Question #1
Only doctors and nurses need to be concerned about hand hygiene. It does not matter that other disciplines such as facilities, housekeeping, phlebotomy lab techs, respiratory therapy, dietary, and EKG techs perform hand hygiene because they spend less time with the patients.
A. True
B. False

Question #2
Indications for hand hygiene include focus on both point of care and general indications not related to patient care. Which of the following are correct?
A. Wash your hands with soap and water if they are visibly dirty or soiled.
B. Wash your hands with soap and water if caring for a patient with diarrhea or c-diff.
C. Wash your hands with soap and water before eating, after using the restroom and after coughing, sneezing or blowing your nose.
D. All of the above.

Question #3
If hands are not visibly soiled the preferred means for routine hand hygiene is the use of an alcohol hand rub.
A. True
B. False

Question #4
To comply with routine hand hygiene recommendations, healthcare workers should ideally perform hand hygiene where and when care is provided. This means at the point of care within the patient zone and at the moments indicated.
A. True
B. False

Question #5
The proper technique for performing hand hygiene using soap and water is:
A. Turn on faucet, apply soap, scrub for 5 seconds, rinse, turn off faucet, and dry hands.
B. Turn on faucet, wet hands, apply soap, scrub all surfaces, rinse, dry hands and turn off faucet with wrists.
C. Turn on faucet, wet hands, apply soap, scrub all surfaces for at least 15 seconds, rinse, dry hands and turn off faucet with paper towel.
D. All of the above are correct.

Question #6
Moment #1 takes place upon entering the patient’s room or the immediate surroundings whether or not you anticipate touching the patient or the environment. The rationale for moment #1 is to protect the patient against colonization or infection related to harmful germs on your hands.
A. True
B. False
Question #7
Which of the following situations apply to Moment #2, performing hand hygiene before a clean/aseptic procedure?
A. Before shaking hands, taking a pulse, assisting a patient to walk
B. Before brushing a patient’s teeth, dressing a wound, starting an IV, preparing medications
C. After giving an injection, after cleaning a blood spill, after hanging a urinary bag on a stretcher.

Question #8
Upon exiting a room after touching a patient or the environment it is not necessary to perform hand hygiene because you are done taking care of that patient.
A. True
B. False

Question #9
Gloves must be worn according to Standard and Contact Precautions. Which of the following statements are true?
A. Perform hand hygiene before donning and removing gloves.
B. While wearing gloves the healthcare worker may either wash his/her gloved hands with soap and water or use and alcohol hand rub if the gloves become soiled.
C. While wearing gloves the indications or “5 Moments” does not apply because I only need to worry about protecting my hands.
D. Hand hygiene must be performed when appropriate regardless of the indication for glove use. This means that healthcare workers must remove gloves to perform hand hygiene if an indication occurs while wearing gloves.
1. A and B
2. B and C
3. A and D
4. B and D

Question #10
Only use hand lotions that are approved by your hospital and only apply to clean hands.
A. True
B. False