Infection Control and Hand Hygiene

In the study of Health Sciences and Nursing, trainees are taught that a majority of viral infections can be passed from one person to the other through a lack of essential hand hygiene. Washing and sanitizing hands may seem as if it is a normal part of life because many disease-causing germs are killed in the process. Hand washing is so imperative that professionals and researchers have done extensive evidence-based research to find out what needs to be done to increase public knowledge on infection control. For this reason, this paper focuses on a few articles that have been previously written to emphasize the importance of hand hygiene.

Mathur (2011) found that infections caused by the lack of hand hygiene can be prevented. With the World Health Organization (WHO) preaching hand hygiene, the prevalence of viral infections is apparent. Evidence-based research provides specific information. Therefore, evidence-based articles are more reliable. For instance, in this article Mathur (2011) came up with strategies to increase public information by providing people with enough training programs on the correct hand washing procedures.

In a similar article by Landers et al. (2012), the researchers claimed that it was the work of health providers to teach their patients and the public about the benefits of hand washing and the right way to do it. Longtin et al. (2009) had a study group consisting of 198 patients. Out of 198 patients, 75% felt uncomfortable asking for assistance with hand washing. This is because they assumed that hand hygiene is part of asepsis and that they did not need any help doing it. However, when their caregivers invited them to ask any questions regarding the act, 83% of them were receptive. Of all the articles described above, the common goal is to increase hand washing. If this is not adhered to, the adverse outcomes may lead to increased infection and weaker immune systems. In my practice setting, I would disseminate this information and
communicate the importance of the same by coming up with training programs on the importance of infection control through hand washing for each patient and their families.

Overall, it is paramount to encourage hand hygiene to prevent common illnesses and infections. Children, patients and the elderly are vulnerable because their immune systems are naturally weak. Such people should always be given enough training on the correct process of hand washing so that recurrent infections are kept at bay. When hand hygiene is upheld, infection control is almost absolute.
References

