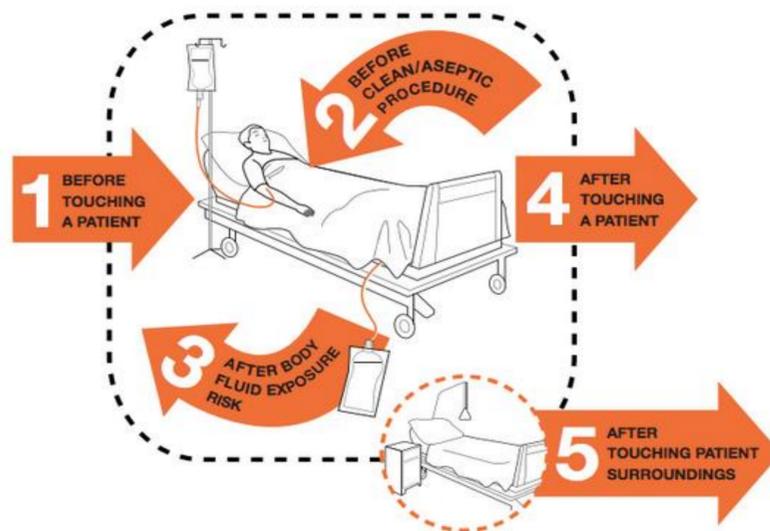


# Hand Hygiene Among Nursing Students

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## Abstract

Hand hygiene (HH) is an important component in preventing pathogenic infections and ensuring patient safety. Its correct application reduces cross-contamination and the incidence of Hospital-acquired infections in healthcare institutions. HH is an application that includes washing all surfaces of the hands for 20 seconds with soap and water in case of visible contamination. In addition, the World Health Organization (WHO) states that HH can be provided with al-based products in cases where there is no visible contamination. HH before/after contact with the patient/environment and before/after aseptic procedures is the cheapest and safest application to prevent cross-contamination.



In 2005, the WHO, started to celebrate May 5 as "World Hand Hygiene Day" with the theme of "Clean Hands are Safer Hands" in order to emphasize the importance of HH and to encourage patient safety. It also made the HH the standard of quality care. In 2021, the importance of HH was emphasized with the slogan "Seconds saves lives - clean your hands" to draw attention.

In the literature, it is stated that health workers and nursing students have positive attitudes towards HH, but hand hygiene compliance is low. In other studies, it has been reported that hand hygiene is mostly inadequate after contact with the patient's environment and before aseptic procedures. Time constraints, lack of soap/paper towels, forgetfulness, lack of knowledge, skin problems and lack of positive role models are stated as the reasons for this situation.

In order to increase compliance with HH, it is necessary to consider the health beliefs and values of individuals, to identify errors, to include evidence-based practices, and to apply teaching techniques other than theoretical education such as simulation and video. WHO (2022), on the other hand, recommends using a five-item HH improvement strategy to increase HH compliance. These items are; system change, training and education, monitoring and feedback, reminders in the workplace and communications, and safety climate and culture change.

In this context, it can be said that it is necessary to use teaching methods that allow visual feedback and to create a perception of safety culture in order to increase the HH compliance of nursing students.

## The Main References

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