

# Protection for your Athletes: Hand Hygiene

## Overview

Human skin is a major source of microbial contamination in the healthcare environment. The transfer of microorganisms from the hands of medical staff to athletes and athletes to athletes is a key factor in community acquired infections. Therefore, implementation of good hand hygiene practices is essential to the prevention of infections. However, noncompliance with hand hygiene practices among medical staff remains an issue. This continuing education activity has been designed to provide a comprehensive review of the importance of hand hygiene as an effective measure to prevent the spread of disease causing microorganisms. It will briefly review the key historical markers related to hand hygiene. The characteristics of widely used antimicrobial and antiseptic agents, including factors to consider in the selection and use of these agents, will be described. The current Centers for Disease Control (CDC) hand hygiene guidelines, as well as those promulgated by other professional organizations, will be presented. Issues of compliance with hand hygiene practices among medical staff will also be discussed. Finally, various techniques and methods of hand hygiene will be outlined.

## Learner Objectives

After completing this continuing education activity, the participant should be able to:

1. Review the history of hand hygiene.
2. Review the microbial flora of normal skin.
3. Explain CDC's 2002 hand hygiene guidelines and their relevance in today's healthcare environment.
4. Discuss common antimicrobial and antiseptic agents and their characteristics.
5. Describe various techniques and methods of hand hygiene.

## Intended Audience

This continuing education activity has been designed for healthcare professionals who are interested in learning more about the importance of hand hygiene, related practice guidelines and the antimicrobial and antiseptic agents available today.

## Teaching Methodologies

This continuing education activity is governed by principles of adult learning. PowerPoint images will be used to augment the speaker's presentations and a supportive syllabus with content and references is provided to each participant. Attendees will have an active role in discussion as well as opportunities to ask questions and share experiences.

## Continuing Education Information

To receive credit for this course:

1. Please give the completed evaluation and registration forms to the presenter.
2. A certificate of completion will be emailed (if email address is provided) or physically mailed to you.
3. Contact Pfiedler Enterprises at 720-748-6144 for credit questions.