

Hand Washing

The most important thing you can do to protect yourself from germs and keep yourself healthy.

What you need:

- Clean water
- Antibacterial soap
- Clean disposable towels
- Alcohol hand rub
- Face mask

Before you start:

- Prepare clean work area
- Gather supplies
- Remove jewellery
- Put on face mask
- Remove catheter from under clothing

Wash



This procedure should take at least two to three minutes.

- Use plenty of clean running water and antibacterial soap¹
- Using good friction, rub soap over your hands creating a good lather for at least 20 seconds
- Wash well between fingers and underneath nails¹
- Rinse hands under running water¹

Dry



- Dry hands well using a clean disposable towel¹

Think Clean



- Use clean disposable towel to turn off the tap¹
- Apply alcohol hand rub and rub hands together until dry (20-30 seconds)¹
- Do not touch anything until you start your exchange
- If you do touch something, wash and dry your hands again

Hand washing should be done: before your PD exchange¹ | before your exit-site care¹ | after disposing of drained PD bag¹

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When Clean, Running Water is Not Available²

- Use bottled water that has not been exposed to flood waters if it is available
- If you do not have bottled water, you should boil water to make it safe
 - If the water is cloudy, filter it through clean cloths or allow it to settle, and draw off the clear water for boiling
 - Boil the water for 1 minute, let it cool, and store it in clean containers with covers
- If you cannot boil water, you can disinfect it using household bleach
 - If the water is cloudy, filter it through clean cloths or allow it to settle, and draw off the clear water for disinfection
 - Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid household bleach for each gallon (3.785 litres) of water
 - Stir well and let stand for 30 minutes before you use it
 - Store disinfected water in clean containers with covers

This document is based on published scientific evidence (as of 2009) and clinical practice guidelines from professional societies. It is intended to be used only as one of many factors for managing PD patients, and it does not replace good medical and clinical judgment. Further, individual circumstances of your patients must be taken into account, as well as guidelines of local nephrology societies and other associations. Do not rely on this document alone.

References

1. The World Health Organization. WHO guidelines on Hand Hygiene in Healthcare http://whqlibdoc.who.int/publications/2009/9789241597906_eng.pdf
2. United States Environmental Protection Agency. Office of Water 4606-M EPA 816-F-06-027 August 2006 www.epa.gov/safewater.
Website found: http://www.epa.gov/ogwdw/faq/emergemergpdfs/fs_emergency-disinfection-drinkingwater-2006.pdf

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