

# SOP: Infection Prevention and Hand Hygiene Practices

This SOP details **infection prevention and hand hygiene practices**, including proper handwashing techniques, use of hand sanitizers, guidelines for personal protective equipment, cleaning and disinfecting protocols, and strategies to minimize the spread of infectious agents in healthcare and community settings. The objective is to reduce the risk of infection transmission and promote overall health and safety through consistent and effective hygiene practices.

## 1. Purpose

To establish standard procedures for infection prevention and hand hygiene to reduce transmission of infectious agents and maintain a safe environment.

## 2. Scope

This SOP applies to all healthcare workers, staff members, patients, visitors, and any individuals in healthcare and community settings.

## 3. Responsibilities

- All staff must adhere to hand hygiene, PPE, and infection prevention measures.
- Supervisors must ensure compliance and provide necessary supplies and training.
- Infection control officers oversee adherence to protocols and update when necessary.

## 4. Hand Hygiene Procedures

### 1. When to Perform Hand Hygiene:

- Before and after patient contact
- Before aseptic procedures
- After exposure to bodily fluids
- After touching patient surroundings

### 2. Handwashing with Soap and Water:

1. Wet hands with clean, running water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm.
4. Rub back of each hand with palm of other hand with fingers interlaced.
5. Rub palm to palm with fingers interlaced.
6. Rub backs of fingers to opposing palms with fingers interlocked.
7. Rotate and rub left thumb clasped in right palm and vice versa.
8. Rub rotationally backwards and forwards with clasped fingers of right hand in left palm and vice versa.
9. Rinse hands thoroughly with water.
10. Dry hands with a clean towel/disposable paper towel.

### 3. Use of Hand Sanitizer:

- Apply a palmful of alcohol-based hand sanitizer.
- Rub hands together, covering all surfaces, until dry (at least 20 seconds).

## 5. Personal Protective Equipment (PPE) Guidelines

- Wear appropriate PPE (gloves, masks, gowns, eye protection) based on risk assessment.
- Don and doff PPE according to established protocols.
- Perform hand hygiene before donning and after doffing PPE.

## 6. Cleaning and Disinfecting Protocols

- Clean and disinfect frequently touched surfaces (e.g., doorknobs, bedrails) regularly using approved disinfectants.
- Dispose of used PPE and cleaning materials safely.
- Follow appropriate procedures for cleaning and disinfecting patient care equipment.

## 7. Strategies to Minimize the Spread of Infectious Agents

- Promote respiratory hygiene and cough etiquette.
- Isolate or cohort patients with known or suspected infections when necessary.
- Educate staff, patients, and visitors on infection prevention measures.

## 8. Record Keeping

- Document hand hygiene compliance audits and infection prevention training sessions.
- Record cleaning and disinfection schedules.

## 9. References

- World Health Organization (WHO) Hand Hygiene Guidelines
- Centers for Disease Control and Prevention (CDC) Infection Control Guidelines

## 10. Review and Update

- This SOP will be reviewed annually or as needed based on new evidence or updated guidelines.