

Handwashing and Cough Hygiene

Experiment 7 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To demonstrate routine handwashing and respiratory etiquette.

Principle

Hand cleaning and covering respiratory secretions help reduce transfer of contamination during everyday contact.

Key Points

- Wet hands, apply soap, rub all surfaces, rinse and dry using the facility method.
- Include thumbs, fingertips, between fingers and backs of hands.
- Cough into a tissue or elbow and clean hands after handling used tissues.

Activity Procedure

1. Demonstrate

Show the complete handwashing sequence at the training sink.

2. Observe

Use a checklist to identify commonly missed areas.

3. Role play

Show cough etiquette and safe tissue disposal.

4. Improve

Repeat missed steps and explain useful occasions for hand cleaning.

Record and Observations

Field	Activity record
Missed hand areas	_____
Corrected steps	_____
Cough etiquette	_____
Useful occasions	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use teaching models and respect privacy.
- Do not practise invasive procedures during these role plays.

Viva Questions and Answers

1. Why use plain language?

It helps the learner understand and act on the advice.

2. Why use teach-back?

It checks understanding through the learner's explanation or demonstration.

3. What should be recorded?

Observed performance, agreed actions and any referral concern.

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