

GLOWSTICK CHALLENGE

HAND HYGIENE DEMONSTRATION ACTIVITY GUIDE

◆ Activity Guide for Trainers



Objective

To reinforce proper hand hygiene technique through a hands-on, visual demonstration using glow gel or lotion. This activity provides immediate feedback on commonly missed areas during handwashing and emphasizes the importance of hand hygiene—particularly before and after wound care or patient contact.

Target Audience

- Clinical staff (nurses, CNAs, medical assistants)
- Support staff (housekeeping, dietary, etc.)
- New hires during onboarding
- Staff participating in continuing education or annual trainings

Learning Goals

By the end of this activity, participants will be able to:

- Understand the role of hand hygiene in infection prevention
- Visually identify areas commonly missed during handwashing
- Recognize key moments when hand hygiene is critical (e.g., before and after wound care)
- Reinforce standard precautions through an interactive, team-based approach

Materials Needed

- Non-toxic glow gel or lotion (e.g., Glo Germ™ or equivalent)
- Black light (UV light source)
- Handwashing station with soap and water
- Paper towels
- Disposable gloves (optional, for handling glow product)
- Hand Hygiene Technique Poster (attached)
- Sign-in sheet (for attendance/training documentation)

Duration

15–20 minutes per session

Key Messages to Reinforce

- Germs are invisible – poor handwashing technique can leave contamination behind.
- Hand hygiene is everyone’s responsibility, across all roles—not just clinical staff.
- Consistency matters – incorporate proper technique into daily tasks.
- Effective hand hygiene protects both patients and staff from preventable infections.

INSTRUCTIONS

Introduction (3–5 minutes)

- Welcome participants and introduce the purpose of the activity.
- Highlight the importance of hand hygiene in infection prevention, referencing CDC Project Firstline guidance.
- Emphasize the 5 Moments of Hand Hygiene:
 - Before touching a patient
 - Before clean/aseptic procedures
 - After body fluid exposure/risk
 - After touching a patient
 - After touching patient surroundings

Activity: “Glowstick Challenge” (10–12 minutes)

Step 1: Apply Glow Gel

Participants apply a small amount of glow gel or lotion to their hands, simulating contamination. Ensure full coverage:

- Palms and backs of hands
- Between fingers and around thumbs
- Fingertips, under nails, and wrists

Step 2: Wash Hands

Participants wash their hands thoroughly with soap and water for at least 20 seconds, following proper hand hygiene technique (refer to the poster if needed).

Step 3: Black Light Inspection

After drying hands:

- Guide participants to the black light inspection area.
- Use the UV light to reveal any remaining glowing spots—typically missed areas include thumbs, between fingers, backs of hands, and under fingernails.
- Facilitate a brief discussion on the results and how incomplete handwashing can contribute to germ transmission, particularly during tasks like wound care.

Debrief (3–5 minutes)

Encourage group reflection with questions such as:

- What areas did you miss?
- Were you surprised by the results?
- How might this impact your hand hygiene routine?

Reinforce:

- The importance of consistency and attention to detail in hand hygiene.
- The impact of poor technique on patient and staff safety, especially before and after wound care or other invasive procedures.

Optional: Offer a small prize or recognition to participants with the "cleanest" hands post-wash.

- **Hand Hygiene Technique Poster**

- Source: CDC, Hand Washing for Healthcare Workers (May 10, 2024)

Hand Washing

Wash hands with soap and water for 20-30 seconds immediately after taking off PPE. If hands are soiled, wash hands with soap and water for 40-60 seconds. You may use hand sanitizer or chlorinated water, if soap and water are not available.



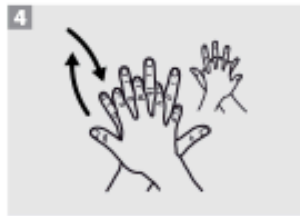
1 Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



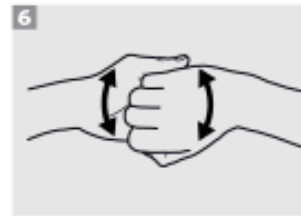
3 Rub hands together in a circle.



4 Put one palm on top the other hand and rub soap up and down.



5 Put palms and fingers together and rub soap up and down.



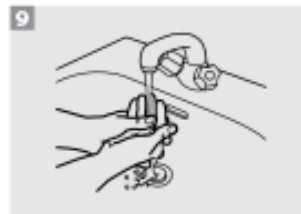
6 Put fingers of both hands together and rub soap up and down.



7 Clean thumbs by rubbing each one around several times with the other palm.



8 Clean both palms by rubbing soap around palm with fingers of the other hand.



9 Rinse hands with water.



10 Dry hands completely using a single use towel.



11 Use towel to turn off faucet and throw it away.



12 Your hands are now clean.