



Hand Hygiene Train the Trainer Programme

Hand Hygiene Knowledge assessment: Part One:

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| Artificial nails, nail polish or long nails can be worn at work | T / F |
| When carrying out HH it is acceptable to wear one flat ring | T / F |
| Rings with stones and long sleeved tops can be worn when providing care | T / F |
| Any cut or grazes on hands should be covered with a waterproof dressing | T / F |
| Nailbrushes should be routinely used for hand washing | T / F |
| Alcohol hand rub should only be used on visibly clean hands | T / F |
| After using an alcohol hand rub hands must be allowed to dry completely | T / F |
| Alcohol hand rub alone is sufficient to clean hands after caring for a patient who has diarrhoea | T / F |
| Gloves should be worn for all care activities | T / F |
| Gloves must always be worn when in contact with body fluids | T / F |
| Gloves should be worn when handling used linen (not soiled/infected) | T / F |
| Hand Hygiene is not necessary after removing disposable gloves | T / F |
| Hand washing is specifically required before invasive procedures for aseptic technique | T / F |
| Healthcare associated infections are acquired only in an acute hospital | T / F |

List the five moments/indications for hand hygiene:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Hand Hygiene Knowledge Assessment Part Two:

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

