GOJO

HAND HYGIENE TIMES

Your resource for the latest news in effective infection control program development and best practices.

Issue 8 Volume 2

Hand Hygiene and Skin Care

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For nearly a decade, the Centers for Disease Control and Prevention have been reporting healthcare worker hand hygiene compliance at 40 – 50%.[1] One of the perceived barriers to adherence to hand hygiene practice recommendations identified by the CDC Hand Hygiene Guideline is skin irritation caused by hand hygiene agents.

There are 2 major types of skin reactions associated with hand hygiene. The first and most common type is irritant contact dermatitis with symptoms that include dryness, irritation, itching, cracking and bleeding. The second type, allergic contact dermatitis is rare and results from an allergy to an ingredient in the hand hygiene product.[2] The most common cause of contact allergies are fragrances and preservatives.

Three primary strategies have been identified to minimize hand hygiene related irritant contact dermatitis among healthcare personnel.[3]

1. **Selection** of less irritating hand hygiene products
2. **Education** regarding proper skin care management
3. **Routine use** of moisturizing skin care products

Staff perception of the product's tendency to cause irritation and dryness is a major factor that influences acceptance and ultimate usage by staff. Involving staff with trial products and the selection of products also helps ensure staff acceptance of new products. One strategy for reducing exposure of staff to irritating soaps and detergents is to promote the use of alcohol based hand sanitizers which contain moisturizers. In addition to improving skin condition, sanitizers can reduce the time required for hand hygiene and may increase staff acceptability.

Proper Skin Care Management

Providing staff with education around hand hygiene practices can reduce the incidence of skin irritation. Instructing staff that routine washing with soap and water before or after using an alcohol based hand sanitizer is unnecessary and can increase skin irritation. Staff should also be advised that donning gloves while hands are still wet from washing or applying hand sanitizer can lead to irritation. Education for staff should also include indications for hand hygiene in a healthcare setting and how the hand hygiene products should be used.

Use of Moisturizing Skin Care Products

Providing staff with skin moisturizing products in addition to hand hygiene products is a recommendation in the CDC Hand Hygiene Guideline.[4] Additional skin moisturizers is a simple solution for healthcare workers who are at risk for skin problems related to frequent hand hygiene. Use of moisturizers in the healthcare setting may vary based upon the weather and other environmental factors. Staff may notice an improvement in moisturization during humid summer weather conditions and in tropical climates. Cold weather may increase the need for moisturizers. It is important that the facility provide the staff with hand lotions to avoid incompatible hand lotions being brought in from home.

When healthcare personnel are compliant with hand hygiene recommendations, they could be performing hand hygiene several times in just one hour of their workday. Hand hygiene helps protect the patients from acquiring an infection while they are hospitalized. With selection of less irritating products, staff education about hand hygiene products and usage, and using skin moisturizers, healthcare worker hand hygiene can reduce infections and improve patient outcomes.

1,4 Boyce, JM, Pitet, D. (2002) Guidelines for hand hygiene in healthcare settings. Recommendations of the Healthcare Infection Control Practices Advisory Committee. Morbidity and Mortality Weekly Report.51(RR—16):1-45.

2,3 Larson, E., et. al. (2006). Skin reactions related to hand hygiene and selection of hand hygiene products. American Journal of Infection Control 34(10) 626-35.

THAT'S a FACT!

Patients occupying rooms previously occupied by VRE, MRSA and C. difficile positive patients have a 73% increased risk of acquiring the same pathogen than patients not occupying such rooms.[1]

1 Carling PC et al, Evaluating hygienic cleaning in health care settings; What you do not know can harm your patients. AJIC 2010;38(Suppl 1):S41-S50

Product Feature

PROVON®- THE BEST BASIC SKIN CARE PROGRAM

A healthy decision for people, places and the environment.

GOJO introduces a refreshed PROVON® product line that is designed for dry and cracked skin, and provides a soothing user experience for healthcare workers and patients.

The refreshed PROVON product line features formula enhancements, greater ease of use and packaging that is more appealing and intuitive. PROVON provides an effective skin care regimen for bathing, shampooing, perineal care and proper moisturization with a family of mild products healthcare workers and patients will want to use.

- **New and upgraded** formulas
- **Appealing** package design
- **Color coding** by category for ease of storage and selection
- **Ergonomic** shapes and sizes for convenient one-handed use
- The **proven performance of PROVON**

New PROVON® Hand & Body Butter

This amazing new whole-body moisturizer is proven to increase skin elasticity and moisture in as little as 10 days.[1] Constant washing of the hands makes the skin become less moisturized and more brittle, and as a result can be more susceptible to problems like cracking and scaling. Providing staff with skin moisturizing products in addition to hand hygiene products is a recommendation in the CDC Hand Hygiene Guideline.[2] For patients, experts recommend using moisturizers as one part of your strategy to help reduce skin injuries like skin tears.[3,4,5] PROVON Hand & Body Butter is a synergy of beeswax, aloe leaf juice and glycerin infused with a pleasant tropical scent. The glycerin humectant holds on to water in the skin, while beeswax can help maintain the skin's natural qualities.[6] That's essential to the treatment of dry skin.

- **Increases** skin elasticity
- **Moisturizes** cracked, scaly skin

Silicone-free PROVON Hand & Body Butter is perfect for the frequently washed hands of healthcare workers as part of the CDC Hand Hygiene recommendation on using a moisturizer.

Description	Order Number	Case Pack	Uses Dispenser
PROVON® Moisturizer			
PROVON Hand & Body Butter			
5 oz Tube	4521-12	12	n/a
PROVON Moisturizing Hand & Body Lotion			
NXT® 1000 mL Refill	2533-08	8	2115-06
8 fl oz Squeeze Bottle	4334-48	48	n/a
4 fl oz Bottle	4331-48	48	n/a

New PROVON® Ultimate Shampoo & Body Wash

This advanced formulation shampoo is gentle but effective and cleans and deodorizes the entire body. With its creamy consistency and pearlized color, PROVON Ultimate Shampoo & Body Wash offers a luxurious bathing experience.

- Contains **moisturizing aloe and jojoba oil** for healthy looking skin and hair
- **Light fragrance**
- **Leaves hair shiny** and easy to comb

Combining the full range of PROVON products with PURELL®, America's #1 instant hand sanitizer, GOJO offers a comprehensive program covering hand hygiene, skin care, bathing and perineal care. PROVON is a integral part of your program for maintaining good hygiene, reducing odors and infections, helping to prevent skin breakdown and promoting good skin health.

Description	Order Number	Case Pack	Uses Dispenser
PROVON® Hair & Body Wash			
PROVON Ultimate Shampoo & Body Wash			
NXT® 1000 mL Refill	3127-08	8	2115-06
NXT® 2000 mL Refill	3227-04	4	2215-08
8 fl oz Squeeze Bottle	4227-48	48	n/a
Bulk – Pour Gallon	4546-04	4	n/a
PROVON Foaming Hair & Body Wash with Moisturizers			
FMX-20™ 2000 mL Refill	5287-02	2	5260-06
FMX-12™ 1250 mL Refill	5187-03	3	5120-06
PROVON Tearless Shampoo & Body Wash			
NXT® 1000 mL Refill	2134-08	8	2115-06
NXT® 2000 mL Refill	2234-04	4	2215-08
8 fl oz Squeeze Bottle	4502-48	48	n/a
4 fl oz Squeeze Bottle	4503-48	48	n/a
Bulk – Pour Gallon	4406-04	4	n/a

1. 2010-04-F10215 LTC HBB Claims Validation Outcome Study and 2010-01-I10212 LTC HBB Internal Panel and Protocol Validation study, GOJO
2. Boyce, JM, Pitet, D. (2002) Guidelines for hand hygiene in healthcare settings. Recommendations of the Healthcare Infection Control Practices Advisory Committee. Morbidity and Mortality Weekly Report.51(RR—16):1-45
3. Diane Krasner, PhD, RN, CWCN, CWS, MAPWCA, FAAN. Skin tears: Understanding problem leads to prevention, proper care. Long Term Living, April 2010.
4. Cynthia A. Fleck, MBA, BSN, RN, ETIWOCN, CWS, DNC, DAPWCA, FCCWS. Preventing and Treating Skin Tears FAQ. Advances in Skin & Wound Care, June 2007.
5. Xiaoti Xu BS, Kwan Lau MD, Breena R. Taira MD, Adam J. Singer MD. The current management of skin tears. American Journal of Emergency Medicine (2009) 27, 729–733
6. Elias, P.M., Mao-Qiang, M., Thornfeldt, C.R. and Feingold, K.R. The Epidermal Permeability Barrier: Effects of physiologic and non-physiologic lipids.

A Look Ahead

next month's issue

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