The Centers for Disease Control and Prevention (CDC) recommends using an alcohol-based hand rub (ABHR) with greater than 60% ethanol or 70% isopropanol in healthcare settings. Unless hands are visibly soiled, an ABHR is preferred over soap and water in most clinical situations due to evidence of better compliance compared to soap and water. Hand rubs are generally less irritating to hands and are effective in the absence of a sink.
<table>
<thead>
<tr>
<th>Hand Hygiene Opportunity Category</th>
<th>Specific Examples</th>
<th>Describe Any Missed Attempts (e.g., during medication preparation, between patients, after contamination with blood, etc.)</th>
</tr>
</thead>
</table>
| 1. Prior to touching a patient    | • Prior to entering station to provide care to patient  
• Prior to contact with vascular access site  
• Prior to adjusting or removing cannulation needles | |
| 2. Prior to aseptic procedures   | • Prior to cannulation or accessing catheter  
• Prior to performing catheter site care  
• Prior to administering IV medications or infusions | |
| 3. After touching a patient      | • When leaving station after performing patient care  
• After removing gloves  
• When moving from a soiled body site to a clean body site | |
| 4. After touching patient         | • After touching dialysis machine  
• After touching other items within dialysis station  
• After using chairside computers for charting  
• When leaving station  
• After removing gloves | |