

HARTMANN



Helps. Cares. Protects.

Only healthy hands can protect

The HARTMANN hand hygiene system
for better infection prevention



The elements of hand hygiene

Pitfalls and potentials

Healthy skin is a prerequisite for successful hand hygiene. Healthcare workers cite skin irritation as the most common reason for lack of compliance with hand disinfection. 85% of nurses report temporary skin damage on their hands [1].

Hand washing and wearing gloves incorrectly are possible causes. Used correctly, the individual elements of hand hygiene, such as washing, caring, protecting and disinfecting, help to maintain skin health and ensure protection against infection.

Wash



3,000

of 9,000 healthcare workers said that they wash their hands more than 20 times per shift [2]. After four hand washes within one hour, occupationally exposed hands cannot regenerate to baseline [3].



Simply reducing hand washing to a few indications is very effective in significantly improving the skin condition of staff [4].

More on page 4

Care & protection



70

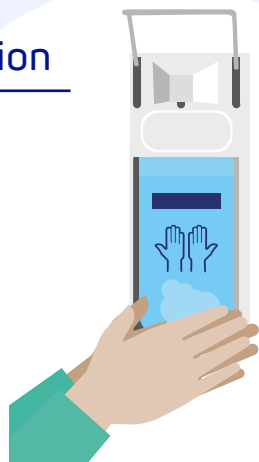
per cent of healthcare workers in a Dutch study stated that they neither put cream on their hands before nor during their shift. Only 50% use cream after their shift [5].



An evaluation of nine randomised controlled trials with about 3,000 participants showed that the combination of skin care cream and protective cream in particular can significantly prevent skin irritations [6].

Discover the potential of good skin care starting on page 6

Disinfection



46

per cent was the compliance rate before the start of the COVID-19 pandemic in 12 Ontario clinics. At the height of the pandemic, compliance rose to 80% and fell back to baseline by the end [7]. Other studies have come to similar conclusions [8, 9]. Pre-pandemic studies also show that high compliance rates can only be achieved with regular interventions [10].



Interventions such as improving workflows can increase hand hygiene compliance to 97%, according to one study. The high compliance level remained stable over a two-year observation period [11].

Discover the opportunities for good compliance on page 10

Gloves



71

per cent of healthcare workers in intensive care units wore gloves instead of disinfecting their hands, according to international studies [12, 13].



If gloves are worn at the right time, they can significantly reduce infections, e.g. in one study the sepsis rate dropped by 64% [14].

More on correct glove use on page 12

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Hand washing

Mild cleansing is crucial

Anyone who washes their hands frequently risks skin irritations. More than 20 hand washes per shift are not uncommon in healthcare professions [1]. The limit at which hand washing at work is classified as hazardous to health is about 15 hand washes per day [2, 3]. This is when occupational health and safety experts speak of wet work.

Employers such as medical facilities must act to protect their employees. In addition to reducing washing to a few indications, the choice of cleaning products also has a major impact on maintaining skin health. Proper washing also requires a change in behaviour that needs to be trained.



Train the indications

Only a few situations in healthcare professions require hand washing [4]. Which ones these are – also in comparison to hand disinfection – must be trained regularly. Posters and reminders in the workplace help to improve hand hygiene [5].

Take needs seriously

Employees have different skin types and needs. These influence self-perceived skin tolerance and satisfaction, as a study shows. Experts advise asking employees about their preferences [8].

Educate about the consequences

A large proportion of employees mistakenly blame alcohol-based hand disinfection for their skin irritations [6]. Education about the causes of damaged skin and the consequences of frequent hand washing has a positive effect on hand hygiene behaviour [7].

Use mild products

The formulation of cleansing products has a great influence on skin tolerance. A skin-neutral pH value, mild surfactants and natural, caring ingredients can reduce the negative effects of washing [9]. From a dermatological point of view, unscented products are usually recommended. However, the fragrance of a product can have a positive effect on user acceptance [8].

Sources:

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Meet the experts

Baktolin® wash lotions

Baktolin® wash lotions provide selected formulations with good skin tolerability. The products are alkali-free, soap-free and dye-free and are particularly skin-friendly thanks to the use of modern, mild ingredients.

- +** The pH value of 5.5 prevents skin irritation.
- +** Modern surfactants minimise the impairment and support the skin's natural barrier function.
- +** Caring substances maintain the skin's natural moisture content.
- +** Fragrance-free product variants are particularly suitable for sensitive skin.
- +** Carefully selected, compatible preservatives without affecting the skin.



The high quality and skin compatibility of Baktolin® products was confirmed by independent experts and in elaborate epicutaneous tests [1, 2].

Sources:

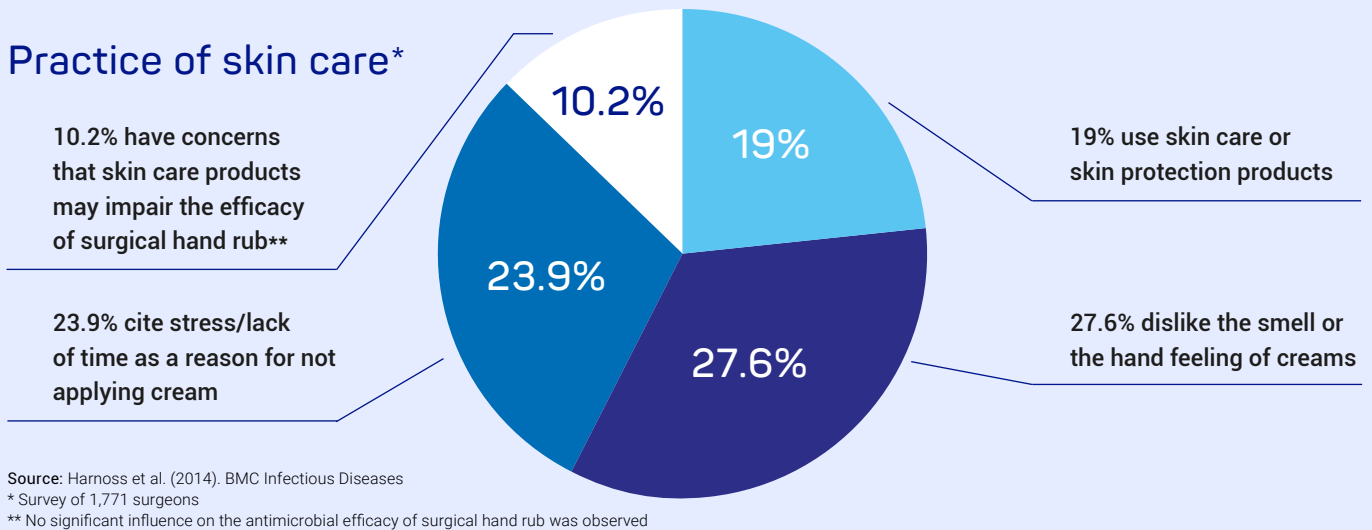
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2. Skin Investigation and Technology Hamburg GmbH (2013) Kurzbericht Baktolin sensitive. Verträglichkeitsprüfung – 24 h Epikutanprüfung

Skin Care

Frequent application is essential

Regular hand care during work prevents skin irritations and improves skin condition [1]. However, compliance with skin care is very low among healthcare workers [2, 3]. The barriers to skin care measures are manifold [4]. The deficits in skin care impair infection protection.

This is because only healthy skin can be safely disinfected. Absenteeism due to occupational skin damage also jeopardises patient protection. A high workload, e.g. due to staff shortages, is a frequent reason for not disinfecting hands [5].



Measures to improve skin care behaviour

- **Consideration of individual user needs**
(skin type, unscented, scented, etc.)
- **Training of correct skin care behaviour**
(e.g. which products, when and how often)
- **More visibility and sufficient provision of products**
(e.g. dispensers at the washing place and in the break room)
- **Selection of the right products**
(e.g. compatibility, effective formulations)

Sources:

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Meet the experts

Baktolan® Care

The products of the Baktolan® skin care series are optimally adapted to the different needs of the users.

The products have mild, high-quality ingredients and feel good on the skin.



The selection of fragrance-free and fragrance-containing formulations with different care intensities offers the right solution for every skin condition.



Selected ingredients, many of them plant-based, increase the skin's moisture content and stabilise the natural skin barrier.



Creams are quickly absorbed without leaving a greasy film, increasing user acceptance.



International dermatological associations recommend applying cream to the hands several times a day, at least after each hand washing and during breaks [1, 2, 3]. Due to their very good absorption capacity, Baktolan® products support the implementation of these recommendations.

Sources:

1. Rundle CW et al. Hand hygiene during COVID-19: Recommendations from the American Contact Dermatitis Society. *J Am Acad Dermatol.* 2020; 83 (6): 1730–1737.
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Skin protection

More is more

During the pandemic, both hand washing and hand disinfection were increasingly practised. In addition to well-tolerated alcohol-based hand disinfectants, more products with more irritating properties came onto the market. Among professional users, the number of hand eczema cases increased. [1, 2]. Existing hand eczema can barely be reduced by regular skin

protection measures [3]. That is why prevention is all the more important. However, according to a study, more than a third of the surgeons surveyed only use skin protection products when skin irritations are already present [4]. Interventions can change that.



Educate regularly

Experts attribute the low use of skin protection products to a lack of knowledge. Even if employees claim to know the different applications of skin protection and skin care, this is usually not the case [3].

Always combine

An extensive study review has shown that the daily use of both skin protection and skin care creams is more efficient than just one of the measures alone [5].

Proper dosage

The amount applied has an influence on the efficiency of skin protection products. Studies show that too little cream is often used in everyday clinical practice [6]. Experts recommend two fingertip size units as an appropriate amount of cream [7].

Apply correctly

Besides sufficient cream, the application is also important. The back of the hand in particular, which tends to be dry, is often neglected when applying cream.

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Meet the experts

Baktolan® protect / protect + pure

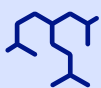
The skin protection creams of the Baktolan® series protect the skin reliably and in a long-lasting way from aqueous solutions – the No. 1 trigger of skin irritations. At the same time, the

modern formulations contain mild, natural ingredients for the regenerating care of stressed and chapped skin.

+ Free of silicones and preservatives, also optionally available with or without perfume.

+ Pleasant skin feeling with intensive protective effect against contact with solvents, alkalis or acids as a supplement to protective gloves.

+ Baktolan protect contains a highly effective skin protection formula with urea. Urea reduces transepidermal water loss (TEWL) even in patients with atopy and impaired skin keratinisation [1].



Multiphase emulsion types (water-in-oil-in-water, W/O/W) such as Baktolan® protect + pure combine the protective effect of a barrier cream with the regenerative properties of a skin care cream [2]. They thus simplify the implementation of the recommendation to perform both skin protection and skin care measures daily [3].

Sources:

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Hand disinfection

Simply the best

Hand disinfection is considered the single most effective measure for infection control in healthcare facilities [1, 2]. In everyday clinical practice, however, it is difficult to implement it according to the indications. Even the COVID-19 pandemic did not sustainably improve compliance with hand hygiene [3, 4].

Even though there is no single way to improve hand hygiene compliance, many studies have shown that multimodal strategies that address the various compliance barriers improve hand hygiene compliance in everyday life [1, 2].



Educate on a regular basis

Those who know the connection between healthcare-associated infections and hand hygiene show significantly higher compliance. This, however, must be trained regularly. Annual hand hygiene training is recommended [1, 2].

Ensure availability

Hand disinfectants must be available at the point of care, visible and within arm's reach. The correct placement according to the requirements of the 'five moments' is more decisive for success than the number of dispensers [6].

Give feedback

According to experts, regular feedback on hand hygiene behaviour is an indispensable part of compliance improvement and quality management [2]. The use of electronic monitoring systems, combined with feedback, has proven to be an effective method to increase compliance [5].

Focus on quality

In the COVID-19 pandemic, frequent hand washing and hand disinfectants of lower quality caused skin irritations [7]. These impair hand hygiene compliance. Studies have shown, that addition of suitable emollients increase tolerability of hand disinfectant [8, 9].

Sources:

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Meet the experts

Sterillium®

Since its launch in 1965, billions of applications around the world have demonstrated Sterillium’s efficacy and very good skin tolerability. Today, the Sterillium® range offers a high-quality

assortment that provides the right hand disinfectant for almost every clinical situation and user need.

+ Users can choose between products containing propanol and ethanol, dye- and fragrance-free preparations for sensitive skin, year-round products and high-performance products for special risk situations.

+ With their special skin care complex, Sterillium® products are particularly skin-friendly. With regular use, Sterillium® hand disinfectants can increase skin moisture, between 5 and 30% after intensive use – depending on the product [1].

+ The tested and certified application volume for hygienic hand disinfection of 3 ml /30 sec. and for surgical hand disinfection of 3 ml/1.5 min. permits both economical and safe use [2].



All Sterillium® products are comprehensively tested and approved by independent experts and according to international standards such as the European Norm (EN).

Use hand disinfectants safely. Always read the label and product information before use. Please amend in accordance with local requirements (e.g. law of advertising, product status, CLP labelling).

Sources:

- Steinkraus V, Segger D. Fachdermatologische Stellungnahme zur hautbefeuchtenden bzw. pflegenden Wirkung von Produkten aus der Sterillium® Produktfamilie (SIT-Studie und RCTS-Studie). Skin Investigation and Technology Hamburg. 2017. (2014 and 2015). Evaluating the effect of a hand sanitizer using an exaggerated handwash method. Unpublished study. Data at BODE Chemie GmbH.
- Disinfectant Commission in VAH (Verbund für Angewandte Hygiene). Certificate for conformity of efficacy tests for Sterillium® med. dated 31/01/2022.

Gloves

Protect properly

Medical disposable gloves are an important component of infection control. As sterile surgical gloves, they protect patients from surgical site infections. Examination gloves serve to protect both patients and healthcare workers [1]. When wearing examination gloves, mistakes are often made that

compromise infection protection and can lead to skin irritations [2, 3]. Gloves are often not worn as indicated or are seen as a substitute for hand disinfection. Experts see a need for action here [4].



Make people aware of the risks

Hands must be disinfected before and after using gloves. Compliance for pre- and glove-change indications is far below 50%. One reason: there is a lack of awareness that gloves can be perforated and do not provide absolute protection against contamination with bacteria [5].

Develop instructions for action

Experts advise observing and analysing the use of non-sterile disposable gloves in everyday clinical practice. Precise instructions should be tested together with the staff in order to increase acceptance [4, 5].

Establishing correlations

Disposable gloves are part of wet work and thus pose a risk to skin health. According to studies, however, the negative influence arises primarily in combination with frequent hand washing – these correlations should be taken into account in training [6].

Use certified products

Examination gloves have to comply with many standards such as EN 455 Part 1–4 and legal regulations such as the Medical Device Regulation (MDR). Only appropriately certified gloves can protect patients and staff from infections.

Sources:

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Meet the experts

Peha-soft®

The Peha-soft® glove range includes more than 20 different medical glove designs for almost all medical and nursing activities. Whether in the operating theatre or on the ward,

Peha soft® offers qualities that meet or even exceed applicable international standards and provide optimum protection for patients and staff.

+ Quality and reliability are the hallmarks of Peha-soft® examination and protective gloves. All Peha-soft gloves are classified as class I medical devices; nitrile gloves are also classified as personal protective equipment, category III (PPE).

+ Depending on the area of application and requirements, users can choose between three powder-free versions of examination gloves: latex, nitrile and vinyl.

+ Different variants in anatomy, grip strength and inner texture ensure excellent wearing comfort and high user acceptance.



All Peha-soft® examination gloves are certified according to the MDR and classified as class I medical devices (non-sterile).

Take five

A holistic approach to hand hygiene

Only healthy hands can protect. To improve the notoriously low compliance rates in hand disinfection, a holistic view of hand hygiene is required. Washing hands too frequently, wearing gloves for too long or insufficient skin care significantly impair

1. Direct observation



According to the WHO, direct observation is the gold standard for assessing hand hygiene compliance. In particular, correct glove-wearing is suitable for observation protocols, e.g. alternating with hand disinfection.

2. Inquire about needs



Hand hygiene measures increase with the acceptance of the products. It is therefore important to involve employees when deciding on products and processes.



compliance regarding hand disinfection. So if you want to improve infection prevention in the long term, you have to include

all elements of hand hygiene. Our tips show what this could look like.



3. Ensure visibility

The visibility of hand hygiene products is crucial for the implementation of measures in line with the indications. At a minimum, skin care and skin protection products should be clearly visible at all wash stations and in the changing and break rooms.

4. Train all elements

No hand disinfection training should take place without the topic of skin care/skin protection: in fact, the topics can be combined well, e.g. with coloured or fluorescent training sets that depict cream application.



5. Involve the occupational physician

Employees often have reservations about seeing the occupational physician. In the event of skin irritations, rapid intervention is crucial to restore skin health. Joint training sessions with the occupational physician can help break down potential barriers.

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