

# HANDLE WITH CARE

## HAND AND NAIL CARE QUIZ

Healthy skin and short, well-maintained nails are essential for effective hand hygiene.



### TEST YOUR KNOWLEDGE

- In healthcare settings, artificial nails, nail enhancements, acrylic nails, and nail polish are NOT recommended for staff providing direct patient care because they:** Circle ALL that apply.
  - are hard to colour coordinate with scrubs
  - are expensive to maintain
  - can harbour higher levels of microorganisms
  - can reduce the effectiveness of hand hygiene
- Keeping fingernails short is essential in healthcare because the space beneath the nails provides an ideal environment for microorganisms to grow. Longer nails can also puncture gloves, and tear or scratch a patient's skin.**
  - true
  - false
- Why is intact healthy skin important for hand hygiene and infection prevention?**
  - it forms a natural barrier that prevents bacteria, fungi and viruses entering the body.
  - damaged skin (cuts, cracks), dehydrated and irritated skin creates openings where microbes can live and multiply
  - healthy skin is less likely to become irritated with frequent hand washing or ABHR use
  - all of the above
- Using the moisturiser provided by your healthcare facility 3 times per shift can help to maintain skin integrity and overall skin health.**
  - true
  - false
- Inappropriate use of gloves can cause skin irritation and lead to missed hand hygiene opportunities.**
  - true
  - false
- Hands should be dried thoroughly after washing because wet or damp hands can pick up and spread microorganisms more easily than dry hands.**
  - true
  - false
- Using hot water to wash hands can strip natural oils from the skin, leading to dryness and irritation. Always use cool to luke-warm water instead.**
  - true
  - false
- When hands are visibly soiled, dirty or contaminated, which is the recommend hand hygiene method?**
  - use an ABHR - alcohol-based hand rub or gel
  - wash hands using soap and water
- Hand hygiene in healthcare aims to prevent the transmission of pathogens (harm-causing germs) from:**
  - patient to patient
  - healthcare worker to patient
  - patient to healthcare worker
  - healthcare worker to the equipment and healthcare environment
  - all of the above
- Alcohol based hand rubs and gels (ABHR) should be used in sufficient quantity to ensure all surfaces of the hands are wet. Which of the statements indicate that not enough ABHR has been used.**
  - some areas of the hands remain dry
  - after application the hands dry too quickly
  - there's not enough product to thoroughly wet all surfaces of both hands
  - all of the above

NB. Contact time with the skin is required for the ABHR to be effective.