

HAND HYGIENE

MUHAMMAD FAHEEM AFZAL

Associate Professor, King Edward Medical University, Lahore

How to cite this article: Afzal MF: Hand Hygiene. Pak Postgrad Med J 2022;30(4): 128

This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/3.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Correspondence to: *Muhammad Faheem Afzal*
Associate Professor, Department of Pediatrics,
King Edward Medical University,
Lahore, Pakistan.

Email: mfaheem169@yahoo.com

Hand hygiene is a way of cleaning one's hands that substantially reduces potential harmful microorganisms on the hands.¹ Practicing hand hygiene is a simple yet effective way to prevent infections. Hand hygiene serves as barrier for spread of germs, including those that are resistant to antibiotics.² Only 20-30 seconds of washing with an alcohol-based product, or 30 - 40 seconds with soap and water, will help us in a health care setting or in community stop the spread of infection, control the risk of bacterial mutations (causative of antimicrobial resistance, and advance the safety and quality of health care for all.³

There is need to create awareness among masses regarding hand hygiene practices. Behavioral change through continuous educational and awareness programs can bring substantial change in promoting hand hygiene practices.

REFERENCES

- 1- Centre for disease control. Hand hygiene in healthcare setting. [Online]2018 [Cited 2019] Available from: <https://www.cdc.gov/handhygiene/index.html>
- 2- Fasih U, Sheikh A. Importance of Hand Hygiene in General and Clinical Practice [Online]. *Annals ASH KMDC* 2018;23:175-6.
- 3- World Health Organization. Good hand hygiene: A simple, cost-effective way to save lives and transform the quality of health care at all levels. [Online]2018 [Cited 2019] Available from: <https://www.who.int/southeastasia/news/opinion-editorials/detail/good-hand-hygiene-a-simple-cost-effective-way-to-save-lives-and-transform-the-quality-of-health-care-at-all-levels>