



health

Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**



***A leader by example!*** Mrs. N.M. Zuma-Mkhonza (District Manager) demonstrating hand washing during the hand washing campaign

## **INFECTION PREVENTION & CONTROL REPORT: THE DISTRICT HAND WASHING CAMPAIGN**

### **UMGUNGUNDLOVU HEALTH DISTRICT**

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## 1 GLOSSARY OF TERMS

**APPROPRIATE HAND WASHING FACILITIES:** Appropriate hand washing facilities in this context include availability of: (i) running water; (ii) elbow taps; (iii) soap dispenser with liquid soap; (iv) disposable towels

**HEALTH FACILITIES:** Includes Hospitals, Community Health Centres (CHCs), Primary Healthcare (PHC) Clinics, Emergency Medical Services (EMS) and Forensic Pathology Services.

**INFECTION PREVENTION AND CONTROL (IPC):** Refers to measures, practices, protocols and procedures aimed at preventing and controlling infections and transmission of infections in Healthcare settings.

**INFECTION PREVENTION AND CONTROL PROGRAMME (IPCP):** Refers to all aspects of Infection Prevention and Control (IPC). It includes IPC training, surveillance, environmental management, waste management, outbreak investigation, development and updating of infection control policies, guidelines and protocols, cleaning, disinfection, sterilisation, employee health and quality management.

**MORBIDITY:** The incident or prevalence of a disease in a population.

**MORTALITY:** Measures incidence of death in a population.

**STAKEHOLDER:** A person, group, or organisation that has direct or indirect interest in an issue.

**STRUCTURED OUTREACH PROGRAMMES:** These are planned services, programmes or activities that are rendered to the community and/or outside the health establishment.

**TIPPY TAPS:** Are plastic bottles that release a small amount of water-just enough for clean hand wash each time they are tipped.

## **2 EXECUTIVE SUMMARY**

There is undisputed evidence that strict adherence to hand hygiene reduces the risk of cross transmission of infections. UMgungundlovu Health District is amongst highly burdened Districts with high incidence rate of TB at 872/100 000 as opposed to the WHO target of 200/100 000. An increased number of diarrheal cases have been reported since the beginning of this financial year.

On the 15<sup>th</sup> October 2013, 189 participants from all the Healthcare Facilities within UMgungundlovu Health District (9 Hospitals, 03 Community Health Centers, 44 Clinics, Mobile Clinics, Environmental Health Services, EMS representatives, Nursing Colleges and Nursing Schools), joined by the Provincial Infection Prevention and Control Department conducted a District Hand Washing Campaign targeting different sites and all categories of community. Four teams visited the following sites to conduct health education on hand washing practice: Berg Street Primary School, Emma Barter Old Age Home, Foot Prints crèche and day care, Central City Clinic, JikaJoe Informal settlements, Ematsheni and Emgodini Taxi Ranks.

The message in all the sites visited was three fold, why, when and how of hand washing and the theme was "CLEAN HANDS SAVES LIVES, INFECTION PREVENTION AND CONTROL IS IN YOUR HANDS, WASH HANDS WITH SOAP AND WATER & BE SAFE", "IZANDLA EZIHLANZEKILE ZIPHEPHILE, IMPILO YAKHO ISEZANDLENI ZAKHO, GEZA IZANDLA NGAMANZI ANENSIPHO UPHEPHE!".

The aim of the campaign was to create awareness about the benefits of hand washing with soap. The minimum expected output was to transform hand washing with soap from an abstract good idea into an automatic behavior performed in homes, schools, communities and healthcare settings. We strongly believe that once being an ingrained habit, hand washing can save more lives than any single vaccine or medical intervention can do.

All the communities were very receptive and participated actively demonstrating back what was taught to them. They also enjoyed the different gifts promoting hand hygiene that were issued to them with courtesy from the sponsors, Kimberly Clark, Biotech Labs and the Gift of Givers.

### **3. INTRODUCTION**

Hand washing with soap has been proven to be one of the most effective and inexpensive measure to prevent transmission of diseases and infections like diarrhea, TB, Pneumonia and others. The statistical reports have shown that Umgungundlovu Health District has a high incidence rate of TB and for the past few months an increased number of diarrheal cases have been reported throughout KZN Province and Umgungundlovu was also affected although there were no outbreaks reported.

Global hand washing day is an annual event that is observed and supported by all healthcare facilities within the District. The evidence of all healthcare facilities participating on the annual hand washing campaign is a vital requirement of the National Core Standards compliance. October is Infection Prevention and Control awareness month, 15 October 2013 is the Global Hand Washing Day and week 20-26 October 2013 is the Infection Control Week. **All the Healthcare facilities including the Environmental Health Services within the District collectively** conducted a District Hand Washing Campaign on the 15<sup>th</sup> of October 2013. This event was officially opened by the District Manager who demonstrated hand washing in front of all the Umgungundlovu “*Germ Busters*” before they left to different sites where they conducted different activities promoting hand washing. The event was graced by the presence of the Provincial Infection Prevention and Control Deputy Manager Mrs. Jabulile Masinga and her assistant Mr. Mandiseni Zondi.

### **4. PROBLEM STATEMENT**

- Several reports cite that although people around the world wash their hands with water, very few wash their hands soap at critical moments( for example, after using the toilet, after changing the baby’s nappy and before handling food).
- Umgungundlovu Health District is amongst the highly TB burdened Districts in the Province with an incident rate of 872/100 000 as opposed to WHO target of 200/100 000.
- The increase in Diarrheal cases has also been observed in the stats for the past few months although they were not epidemiologically related.
- Despite its lifesaving potential, hand washing with soap is seldom practiced and not always easy to promote.
- The challenge is to transform hand washing with soap from an abstract good idea into an automatic behavior performed in homes, schools, communities and healthcare settings. Once being an ingrained habit, hand washing can save more lives than any single vaccine or medical intervention cutting deaths from diarrhea and respiratory infections by almost half.
- Most healthcare facilities still lack appropriate hand washing facilities, this is a basic requirement for all healthcare facilities.

### **5. OBJECTIVES**

- To create and raise awareness about benefits of hand washing with soap.
- To educate communities and school children on correct hand washing technique
- To turn hand washing with soap before eating and after using toilet into an ingrained habit.
- To educate communities with no readily available tap water alternative methods to washing hands for example using tippy tanks.
- To foster and support a global and local culture of hand washing with soap

- To comply with the vital measure on the National Core Standards for all Healthcare facilities within the District.
- More hand washing practice can make a significant contribution to meeting the Millennium Developmental Goals of reducing deaths caused by diarrhea and respiratory infections.

## **6. EXCLUSIONS**

There were more Infection Prevention and Control activities that were conducted across the District by various stakeholders during October which was an IPC awareness month globally, especially during the Infection Control Week 20-26 October 2013. The individual facilities will write the reports on those activities and will be posted to the District Office.

## **7. APPROACH/ METHODOLOGY**

- The initial plan of conducting a march from the District Office to Ematsheni Taxi Rank on the 15<sup>th</sup> of October 2013 **was withdrawn** due to the Sugar Daddy march that was planned to take place on the 23<sup>rd</sup> October 2013 from the same District Office. The march was replaced by a day full of hand washing promoting activities as listed below:
- Four teams were allocated in different places to conduct hand washing campaigns as per table below.
- The Health Education Talk and demonstration on proper hand washing at Berg Street Primary School.
- Health Education at Ematsheni Taxi Rank and surrounding area.
- Health Education at Jika-Joe informal settlements.
- Health Education and demonstration of proper hand washing technique, showing of videos on hand washing at Emma Barter and Victoria Old Age Home at 241-257 Prince Alfred Street.
- Visit to Foot Prints Cretche and Day care through educational videos on hand washing and educating them in a fun way.
- More activities on Infection Prevention and Control were conducted in all healthcare facilities during the Infection Control Week 20-26 October 2013. All the facility plans were submitted to the District Office.
- More communities were reached using Community Care givers, School and Family Health Teams.
- Plans for individual facilities for the week 20-26 Infection Prevention and Control Week are attached as an annexure of this document.

## **8. MINIMUM EXPECTED OUTPUT**

- Transformed hand washing practice with soap from an abstract good idea into an automatic behavior performed in homes, schools, communities and healthcare facilities.
- Improved hand washing behavior in general.

- Compliance to hand washing practice with soap before eating and after using toilet could save more lives than any single vaccine or medical intervention, cutting deaths from diarrhea and respiratory infections.
- Hand washing with soap could make a significant contribution to meeting the Millennium Developmental Goal of reducing deaths under the age of five by two-thirds by 2015.
- Reduced incidents of healthcare associated and community acquired infections.

## 9. TARGET GROUPS

- Schools, Cretches and Pre-school children
- Rural Communities using Taxi ranks to access them, taxi drivers, food selling vendors around taxi ranks.
- Community at Jikajoe informal settlements.
- All communities in general using CCGs and Family Health Teams
- Mothers with babies-these will be targeted in Paeds department in healthcare facilities and mobile clinics
- Mobile Clinics
- Old age Homes

## 10. PROGRAMME FOR THE ACTIVITIES

TIME	ACTIVITY	TEAM LEADERS
08H00-08H15	Opening, Welcome, roll call and signing of attendance Register.	District IPC and QA Managers
08H15-08H30	Issuing of sponsored material	Biotech labs and Kimberly Clark
08H30-08H40	Massage by the District Manager and Demonstration of hand washing " <b>leading by example</b> "	District Manager: Mrs. N.M. Zuma-Mkhonza
08H40-08H45	The Role of hand washing-the Provincial Perspective	Deputy Manager-IPC, Mrs. Jabulile Masinga
08H45-08H50	Allocation of teams to team leaders	District IPC,QA Managers
08H45-09h00	Transportation of teams to different venues, Team 3 walking to Central Clinic	TB Team and Transport
09H00-10H00	Team 1: Health Education and Demonstration of hand washing Technique at Berg Street Primary School	Keith Rathunum and Nono Mbambo
	Team 2: Health Education talk, videos and demonstration at Old Age Home-Emma Barter, Victoria Memorial	Khumbu, Rene, Noma and Jenny Green
	Team 3: Health Education at Central City Clinic.	Cekwana, Mpumi, Mabusi and Thandeka
	Team 4: Door to door campaign at Jika-Joe informal settlement.	Emelda, Lungile, Thandi and Maresce.
10H00-11H00	Team 2 Visiting Foot Prints Cretche and joining Team 3 at Taxi Rank afterwards.	Khumbu, Rene and Noma and Jenny Green.
10H00-13H00	Team 1 : Health Education at Ematsheni Taxi Rank and surrounding area	Keith Rathunum and Nono Mbambo
	Team 3: Health Education at Emgodini Taxi Rank	Cekwana, Mpumi Chapi& Mabusi and Thandeka.

	Team 4: Continues door to door campaign at Jika-joe	Emelda, Lungile, Thandi and Maresce.
<b>13H30-14H30</b>	Team leaders convened for feedback at District Office	All Team leaders
<b>14H30</b>	Word of thanks, Closing and departure	

### 11. DELIVERABLES

- The event was a huge success; message was delivered to all relevant target groups as intended and the communities were very receptive to the hand washing health education.
- The turn-up from all the healthcare facilities within the District including the District Management Team, DCST, Programme Managers from the District Office, Environmental Health Services, Nursing Colleges and Nursing Schools, the Provincial IPC Department, Officials from Kimberly Clark and Biotech Labs was overwhelming.
- The school children, old age home residents, kids at the crèche, patients at City Central Clinic were also very receptive of the education and enjoyed the gifts with courtesy from various sponsors. They also demonstrated back what they have learnt.
- The street vendors, taxi commuters and drivers at the Taxi Ranks participated actively and demonstrated back the hand washing technique as seen on the pictures attached.
- There is no doubt that a clear message on hand washing was sent and reached the rich ground though the impact cannot be immediately measured.
- More hand washing with soap can make a significant contribution to meeting the Millennium Developmental Goals.

### 12. RECOMMENDATIONS

- The IPC Programme highly recommends partnership and support from the supporting partners of the District and all relevant stakeholders including private organisations during outreach campaigns such as hand washing campaigns.
- A bigger event will be planned for 2014; we are urging participation by the Medical Staff. Early planning will be done to ensure that all relevant stakeholders are involved and participate fully on the event.
- Enough scientific evidence supports the observation that if properly implemented, hand hygiene alone can significantly reduce the risk of cross-transmission of infections in and outside the healthcare facilities, therefore all Healthcare facilities must prioritize compliance of all their staff to hand washing practice and must ensure availability of appropriate and adequate hand washing facilities.
- Hand washing should become an educational priority in all the teaching institutions and the healthcare facilities. Competency test must be conducted to all the healthcare workers.
- Omission of hand washing during patient care and in-between patients must be treated as a serious offense in all healthcare workers including the medical staff.

### 13. CONCLUSION

There is undisputed evidence that strict adherence to hand hygiene reduces risk of cross transmission of infections. In the wake of growing burden of healthcare associated infections, increased burden of communicable diseases like TB and HIV/AIDS, the increasing severity of illness and complexity of treatment, superimposed by MDR pathogen infections, Infection Prevention and Control Department calls for **reversing back to basics of infection prevention by simple measures like hand hygiene.**

#### 14. **ATTACHMENTS**

- All the evidence of all activities conducted during the District Hand Washing Campaign is attached in form of pictures.
- Evidence of activities conducted during the Infection Control week 20-26 October is also attached in the form of pictures.
- Gratitude letters to the participants on the hand washing campaign.
- Attendance registers for all the participants.

#### 15. **ACKNOWLEDGEMENT**

The District Management Team and the Infection Prevention and Control Department wishes to express the deepest appreciation to

- All the CEOs, Nursing Managers, Clinic Operational Managers and Supervisors for releasing their teams to participate on the event
- Environmental Health Services for their active participation
- The Nursing Colleges and School Principals for releasing their students to participate on the event
- The District administrative Staff members who participated and contributed actively from the time the event was planned up until the day of the event
- The TB Programme for being an engine during the planning of the event
- The office of the Senior Communications Officer for coordinating communication and ensuring that all the evidence is captured,
- The District Quality Assurance Manager for massive contribution during the planning,
- The sponsorship from Biotech Labs for caps, hand sanitizers and soap that was distributed during the campaign and their participation on the campaign.
- The sponsorship from Kimberly Clark of hand sanitizers, hand washing supplies and for their active participation during the campaign.
- The Gift of Givers for all the hampers donated at Berg Street Primary School.
- Umgeni Waters for providing water which was more than enough and was shared with HIV Programme for the Sugar Daddy Campaign.
- The transport department for ensuring that all the participants are transported to and from the various sites of the campaign.
- And most of all, to all the participants from various healthcare facilities and colleges who attended the campaign and gave it all to ensure that the event is successful, and meaningful to the communities reached. This includes the Provincial IPC Department for gracing our event.
- ***SIYABONGA KINI NONKE, NINGADINWA NANGOMUSO!!!***



The Hand washing Campaign was opened by the District Manager-Mrs. N.M. Zuma Mkhonza by demonstrating hand washing



These were all the crowds from different healthcare facilities that participated on the hand washing campaign



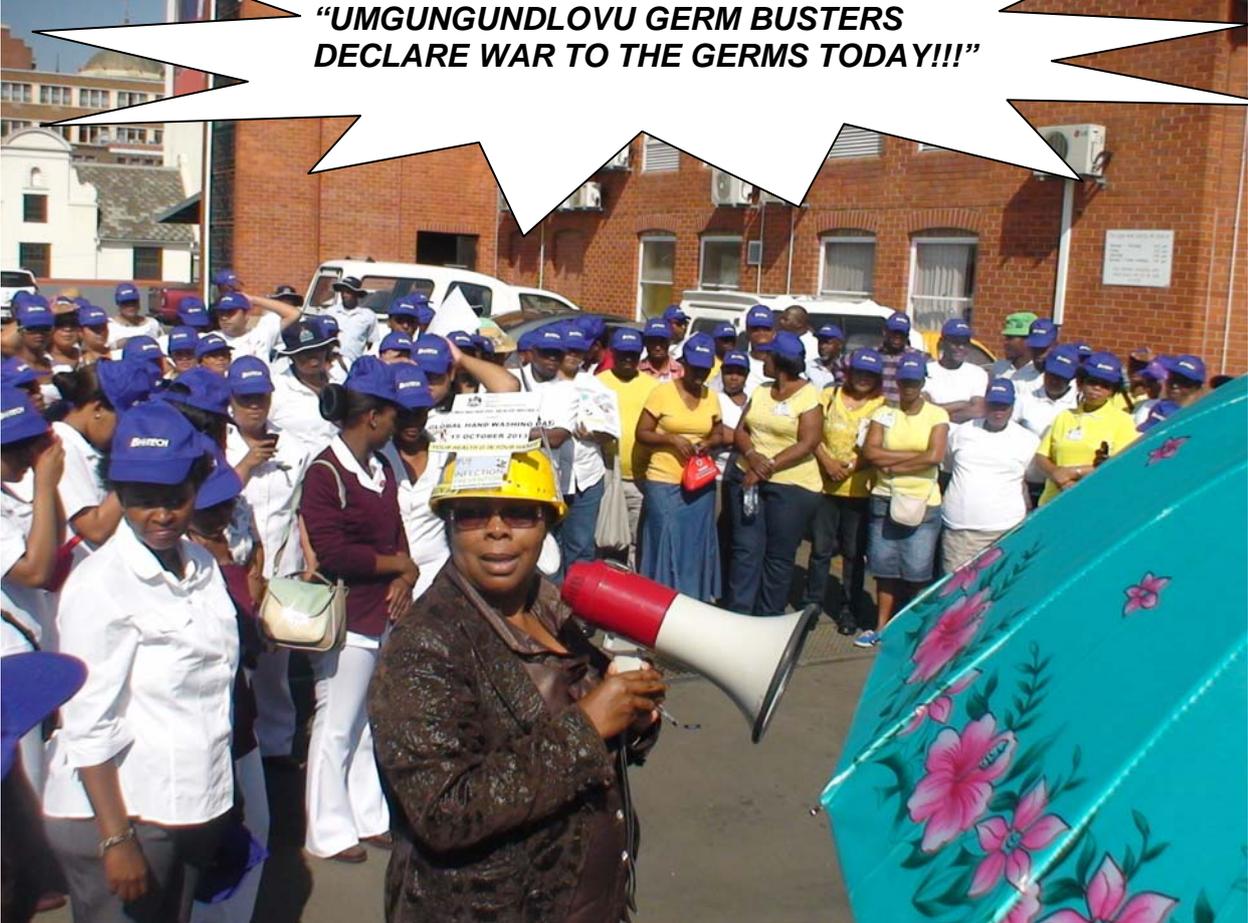
**Ilanga elaliphumile alizivimbelanga izihlwele ukuphuma ngobuningi beyofundisa umphakathi!**

"Strengthening hand washing will reduce transmission of infections, ngakhoke hambani niyofundisa umphakathi ngokubaluleka kokugeza izandla!!" says the DM, Mrs. Zuma-Mkhonza



"That's true DM!" says the Provincial IPC Coordinator, Mrs. Jabulile Masinga.

**"UMGUNGUNDLOVU GERM BUSTERS  
DECLARE WAR TO THE GERMS TODAY!!!"**



*“WAR TO GERMS TODAY, ayihlome  
ihlasele ngamanzi nensipho!!!” kufakaza UMrs.  
Khumbuzile Khumalo u District IPC Manager*



Creativity was also observed, the Townhill Group hand painted their T-Shirts on hand washing educational messages!



**TEAM 4 AT JIKA-JOE INFORMAL SETTLEMENTS, PROMOTING HAND WASHING**



# STILL ACTION ON HAND WASHING AT JIKA-JOE



**ZAZIBUYA NGEMPELA KWA JIKA-JOE!!!**



## TEAM 2 AT FOOT PRINTS CRETCHE AND DAY CARE



O DADOH enjoyed hand washing videos and participated actively



**EDUCATING THEM IS QUITE AN INVESTMENT!!!**

**ACTION AT BERG STREET PRIMARY SCHOOL CONTINUES, THEY WILL NEVER FORGET THIS DAY WITH LOTS OF GIFTS ISSUED TO THEM AS WELL!**



**THE TEAM AT BERG STREET PRIMARY SCHOOL, AFTER ALL THE HARD WORK!**



**WITH LOTS OF ENERGY, AFTER CAMPAIGN AT BERG STREET PRIMARY, TEAM 1 PROCEEDED TO EMATSHENI TAXI RANK TO CONDUCT HAND WASHING CAMPAIGN!**



**TEAM 3 AT CITY CENTRAL CLINIC PROMOTING HAND WASHING**



**TEAM 3 PROCEEDED TO EMGODINI TAXI RANK FOR CAMPAIGN**



**HAYI CHA LAMADODA ABONAKALA  
EKUJABULELA LOKHU  
ABAKWENZAYO, KAZI UMKHIZE  
UTHENI KUBO!!!**



**ACTION AT THE TAXI RANK!**



**THE COMMUNITIES WHO ATTEND MOBILE CLINICS WERE NOT LEFT OUT ALSO FOR THE HAND WASHING CAMPAIGN, THEY WERE TAUGHT ON USING TIPPY TANKS IF THEY DON'T HAVE TAPS.**



**THEY ALSO PARTICIPATED ACTIVELY TO DEMONSTRATE BACK WHAT THEY HAVE LEARNT!**



**EDUCATING YOUNG ONES IS A GOOD INVESTMENT!**



**BAZITHOLELA NEZIPHO ZAMA HAND SANITIZER ABABEPHENDULA IMIBUZO**



**THEY LISTENED ATTENTIVELY FOR THE EDUCATIONAL TALK ON HAND WASHING.**



**BAWAJABULELA KABI ODADOH AMANZI AND THEY REALLY MASTER THE HAND WASHING TECHNIQUE!!!!**



**THE DAY WOULD NOT BE COMPLETE SHOULD WE HAVE FORGOTTEN THE SENIOR CITIZENS, RESIDENTS AT EMMA BARTER OLD AGE HOME ALSO RECEIVE EDUCATION AND GIFTS FOR THEMSELVES!!!**



THE SENIOR CITIZENS WERE ALSO NOT LEFT BEHIND; THEY RECEIVE HAND HYGIENE EDUCATION AND GIFTS AS WELL!

