

NursingDirect

INFECTION CONTROL

Overuse of non-sterile medical gloves in healthcare leads to higher infection risks, lower hand hygiene compliance, skin damage, and severe environmental waste.

WHY OVERUSE HAPPENS



FALSE SENSE OF SECURITY

Workers treat gloves as a total shield or a replacement for washing hands.



WORKFLOW HABIT

Using gloves as a shortcut instead of performing hand hygiene between low-risk tasks.



EMOTIONAL DRIVERS

Fear of contamination, anxiety, or misplaced perceptions of patient comfort drive unnecessary donning.

THE CORE RISKS



INFECTION TRANSMISSION

Gloves pick up pathogens just like bare hands. Failing to change them or clean hands between patients spreads germs quickly.



NEGLECTED HAND HYGIENE

Staff are statistically less likely to decontaminate their hands after stripping off a pair of gloves.



SKIN IRRITATION

Trapped sweat and prolonged use cause contact dermatitis and skin breakdown for healthcare workers.



ENVIRONMENTAL HARM

Billions of single-use synthetic rubber or plastic gloves pile up as non-recyclable clinical waste.

PERSONAL PROTECTIVE EQUIPMENT

Think about whether you need personal protective equipment (PPE) before you start a task and make sure you know what PPE is suitable.

Wash your hands before putting on PPE and after taking off and disposing of used PPE.

Wear gloves and aprons if you expect to come into contact with non-intact skin, mucous membranes, blood or body fluids.

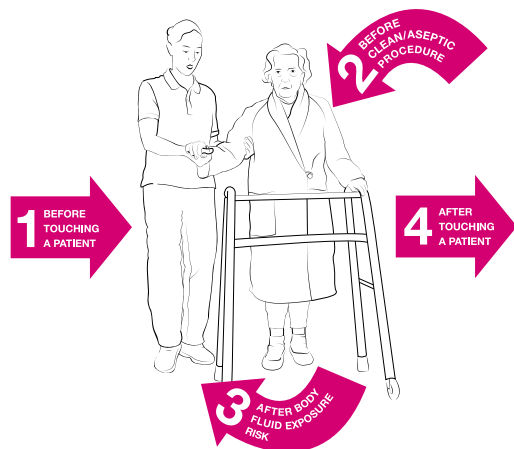
Always wash your hands after taking off gloves.

You should only wear gloves and aprons for one task. You should dispose of them if they get contaminated and when you are finished with your task.

You may need to wear additional PPE such as face masks and eye protection on some occasions, such as where there is a risk of being splashed by blood or body fluids.

Your Moments for Hand Hygiene

Health care in a residential home



1 BEFORE TOUCHING A PATIENT

WHEN? Clean your hands before touching a patient.
WHY? To protect the patient against harmful germs carried on your hands.

2 BEFORE CLEAN/ASEPTIC PROCEDURE

WHEN? Clean your hands immediately before performing a clean/aseptic procedure.
WHY? To protect the patient against harmful germs, including the patient's own, from entering his/her body.

3 AFTER BODY FLUID EXPOSURE RISK

WHEN? Clean your hands immediately after a procedure involving exposure risk to body fluids (and after glove removal).
WHY? To protect yourself and the environment from harmful patient germs.

4 AFTER TOUCHING A PATIENT

WHEN? Clean your hands after touching the patient at the end of the encounter or when the encounter is interrupted.
WHY? To protect yourself and the environment from harmful patient germs.

HAND HYGIENE

Clean your hands before and after contact with someone you care for, after exposure to blood or body fluids, before handling food or drink and before any clean or aseptic procedures.

You should help the people you care for to keep their hands clean.

Hands should be washed for 20 seconds, with all areas of the hands and wrists cleaned.

Hands should be washed with liquid soap and warm, running water and dried using paper towels.

You can clean your hands with alcohol-based hand rub instead of soap and water if your hands are not visibly dirty and there has been no risk of exposure to blood or body fluids.

When caring for someone with vomiting or diarrhoea you should make sure you wash your hands using soap and water. These illnesses can be caused by germs which are not destroyed by alcohol-based hand rub.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0 Wet hands with water;	1 Apply enough soap to cover all hand surfaces;	2 Rub hands palm to palm;	3 Right palm over left dorsum with interlaced fingers and vice versa;	4 Palm to palm with fingers interlaced;	5 Backs of fingers to opposing palms with fingers interlocked;
6 Rotational rubbing of left thumb clasped in right palm and vice versa;	7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;	8 Rinse hands with water;	9 Dry hands thoroughly with a single use towel;	10 Use towel to turn off faucet;	11 Your hands are now safe.