

COURSE TITLE:

HAND HYGIENE

MODULE	MODULE NAME	OBJECTIVE
1	Understanding Hand Hygiene	To understand the importance of hand hygiene, how germs are carried & spread through hands, & how effective hand hygiene helps prevent infection.
2	Understanding Infection and Its Spread	To understand how infections occur and spread, including types of microorganisms, routes of transmission, the chain of infection, & how hand hygiene can interrupt it.
3	Hand Hygiene Methods	To understand when to use soap and water or alcohol based handrub & how the choice of method depends on hand condition and care activity.
4	Correct Hand-Washing Technique	To understand the correct step by step hand washing technique using soap and water to effectively remove dirt, germs, and contamination from the hands.
5	Correct Use of Hand Rub	To understand the correct step by step technique for applying alcohol based handrub and cleaning all areas of the hands effectively.
6	Five Moments of Hand Hygiene	To understand the five key moments when hand hygiene is required, including before and after contact, before procedures, after body fluid exposure, and after touching surroundings.
7	Hand Hygiene and the Use of Gloves	To understand when disposable gloves should be used, how to put them on & remove them safely, and why hand hygiene remains necessary.