

## Patient Advocacy

### Dirty Areas of Hands



■ Areas most frequently missed  
during hand washing

■ Less frequently missed

■ Not missed

(Adapted from Taylor L (1978), An evaluation of hand washing techniques - I, Nursing Times, 12 January, pp 54-55)

## Steps of HAND hygiene

लेडी हार्डिंग मेडिकल कॉलेज एवं सह अस्पताल, नई दिल्ली  
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# हाथ धोने की प्रक्रिया

## STEPS OF HAND HYGIENE

- **HAND RUB** - Alcohol/ Chlorhexidine based (20-30 seconds)
- **HAND WASH** - Soaps and water (40-60 seconds)

### STEPS TO BE PERFORMED -

1<sup>st</sup> Step:  
Palm to palm.



2<sup>nd</sup> Step:  
Palm of right hand over back of left hand and palm of left hand over back of right hand.



3<sup>rd</sup> Step:  
Palm to palm with fingers interlaced.



4<sup>th</sup> Step:  
Back of fingers to opposing palms with fingers interlocked



5<sup>th</sup> Step:  
Rotational rubbing of right thumb clasped in left palm and vice versa.

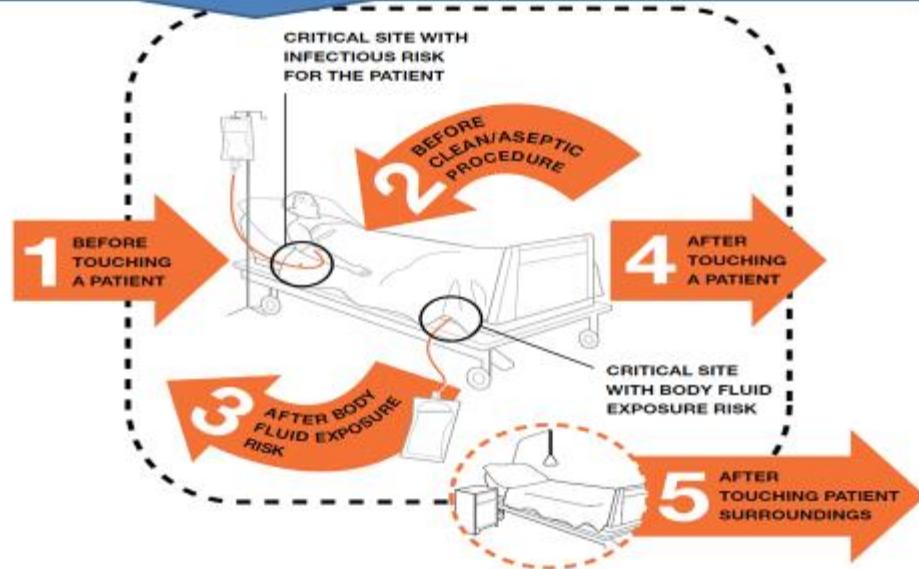


6<sup>th</sup> Step:  
Rotational rubbing, backwards and forwards with clasped fingers of right hand in the left palm and vice versa.



COURTESY : MICROBIOLOGY DEPTT, LADY HARDINGE MEDICAL COLLEGE, NEW DELHI

## 5 MOMENTS OF HAND HYGIENE



## **Biomedical Waste Management:**

Bio-medical waste is divided into 4 categories

YELLOW

RED

white

BLUE

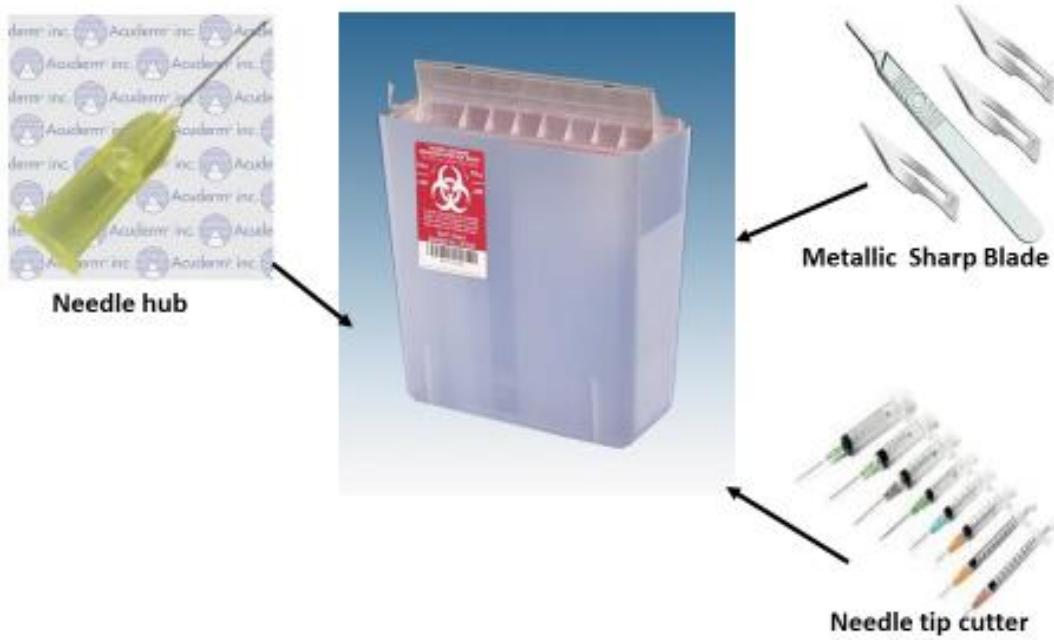
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Cat.	Type of Bag/ Container used	TYPE OF WASTE	Treatment /Disposal options
Yellow	non-chlorinated plastic bags  Separate collection system leading to effluent treatment system	a) Human Anatomical Waste b) Animal Anatomical Waste c) Soiled Waste d) Expired or Discarded Medicines e) Chemical Waste f) Micro, Bio-t and other clinical lab waste g) Chemical Liquid Waste	Incineration or Plasma Pyrolysis or deep burial*
Red	non-chlorinated plastic bags or containers	Contaminated Waste (Recyclable) tubing, bottles, intravenous tubes and sets, catheters, urine bags, syringes (without needles) and gloves.	Auto/ Micro/Hydro and then sent for recycling, not be sent to landfill
White	(Translucent) Puncture, Leak, tamper proof containers	Waste sharps including Metals	Auto or Dry Heat Sterilization followed by shredding or mutilation or encapsulation
Blue	Cardboard boxes with blue colored marking	Glassware	Disinfection or auto/ Micro/hydro and then sent for recycling.

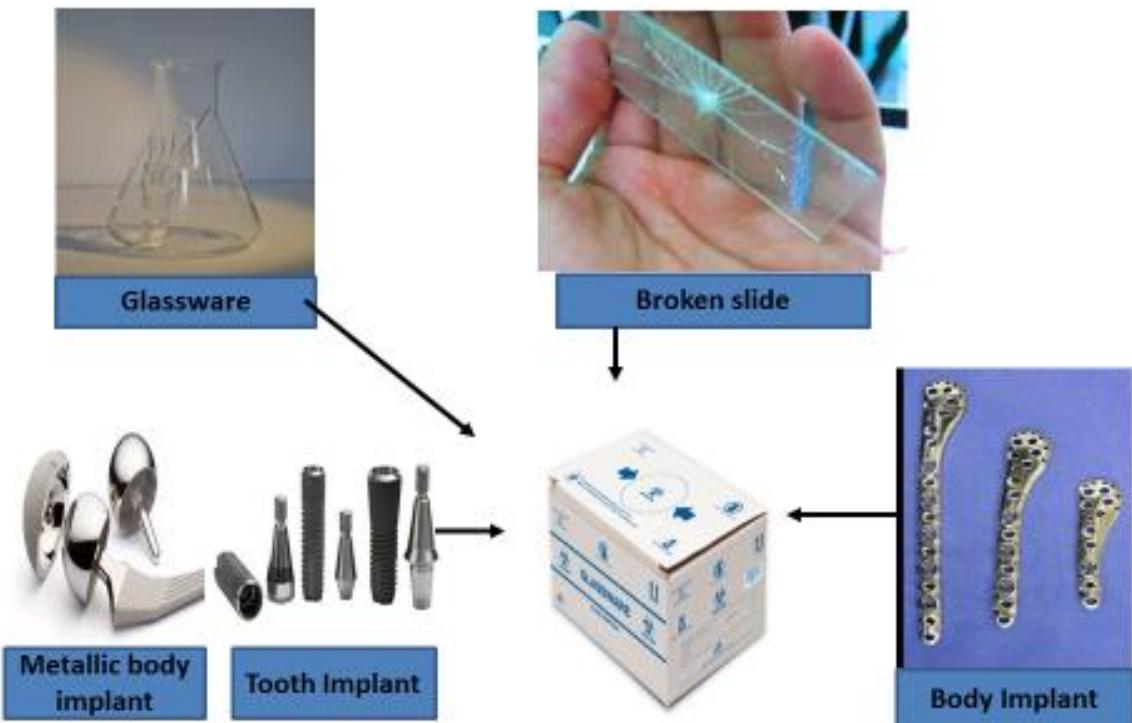




## White (Translucent) Puncture proof



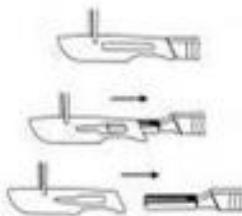
## Blue cardboard box



## DISPOSAL OF SHARPS



Cut syringe tip



SHARPS



# **REVISED GUIDELINES OF COVID-19**

## **WASTE MANAGEMENT**

- 1. COVID-19 wastes should be collected in double bag (according to colour code) and labelled as COVID waste.**
- 2. All municipal waste should be collected and segregated in **Blue Bags** ( Previously in Black bag).**
- 3. Yellow bag**
  - Used Masks (Including triple layer mask, N95 etc)**
  - Head cover / cap, shoe covers**
  - Disposable linen cover, non-plastic and semi plastic coverall**

- Tissues, and toiletries of COVID-19 patient should be treated as BMW
- Faeces of COVID-19 patients are to be treated as BMW
- Bed pans used for COVID-19 patients should be rinsed and disinfected with 0.5% of chlorine solution

**4. RED BAG – Used PPE such as**

- Goggles
- Face shield
- Splash proof aprons
- Coverall
- Hazmat suit
- Nitrile Gloves



# LHMC & ASSO. HOSPITALS, NEW DELHI

## BIOMEDICAL WASTE SEGREGATION CHART



COLOUR	ITEMS	BINS
YELLOW CATEGORY	<ul style="list-style-type: none"> <li>DRESSING, SOILED LINENS, MATTRESSES, BEDDING (इसिंग, गंडी चादर, बिस्तर)</li> <li>USED COTTON, GAUZE, DRESSING, INFECTED MOPS (ज्वाहा में लाई गई छड़ी, गैज़, पट्टी, संक्रमित पोचा)</li> <li>DISPOSABLE CAPS, MASKS, DISPOSABLE SHEETS, GOWN, SHOE COVER, DIAPERS (एक बार ही इस्तेमाल होने वाली कैप्स, फेस मास्क, चादर, गाउन, शू कवर, मरीज के डायपर)</li> <li>INFECTED / SOILED PLASTER CAST (संक्रमित/लादा लापाट)</li> <li>HUMAN ORGAN/ BODY PARTS AND TISSUES (मनुष्य के शरीर से निकले एंड कॉन्टॅक इलायटि)</li> <li>ANIMAL WASTE (कृष्ण संक्रमित कृड़ा)</li> <li>MICROBIOLOGY &amp; BIOTECHNOLOGY WASTE (बायोबायोटेक्नोलॉजी/ लैब का संक्रमित कृड़ा)</li> <li>DISCARDED &amp; EXPIRED MEDICINE (इन्सुलाइन में न आने वाली दवाएँ)</li> <li>CYTOTOXIC DRUGS **/ WASTE (साइटोटोक्सिक दवाएँ **/अपशिष्ट)</li> <li>SOLID CHEMICAL WASTE (सैर्जरीयनिक कृड़ा)</li> <li>BLOOD BAGS FROM BLOOD BANK (AFTER AUTOCLAVING) (दस्त के बीचे)</li> <li>NON PLASTIC OR SEMI PLASTIC COVERALL (और लापाटिक या अंदर लापाटिक करवाओल)</li> </ul>	
RED CATEGORY	<ul style="list-style-type: none"> <li>SYRINGES WITHOUT NEEDLES (सुई नहिं थीर्जिंग)</li> <li>GLOVES PLASTIC GOWN, GOGGLES, FACE SHIELD, TYVEK SUITS (दस्तावेज लापाटिक गाउन, चश्मा, मेस शील्ड, ड्रायवेक्स प्रूफ)</li> <li>PLASTIC TUBING, CANNULAS, MACKINTOSH SHEETS, IV SETS, DRAINS, NG TUBES, CATHETERS, URINE BAG (ल्यूपासिट ट्रिप्युचिंग मेस्कोटेशन शीट्स)</li> <li>BLOOD TRANSFUSION SETS &amp; VACUTAINERS (रक्त अगाधा से देट)</li> <li>EMPTY BLOOD BAGS (वून की खारती बैंडेज)</li> </ul>	
WHITE CATEGORY	<ul style="list-style-type: none"> <li>NEEDLE, SCALPLE/BLADES, SCISSORS, LANCETS (सुई, स्कोलेपेल / ब्लेड, कैर्चे, लैंसेट)</li> <li>SYRING WITH FIXED NEEDLES (e.g. INSULIN SYRINGE) (फिक्सेड सुई के माध्यम स्लिपिंग सिरिज में)</li> <li>CONTAMINATED METAL SHARPS (दरित्रित धातु शाप्ट)</li> </ul>	
BLUE CATEGORY	<ul style="list-style-type: none"> <li>BROKEN AND INTACT GLASSES*** (दूरा और साथूत कॉच्च)</li> <li>VIALS, AMPOULES (शार्पिंग्य)</li> <li>METAL IMPLANT (छाटु प्रवारोपण)</li> </ul>	

\* THIS COLOUR CODING SYSTEM IS ALSO APPLICABLE FOR COVID-19 WASTE (SHOULD BE COLLECTED IN DOUBLE BAGS STRICTLY WITH LABEL "COVID-19 WASTE")  
(यह कलर कोडिंग सिस्टम COVID 19 संक्रमित कृड़ा के लिए भी लागू है (होना चाहिए डबल बैग में सज्जी से एकनित)

\*\* CYTOTOXIC DRUGS WASTE SHOULD BE COLLECTED IN SEPARATE YELLOW BAG LABELED WITH CYTOXIC SYMBOL  
(साइटोटोक्सिक दवाओं के कृड़ा को अलग पीले रंग के बैग में एकत्र किया जाना चाहिए साइटोटोक्सिक प्रतीक के साथ)

\*\*\* INTACT AND BROKEN GLASSES SHOULD BE COLLECTED IN SEPARATE BLUE BOXES  
(अक्षण और ढूटे हुए शीशे अलग-अलग नीले बिल्बे में रखे जाने चाहिए)



## Exposure To Blood And Body Fluids

MEASURES	DO'S	DONT'TS
<b>AFTER THE EXPOSURE</b>	<ul style="list-style-type: none"> <li>Irrigate the exposed site thoroughly with clean running water.</li> <li>Inform the Nodal officer /Senior resident on duty on emergency.</li> </ul>	<ul style="list-style-type: none"> <li>Don't panic</li> <li>Don't put the pricked finger inside the mouth.</li> <li>Don't squeeze the injured site</li> <li>Don't apply any antiseptic or disinfectants (Alcohol or Betadine) over the injured site or wound.</li> </ul>
<b>PREVENTION</b>	<ul style="list-style-type: none"> <li>Use only designated puncture proof container to dispose sharps and needles</li> <li>wear gloves while collecting blood sample</li> </ul>	<ul style="list-style-type: none"> <li>Don't recap the needle.</li> <li>Don't break the needle.</li> <li>Don't leave used needle and sharps on bedside, trays, or on trolleys.</li> </ul>

**IMMEDIATELY INFORM :-**

**LHMC/SKH: DR. ANIL GURTOO, DEPARTMENT OF MEDICINE**

**KSCH: DR. ANJU SETH, DEPARTMENT OF PEDIATRICS**

**MEDICAL OFFICER/ SR. MEDICAL EMERGENCY (IN NON-OPD HOURS)**