

## A Review Article on Importance of Hand Washing Technique in School Children.

1. Deepa Rana, 1. Pooja Devi, 1. Ganga, 1. Shalu, 1. Sakshi

*Post basic BSc nursing students*

*Vivekanand College of Nursing Moradabad, U.P India.*

2. Mrs. Komila Singh

*Associate Professor*

*Vivekanand College of Nursing Moradabad, U.P India.*

*Mahatma Jyotiba Phule Rohilkhand University Bareilly, India.*

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**Abstract:-** Hand washing technique is the process to prevent ourselves from cross infection. It can be done everywhere either someone is at his /her home, College, office etc.

Hand washing can be done many times such as before eating the food, after finishing the food, before any surgical procedure, or any kind of medical work.

### **Keywords**

1. Hand washing.
2. Technique.
3. Hand hygiene.

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Date of Submission: 25-05-2022

Date of Acceptance: 07-06-2022

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### **I. Introduction :-**

Hand washing is also known as hand hygiene it is the act of cleaning hands with soap and water to prevent our hands from bacteria, viruses or microorganisms.

### **Type :-**

There are three types of hand washing.

1. Social hand washing.
2. Medical hand washing.
3. Surgical hand washing.

### **Timings :-**

- Social hand washing should be done at least 30 seconds.
- Medical hand washing should be done for 2 to 3 minutes.
- Surgical hand washing should be done for 8 to 10 minutes.

**Purpose :-** The main purpose of hand washing is to clean our hands & to remove the Microorganism, Viruses, Bacteria from our hands.

**Components :-** There are three necessary components of hand washing.

1. Soap.
2. Water.
3. Friction.

### **Hand hygiene moments**

1. Before touching the patient.
2. After touching the patient
3. Before clean/aseptic procedures.
4. After touching patient surroundings.
5. After body fluid exposure risk.

**Procedure :-** There are seven steps of hand washing after wetting hands and applying soap.

1. Rub the both palms together .



2. Rub the palm to the back of palm of other hand.



3. Interlacing the fingers.



4. Interlocking the fingers.



5. Rotating fingers and thumb.



6. Rotating finger tips.



7. Rotating wrist & then wash your hands.



**Note :-** All steps should be perform for at least five times.

**Benefits :-**

1. To clean the hands .
2. It prevent from the diseases.
3. It prevent from cross infection.
4. It prevent body from Bacteria.
5. It reduces the risk of diarrhea

**II. Conclusion :-**

Hand washing is like our daily needs. We have to wash hands frequently after any work in specific timing such as before and after taking food and after pass urine or stool.

It helps us to keep fresh and healthy and prevent us from many kind of diseases.

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Deepa Rana, et. al. "A Review Article on Importance of Hand Washing Technique in School Children." *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 11(03), 2022, pp. 45-48.