
4. Covered any skin lesions before providing patient care.				
5. Pushed long sleeves up above the wrists.				
Hand Hygiene Using a Waterless Alcohol-Based Antiseptic Rub				
1. Dispensed an ample amount of alcohol-based product into the palm of one hand.				
2. Rubbed the hands together, covering all surfaces of hands and fingers with antiseptic rub. Rubbed the palms of the hands together.				
3. Rubbed the fingers of one hand over the dorsum of the other hand and interlaced the fingers. Repeated with the other hand.				
4. Rubbed the fingers of each hand over the palmer surface of the other hand and interlaced the fingers.				
5. Rubbed the backs of fingers across the palms of each hand alternately.				
6. Decontaminated the fingertips by rubbing them in the palm of the other hand. Repeated with the other hand.				
7. Clasped each thumb in the palm of the opposite hand and twisted.				
8. Rubbed the hands together until the alcohol was dry. Allowed the hands to completely dry before donning gloves.				
Hand Hygiene Using Plain or Antimicrobial Soap, Water, and Disposable Paper Towel				
1. If using soap and water, asked the patient, family, or caregiver where the sink or water source for sanitizing hands was located; took the hand hygiene supplies to this location.				
2. Stood in front of the sink, keeping the hands and clothing away from the sink surfaces.				

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3. Turned on the faucets to begin the flow of water.				
4. Avoided splashing water on clothing.				
5. Regulated the flow of water so that the temperature was warm.				
6. Wet the hands and wrists thoroughly under the running water. Kept the hands and forearms lower than the elbows during washing.				
7. Applied an adequate amount of soap in the palm of one hand and rubbed the hands together to work up a lather.				
8. Used a rotating frictional motion, applying friction to all surfaces of the hands and wrists, including the balls of hands, between fingers, and around and under the nails. Interlaced the fingers and rubbed up and down. Continued washing for at least 20 seconds.				
9. Rinsed the hands and wrists thoroughly, keeping the hands down and elbows up.				
10. Dried the hands thoroughly with a paper towel.				
11. Discarded the paper towel in a trash can.				
12. Turned off the faucet with a clean, dry paper towel. Avoided touching the handles with the hands.				
13. Applied lotion to the hands if needed at the end of the visit. Avoided petroleum-based lotions.				

Learner: _____ Signature: _____

Evaluator: _____ Signature: _____

Date: _____