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WHO five moments of hand hygiene

Core Nursing Essentials Infection Control & PPE

Perform hand hygiene before patient contact, before an aseptic task, after body-fluid risk, after patient contact and after contact with patient surroundings.

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Introduction & key concepts

Perform hand hygiene before patient contact, before an aseptic task, after body-fluid risk, after patient contact and after contact with patient surroundings.

Nursing responsibilities

- Check identity, consent, the relevant observations and the purpose of the assessment.
- Record the finding, context and response using the approved clinical record.
- Escalate uncertainty or deterioration to the responsible professional; do not use a study note as a standing treatment order.

Clinical example & examination focus

In a viva, explain who five moments of hand hygiene in your own words, identify the observations needed and state a limitation. Compare the finding with the patient's baseline rather than assuming one number or label gives a diagnosis.

Quick Revision

Perform hand hygiene before patient contact, before an aseptic task, after body-fluid risk, after patient contact and after contact with patient surroundings.

Frequently asked question

Can this summary replace practical training?

No. Use your prescribed learning material and the institution's current protocol with qualified supervision.

References & review status

- WHO - Five moments for hand hygiene (https://www.who.int/publications/m/item/five-moments-for-hand-hygiene) - Published WHO resource; accessed 26 November 2026. Hand-hygiene indications, not reproduced artwork.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

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