

**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
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| **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
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| **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
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| **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
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| **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
 |  |