

**Hand Hygiene Train the Trainer Programme**

**Knowledge assessment: Part One:**

1. **Artificial nails, nail polish or long nails can be worn at work T / F**
2. **When carrying out HH it is acceptable to wear one flat ring T / F**
3. **Rings with stones and long sleeved tops can be worn when providing care T / F**
4. **Any cut or graze on hands should be covered with a waterproof dressing T / F**
5. **Nailbrushes should be routinely used for hand washing T / F**
6. **Alcohol hand rub should only be used on visibly clean hands T / F**
7. **After using an alcohol hand rub hands must be allowed to dry completely T / F**
8. **Alcohol hand rub alone is sufficient to clean hands after caring for a patient who has diarrhoea T / F**
9. **Gloves should be worn for all care activities T / F**
10. **Gloves must always be worn when in contact with body fluids T / F**
11. **Gloves should be worn when handling used , soiled and infected linen T / F**
12. **Hand Hygiene is not necessary after removing disposable gloves T / F**
13. **It is not necessary to clean your hands after touching patients surrounds if you haven’t touched the patient T / F**
14. **Hand washing is specifically required before invasive procedures and aseptic technique T / F**

**List the five moments/indications for hand hygiene:**

**1..............................................................................................................................................**

**2..............................................................................................................................................**

**3..............................................................................................................................................**

**4..............................................................................................................................................**

**5..............................................................................................................................................**

**Thank you for completing**

**Part Two:**

**To be completed by participants when training has been completed:**

**All questions are applicable and more than one answer may apply in some questions**

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| --- | --- | --- |
|  | **Question** | **Answer** |
| **1.** | Which of the following is moment 2 of 5 moments of HH?   1. After body fluid exposure 2. After touching a patient’s surroundings 3. Before touching a patient 4. Before a clean/aseptic procedure |  |
| **2.** | In which of the following situations is the use of alcohol hand rub appropriate?   1. Before a clean/aseptic procedure 2. When hands are visibly soiled with body fluid 3. After caring for a patient with known or suspected *Clostridium Difficile* 4. When hands are visibly soiled with dust |  |
| **3.** | Why is HH recommended before touching a patient (Moment 1)?   1. To protect the healthcare worker from the patient’s microbial flora 2. To protect the patient from micro-organisms present on the healthcare workers hands 3. To prevent contamination of environment from the patient’s microbial flora 4. To prevent contamination of equipment and surfaces |  |
| **4.** | In which of the following situations should HH always be performed?  a. before a clean/aseptic procedure  b. After removing gloves  c. Before answering the phone  d. after touching a patient surroundings |  |
| **5.** | Healthcare associated infections (HCAIs) refers to:   1. Infection acquired after receiving care in primary and community care settings 2. Infection acquired in a restaurant 3. Infection acquired after receiving healthcare in an acute setting 4. Infection acquired by healthcare |  |
| **6.** | HH refers to:   1. Hand washing 2. Cleaning hands 3. Shaking hands 4. Hand decontamination |  |
| **7.** | Which of the following helps to protect your skin?   1. Drying your hands thoroughly after hand washing 2. Always wearing gloves when touching a patient 3. Use an alcohol hand rub with added emollient 4. Regularly using a hand moisturiser approved for use in healthcare settings |  |
| **8.** | Which of the following is moment 5 of the 5 moments of HH?   1. After body fluid exposure risk 2. After touching a patient’s surroundings 3. Before touching a patient 4. Before a clean/Aseptic procedure |  |
| **9.** | Which of the following should you undertake if your hands are visibly soiled?   1. Put on gloves 2. Undertake hand hygiene using alcohol hand rub 3. Use a paper towel to wipe your hands 4. Undertake hand hygiene using liquid soap and water |  |
| **10.** | Which of the following is not used for hand hygiene in healthcare settings?   1. Alcohol hand rub 2. Liquid soap 3. Bleach 4. Antiseptic soap |  |