

REVIEW PAPER

The Importance of Nurses Hand Hygiene

Maria Malliarou, RN, BSc, MSc, PhD

404 General Military Hospital,

Scientific Fellow, Nursing Department, Technological Educational Institution of Larisa, Greece

Pavlos Sarafis, RN, BSc, MSc, PhD

Lecturer, Nursing Department, Technological Educational Institution of Lamia, Greece

Sofia Zyga, RN, BSc, MSc, PhD

Assistant Professor, Faculty of Human Movement and Quality of Life Sciences, Department of Nursing, University of Peloponnese, Sparta, Greece

Theodoros C Constantinidis, MD, PhD

Associate Professor, Medical School, Democritus University of Thrace, Alexandroupolis, Greece

Correspondence: Malliarou Maria, Terpsithea, Larisa, 41500, Greece. E-mail: mmalliarou@gmail.com

Abstract

Introduction: Nurses are aware of the rationale for hand hygiene procedures. Nurses represent a large working group that performs the greatest amount of direct patient care in Health Services. Hand hygiene is one of the most effective measures to prevent hospital acquired infections.

Aim: to point out the importance of nurses' hand hygiene

Method: a review of articles with key words "hand, hygiene, hand, contamination, nurse, and guideline".

Results: Infectious diseases are a particular risk to the very young, the elderly, those with a pre-existing disease, and people with a compromised immune system. Nurses washing their hands not only prevent them from getting sick, but it also reduces the risk of infecting others.

Key Words: hand hygiene; hand contamination; health care-associated infection