## Handwashing



### NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

### General Task: Handwashing

#### Supplies Needed

- Paper Towels
- Lotion
- Antiseptic hand cleaner
- Plastic trash bag

#### Procedures/Steps to Follow to Perform the Task

- Because there are no suitable hand-washing areas in resident apartments, the procedure should be with antiseptic hand cleaner as follows:
- 1. Wash hands (following manufacturer's recommendation) before and after care of residents.
- 2. As soon as possible after performing resident care, go to a hand-washing area and wash hands with soap and water as follows:
  - 1) Wet hands and forearms. Then lather, using vigorous friction, starting at the fingertips, and working toward the forearm. Do not touch the sink.
  - 2) Wash the hands vigorously under a stream of water for at least 10 seconds. Avoid using cloth towels or bars of soap because these are a haven for bacteria.
  - 3) Dry hands from the fingers toward the forearm with paper towel(s).
  - 4) Turn off the faucet with a dry paper towel; then discard the towel in a plastic trash bag. Apply lotion as desired.
  - 5) Clean up any spills around the sink area with a clean paper towel.

#### Outcomes

- 1. Cross contamination will be prevented.
- 2. Cleanliness of hands will be maintained.

# Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact

- 1. Avoid wearing rings and bracelets. Keep nails trimmed short to prevent the spread of bacteria.
- 2. If wearing gloves, **always** wash hands after removal of gloves.

# Handwashing



General Task: Handwashing Signature of CAREGIVER Signature of Delegating Nurse **Delegation Competency** Review Date