

CARE IN PEDIATRIC ONCOLOGY



Care in Pediatric Oncology

Editors

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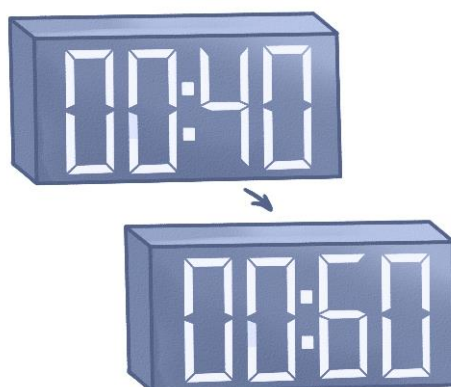
Hand Hygiene

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The hands are one of the main ways to transmit germs that can cause diseases. Routine activities can make hands dirty and contaminated. Thus, hand washing (cleaning) before and after handling the medications is essential to keep the safety of those who use and handle them, not to mention the drug itself (Huang et al., 1998; Boyce; Pittet, 2002; Silva et al., 2003).

Ideally, washing (cleaning) hands with water and soap should take 40 to 60 seconds (Larson et al., 2000; Hulburn et al., 2003; Agência Nacional de Vigilância Sanitária, 2009; Ministério da Saúde, 2013).

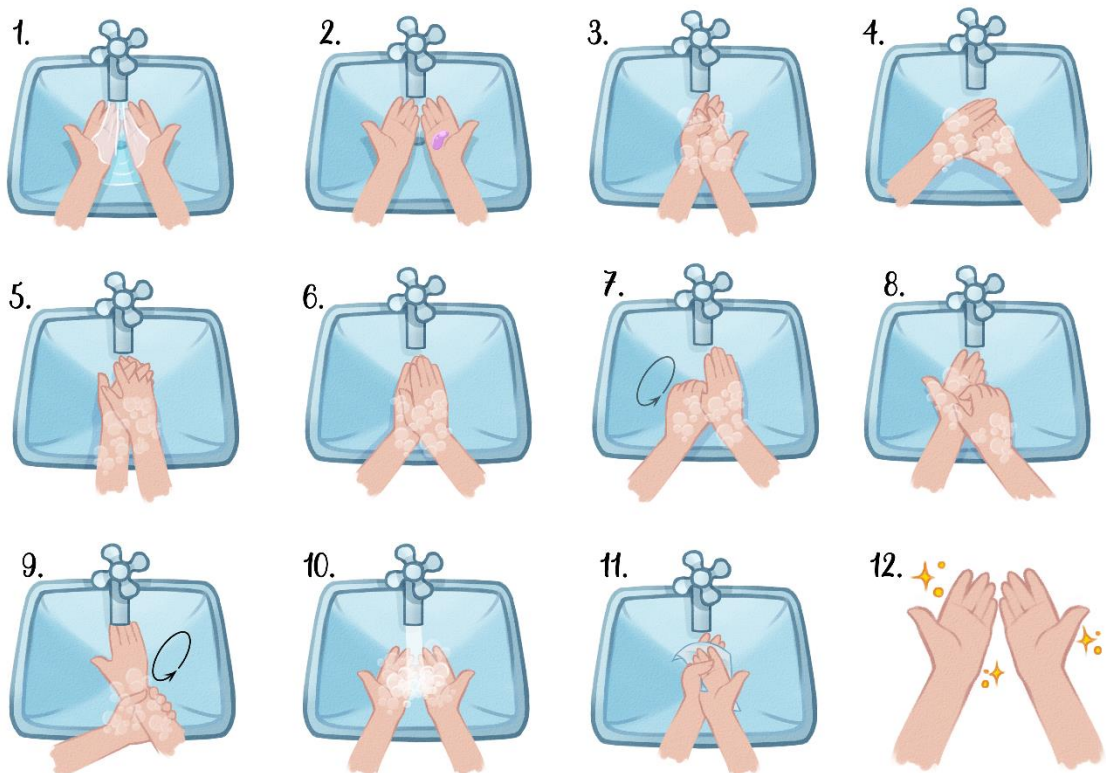
TIP: To help time the washing (cleaning), a good idea is to sing "Happy Birthday" twice in a row.



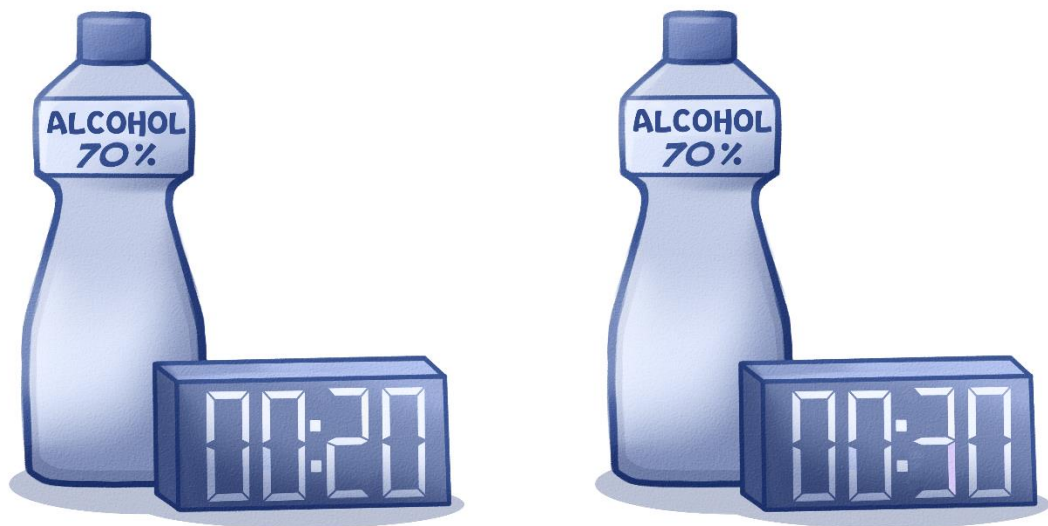
Hand washing step-by-step (Agência Nacional de Vigilância Sanitária, 2009; Ministério da Saúde, 2013):

1. Open the tap and wet your hands, but avoid touching the sink;
2. On the palm of your hand, apply an amount of liquid soap enough to cover the whole surface of the hand;
3. Lather the palm of your hands, rubbing them together;

4. Rub the palm of your right hand on the back of your left hand, interlacing your fingers, and vice-versa;
5. Interlace your fingers and rub the spaces between them;
6. Rub the back of the fingers in one hand with the palm of the opposite hand, and vice-versa, back and forth;
7. Rub the right thumb, with the help of the palm of the left hand, making a circular movement, and vice-versa;
8. Rub the finger pulps and nails of your left hand closed as a shell against the palm of the right hand (and vice-versa), making circular movements;
9. Rub the left wrist with the palm of the right hand (and vice-versa), making circular movements;
10. Rinse the hands removing all residues of soap from the fingertips to the wrists. Avoid direct contact of soapy hands with the tap;
11. Dry your hands with a disposable paper towel, if possible, or with a clean dry towel (do not use the towel for more than two days) from the hands to the wrists.

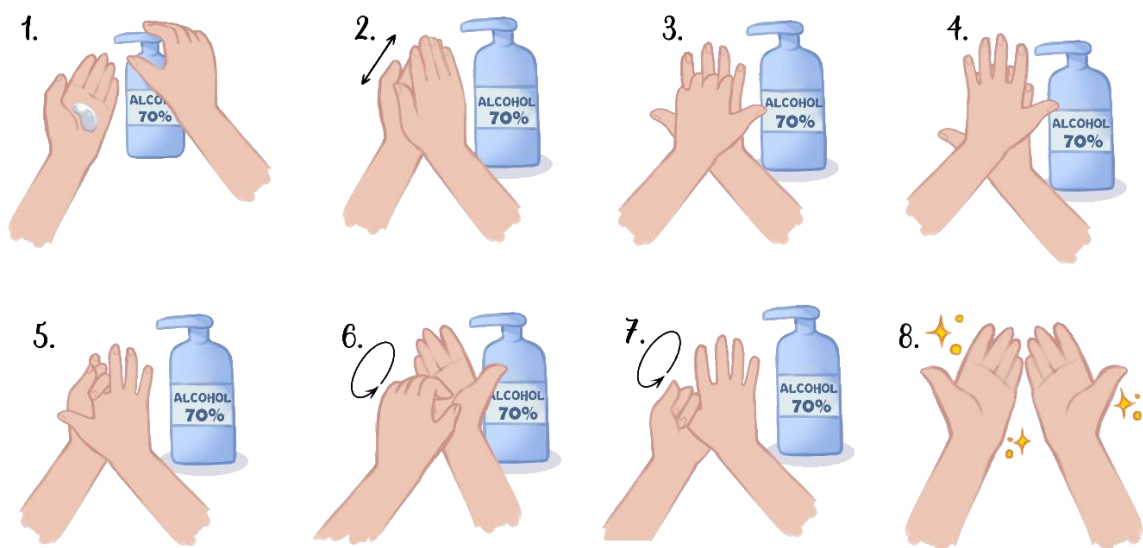


The hand sanitizer (70%) eliminates the microorganisms that may be in the hands, which also goes for cases in which there is no visible dirt. The process should take from 20 to 30 seconds (A. C. Camargo Cancer Center, 2022).



If using the hand sanitizer (70%), follow the steps below (A. C. Camargo Cancer Center, 2022):

1. Apply the sanitizer in a hand that is in the form of a shell;
2. Rub your hands, palm over palm;
3. With your fingers interlaced, rub the right palm on the back of your left hand, and vice-versa;
4. With your fingers interlaced, rub the back of your fingers with the palms of your hands;
5. With the palm of one hand, rub the fingers of the other hand, from the base to the tips, one finger at a time;
6. To clean the nails, make a shell with your hands and make vertical movements on each other - one goes up, and the other goes down;
7. "Embrace" the right thumb with your left hand and make circular movements, and vice-versa;
8. Wait until it dries, and that's it.



REMINDERS

- It is important that hand washing (cleaning) takes place before and after handling medications;
- Rinse your hands thoroughly, always removing all residues of soap;
- Avoid direct contact of soapy hands with the tap. If needed, use a paper towel to open the tap;
- Do not use water and soap at the same time as the sanitizer. First, do the washing (cleaning), and then follow the steps of the hand sanitizer;
- Dry your hands with a disposable paper towel from the hands to the wrists. Regular towels can be used if you are the only one to use them. Still, wash it every two to three days

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