

# It's Time Once Again for Labib Medical Center's Annual Hand Hygiene Campaign!



**Dr. Mohamad Ibrahim,**  
PhD, PGCert  
Patient Safety & Risk Manager  
Labib Medical Center

*“Hand hygiene is one of the most important measures for preventing the spread of bacteria in healthcare settings.”*

That is why at Labib Medical Center (LMC), hand hygiene is our top priority and we firmly believe that it is the primary intervention method to prevent Health Care Associated Infections (HCAIs) and the spread of bacteria and diseases. As one of the nation's leading health care institutions, we are committed to delivering the best and safest health care.

Patients can acquire infections at anytime during their stay in a hospital. These HCAIs can be caused by the spread of bacteria on the hands of physicians, nurses and other staff. Thus, reducing the avoidable impact on health is critical to make facilities safer for all. Research has shown that proper hand hygiene can reduce the occurrence of these infections. Furthermore, with the growing emergence and health burden of antimicrobial resistance (AMR), institutional commitment for combating infections is stronger than ever before. For this very reason, it's crucial that healthcare personnel take initiative by properly washing their hands and preventing the spread.

Since launching our first campaign in October 2012, “Clean Care is Safer Care”, we have been promoting compliance with hand hygiene and other infection

## PUTTING GERMS TO THE TEST OF SCIENCE!!

- Healthcare Associated Infections (HAIs) are a significant cause of patient mortality and morbidity.
- Up to 70% of all reported HAIs are caused by organisms that are resistant to at least one antibiotic (CDC).
- Organisms caused HAIs can be transmitted to patients on healthcare workers hands, medical devices or equipment or through contaminated environments.
- Improved hand hygiene has resulted in reductions of HCAIs.
- Patients who are elderly or very young, immunosuppressed, have indwelling catheters/ devices or undergoing invasive procedures are at a highest risk for acquiring a HCAI.

(John Hopkins Medicine)

prevention standards throughout the medical center. Our efforts are focused on all levels and are coordinated by the infection prevention department in collaboration with the Quality/Patient Safety Committee to ensure an inclusive approach. The main purpose and drive for our hand hygiene campaign is to preserve a clean environment throughout our facilities for all patients, visitors and healthcare staff while simultaneously contributing to the reduction of HCAIs through efficient and effective surface hygiene.

For an ongoing guarantee of compliance with our commitment to good hand hygiene, we have several activities and strategies underway:

1. Annual and continuous education of staff on hand hygiene as deemed necessary.
2. Hand hygiene signage throughout the medical center to remind and guide all on appropriate hand washing



LMC staff follows the “Five Moment” hand hygiene criteria, washing their hands:

- Before contact with a patient
- Before providing personal care to a patient
- After exposure to patient's bodily fluids
- After contact with a patient
- And after contact with the patient's surroundings

methods.

3. Educational pamphlets and brochures for patients to raise awareness on hand hygiene because we need them to be part of the initiative

4. Hand antiseptic dispensers through the center allowing easy access to hand sanitizer at all times

Always remember to make your intention prevention. Wash your hands.

## Infos

### Cerveau: Une Molécule qui Supprime les Pensées

Pour se sentir «bien dans sa tête», il est essentiel de pouvoir se libérer de pensées négatives. Les souvenirs intrusifs ou les images chocs que l'on ne peut pas bloquer dans son esprit, les hallucinations, les soucis récurrents sont fréquents dans divers troubles psychiatriques: le stress post-traumatique, la schizophrénie, la dépression, l'anxiété...

Les scientifiques pensent que l'incapacité à bloquer ces pensées indésirables reflète un manque de contrôle du cortex préfrontal. Mais cette incapacité pourrait aussi être liée à une hyperactivité de l'hippocampe, une région du cerveau importante pour la mémoire. En effet, le stress post-traumatique et la dépression s'accompagnent

souvent d'une hyperactivité de l'hippocampe. Mais quel dysfonctionnement pourrait expliquer que certaines personnes n'arrivent pas à bloquer leurs idées noires ?

Pour en savoir un peu plus, des chercheurs ont mené des expériences sur de jeunes adultes en bonne santé; les participants ont passé plusieurs tests au cours desquels ils devaient essayer de stopper des pensées indésirables. Par exemple, dans une expérience, ils apprenaient à associer des mots par paires. Mais, parfois, par un signal coloré, il leur était demandé de ne pas se souvenir de certains mots: ils devaient se rappeler les associations de mots sur fond vert mais pas sur fond rouge.