

## **TeamTalk Session Guide**

### **Session No. 501**

## **Infection Control – Effective Hand Hygiene**

### **Session aim**

To help staff understand when handwashing is needed, when alcohol hand rub may be appropriate, and why effective hand hygiene is essential to safe care.

### **Suggested session length**

12 to 15 minutes

### **Session structure**

- 2 to 3 mins: Play Part 1
- 3 to 4 mins: Discussion
- 1 to 2 mins: Play Part 2
- 3 mins: Discussion
- 1 to 2 mins: Play Part 3
- 3 to 4 mins: Final discussion and close

### **Set the scene**

This session looks at effective hand hygiene in everyday care practice. It uses a short combination of Vyond and live-action clips to help staff think about when hands should be washed, when alcohol hand rub may be used, and what can get in the way of good hand hygiene.

### **Discussion after Part 1**

#### **1. Who should wash their hands?**

Suggested answers:

- care workers
- nurses
- managers
- agency staff
- visitors where appropriate
- the people we support, where possible and appropriate

**2. When should hands be washed?**

Suggested answers:

- before and after personal care
- before handling food
- after using the toilet
- after contact with bodily fluids
- after removing gloves
- when hands are visibly dirty
- when moving between tasks or people where there is a risk of contamination

**3. When should hands be washed rather than alcohol hand rub used?**

Suggested answers:

- when hands are visibly dirty
- after contact with bodily fluids
- after using the toilet
- when soap and water are required by local policy

**4. When might alcohol hand rub be appropriate?**

Suggested answers:

- when hands are not visibly dirty
- between tasks where quick decontamination is needed
- in line with local infection prevention guidance

**Discussion after Part 2**

**5. What did you notice about the handwashing technique?**

Suggested answers:

- thorough coverage of all parts of the hands
- enough time spent washing
- attention to fingers, thumbs, and between fingers
- proper rinsing and drying

**6. Why does technique matter, not just intention?**

Suggested answers:

- poor technique may leave contamination behind
- quick or rushed washing may not be effective
- good technique helps reduce the spread of infection

**Final discussion after Part 3**

**7. What are the barriers to washing hands properly?**

Suggested answers:

- being busy
- rushing between tasks
- poor access to sinks or supplies
- skin soreness
- forgetting
- seeing it as less important during busy periods

## **8. When might staff be tempted not to wash or clean their hands properly?**

Suggested answers:

- when under time pressure
- when moving quickly between residents
- when gloves are wrongly seen as a substitute
- when the task seems low risk

## **9. What can we do to help make sure hand hygiene still happens?**

Suggested answers:

- make supplies easy to access
- keep expectations clear
- role model good practice
- challenge poor habits appropriately
- build hand hygiene into routine practice
- make sure staff understand why it matters

## **10. How can we encourage other people to wash their hands?**

Suggested answers:

- polite reminders
- clear signage
- role modelling
- making products easy to access
- normalising hand hygiene as part of safe care

## **Key learning points**

- Effective hand hygiene is everyone's responsibility.
- Knowing when to wash hands and when alcohol hand rub may be appropriate is essential.
- Good technique matters as much as remembering to do it.
- Busy environments can create barriers, but safe practice still matters.
- Strong hand hygiene helps protect staff and the people they support.

**Reflective question**

What gets in the way of good hand hygiene in our setting, and what could we do to improve it?

**Further support**

- Local infection prevention and control policy
- Hand hygiene guidance used in your service
- Relevant infection prevention training and refreshers