

Take the time

1. **Take** the decision to stop what you are doing. Let go and choose to focus on the exercise
2. **Take** your feet a hip width apart, sense your body upright without slumping or stretching.
3. **Take** three deep breaths releasing the breath into a long exhalation.
4. **Take** enough alcohol gel to cover the hands and roll over your palms, the back of hands and between fingers. Rub your hands together. During the exercise focus totally on sensing the experience putting aside any thoughts which occur.
5. **Take** a deep breath and release totally. Notice how you are feeling and thinking and then enter the patient's room or move to the next task.

FAQ

? *Why hand hygiene?*

Our patients are at the heart of all we do. Taking the time Hygiene is 100% about their health and wellbeing.

Hand hygiene *'is the single most important factor in reducing hospital based infections'* (Hand Hygiene Australia)

? *Why practice this brief meditation?*

It's easy when busy to forget to carry out hand hygiene properly. Unless our hands are really clean we risk infecting our patients and putting them at risk. This exercise helps to properly clean our hands and feel better.

? *Can brief meditations help with distraction?*

Our patients are super sensitive to our emotional state and are often anxious. The hand hygiene meditation resets our awareness and attention so we can be fully present to our patients (and co-workers).

? *Will I feel better?*

This brief exercise accompanies an everyday task. By shifting the brain to sensing mode our capacity to focus is greatly improved.

Take the time for

Hand Hygiene Meditation



- ✓ Take the time at least **x 5** a shift before entering a patient's room.
- ✓ Make this a team activity.
- ✓ It's all about your patient.

Being calm and focussed



- Meditation is used widely in health care settings around the world.
- Our work is stressful and we are with anxious people.
- The challenge of juggling competing demands can erode our ability to be fully present to our patients and colleagues.
- Our growing reliance on the smartphone reduces our capacity for sustained attention as we swipe and tap for information and entertainment.

Handy Facts



- Our hands are still the main human tool in health.
- We often express ourselves by using hand and body language.
- Our hands contain a very high density of nerve endings which correspond to an extensive representation of the hand and fingers in the human sensory and motor cortex.
- Because our fingers and hands are so super sensitive they are ideally suited to sensory based brief meditation practices.

Change your thinking



A project of the ***CALHN Wellness and Spiritual Care Services*** and the ***CALHN Best Practice Spotlight Organisation (BPSO)***.

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