Hand Washing

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**Introduction**

The carelessness of hand washing is considered as a primary mode of infectious disease. It can prevent illness through the involvement and incorporation of various educational sessions. These sessions will help in reducing the respiratory and diarrheal disease. An individual can stay healthy through the regular practice of hand washing and especially during and after the consumption of food. To remove, avoid and prevent the spread of germs, hand washing is the win for those who are participated in the in-service educational sessions. It is regarded as the most critical element of growing burden on the health and complexities that are associated with the intervention. Across the world countries are formulating much-needed policies to prevent fundamental issues on health care. Clean care is safe care, and it should be the primary agenda of the educational sessions.

**Objectives**

In the proposed educational session the aim will be to address and how to educate the people for risks that are associated with the hygiene of hands. In childhood or during the early education hand washing is taken as a light task. Evidence shows that not all the people wash their hands and it is their habit to ignore cleanliness. Such types of individuals give no attention to the diseases that are established through the lack of caring in washing hands.

The second objective for the session is to outline the task and frame a policy for the safety of severe diseases which are related to hand hygiene. For the investment and support of those organizations, there is a need of system that helps in collaborative learning of the community. The third objective of the proposed session of education is to highlight the importance of hand sanitizer that will improve the health of people. Various reports unfold the regular use of alcohol-based hand sanitizer which is negatively affecting the health of typical individuals.

**Rationale**

The rationale for the education of hand hygiene will provide the importance and awareness to the people to control them from infections (Chun et al., 2015). It will help them in identifying the type and nature of diseases which can be developed because of non-serious attitude to the cleanliness. Positive change can be brought through the interactive sessions that are critical for success and represents one of the cornerstones of hand washing practices. Moreover, it is an essential element of World Health Organization multimodal strategy. The basis for the formulation of policy is to streamline the issue at a state or organizational level. Guidelines are vital to encourage health care and hospitals for improved health of patients.

The policy will ensure the systematic way of safety measures by bringing stakeholders, experts, patient groups and the policy-makers that are associated with the plan. Similarly, the hand-sanitizer will reduce the exposure of hands towards harmful germs. In the US workplace stations estimated the loss of two hundred billion dollars from the illness of bacteria. To decrease the eighty percent of diseases that are transmitted through the hands, it is essential to implement a policy framework in a systematic way (Farhoudi et al., 2016). CDC and WHO considered hand sanitizer as one of the best tools to avoid the spread of germs. The killing of harmful and microbial can reduce the risk of increase flu and other viruses.

**Supportive Data**

Hand washing is a worldwide problem with more than 1.4 million people who are admitted in hospitals. In the United States there are 4-10 percent of patients who are attacked by the infections due to their negligence. Lack of health care facilities lead to the death of ninety thousand individuals. The amount of 28-34 billion US dollars is spending by the health care sector to reduce and treat the people who are facing various infections. Same is the case with the United Kingdom and other major powers where significant amount of annual budget is served for the protection and health of common man (Jansson et al., 2016). State and non-state enterprises are conducting various techniques and training sessions for improvement of hygiene. In offices, workplace and social environment there are millions of people who are interacted and shake hands with each other. A survey in 2015 found 92 percent of US citizens who believe that it is essential to wash their hands after using the public restroom.

**Implementation Strategies**

The implementation strategies for hand hygiene in the proposed educational session will incorporate the proper guide. It will be a manual to facilitate implementation and evaluation of plan in improving hand hygiene. Appropriate and effective education will remind the health care workers to be careful during their working and official hours. Undertaking feedback and evaluation will be part of the implementation process. The target audience will be professionals who are also the in-charge to improve hand washing in the respective capacity. The change of system will ensure the necessity of infrastructure according to the needs and practice of the staff (Jansson et al., 2016). Appropriate indication and procedures like the creation of an atmosphere for individual and institutional participation will also be the part of process. Even the stepwise approach will significantly enhance and facilitate the implementation plan.

**Evaluation Strategies**

For the evaluation of proposed educational sessions, there are various tools like the active-learning inventory tool. It aims to use literature and valid data by the experts of scholarly research. Technical members that are trained will observe the session and provide their expert opinion for the reliability of evaluation. Further the increase number of questions on the participants and those who are involved in the meetings can be the best source of assessment. The observed and calculated forms will be filled by the staff and individuals involved in the meetings. The survey of ward infrastructure along with the consumption of soap/hand rub will be a helpful tool to evaluate the research (Jansson et al., 2016). The knowledge of hand hygiene and the questions are valuable for the participants. These are the strategies through which the evaluation can be done systematically.

**Challenges and Opportunities**

There are various challenges and opportunities for the organizations in focusing on the risk management of hand hygiene (Chun et al., 2015). Concerns in this regard can be countered through the transmission of the professionals for most relied tools as the hands are a common way for infections. Educational session will opt for best practices that are guided by CDC and WHO. There is a challenge of non-compliance to all the guidelines and rules of hand hygiene. Significant lapses are found in the measurement of compliance that generally enables the observer to see what type of products are being followed for countering the issue.

The perception, attitude and the behavior provide that challenge of hand hygiene can be transformed into an opportunity through the proper design and careful administrative survey. A multi-factor problem is a system and organization which will facilitate the capacity to install the products and role models for hand washing (Jansson et al., 2016). Several opportunities include the environmental factors of awareness and obstacles to compliance lead to the severity of the patient health. Members and individuals with teamwork along with the use of systematic performance will be the opportunity for improvement. One size fit for all will not be the opportunity as it will create issues for individual patients and those who are facing the challenges of compliance.

**References**

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