



DesiCoach[®] 4 Groups

Hand Hygiene Training for Groups

QUICK GUIDE



STATUS QUO

Many hand disinfections fail to offer full protection.

Up to **90 % of all nosocomial infections (HAIs)** are transmitted via hands – our most valuable tools when dealing with patients and medical devices.

A large portion of these infections could be prevented through effective hand hygiene. Nevertheless, many hand disinfections are:

- **Incomplete**
- **Using insufficient dosage amounts**
- **Completely forgotten**

HYGIENE TRAINING & COMPLIANCE

Regular training increases compliance.

Observational studies have shown that the frequency of hand disinfection **significantly increases** after completing hygiene training.

Simple psychological effects are believed to be behind this:

01

The training brings hand hygiene more sharply into focus in our perception. As a result, we more easily and frequently remember necessary hand disinfections.

02

The training emphatically stresses the enormous importance of hand hygiene for infection prevention. The intuitive message: "Hand hygiene is therefore extremely important in my facility!"



LEARNING OBJECTIVES

Here's what your team will learn:



DesiCoach® is the first training solution to cover all three key aspects of hygienic hand disinfection both comprehensively and easily.



DOSAGE

The right amount for your individual hand size



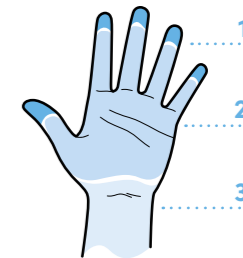
TECHNIQUE

The most effective hand movements for complete wetting



SEQUENCE

The prioritization of difficult-to-disinfect skin areas





DOSAGE

Learning objective

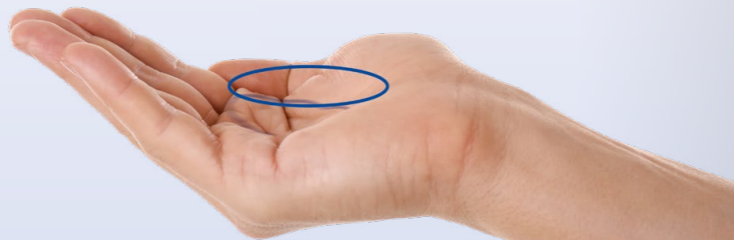
The correct dosage amount depends on the individual hand size. It determines the duration of the contact time (time until the alcohol has evaporated) and is therefore essential for effective disinfection.

RULE OF THUMB: Completely fill the palm with liquid. Avoid dripping.

 **S**
2-3 ml



 **XL**
4-5 ml



The Colorizer shows after about 1 minute, based on the color intensity, whether the sufficient dosage amount for the individual hand size was used.



Far too little:
The declared effectiveness was not achieved.



Too little:
The declared effectiveness was probably not achieved.



Correct:)
The declared effectiveness was achieved in the colored areas.





TECHNIQUE

Learning objective

Wetting gaps are a common problem that we typically don't notice in everyday life. Fingertips and thumbs, in particular, are often forgotten.

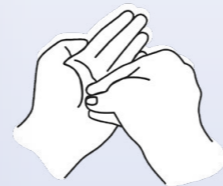
Very often forgotten

Often forgotten



During training with DesiCoach®, wetting gaps become directly visible on the hands. This helps us learn how to avoid them in the future.

TIP: These proven hand movements are helpful to wet all areas thoroughly and in a timely manner.



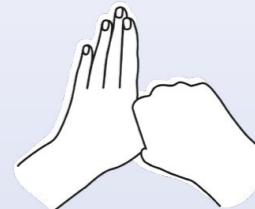
Fingertips



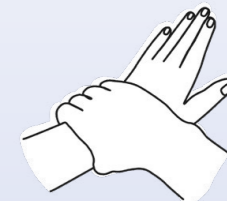
Back of fingers



Between fingers



Thumbs



Wrists



SEQUENCE

Learning objective

The sequence is crucial for applying enough disinfectant to areas that are hard to reach and have a high germ density. This learning objective focuses on optimizing your own procedure.

Germ density on hands ^[1]

- Under fingernails: **61,370 CFU/cm²**
- Palm: **850 CFU/cm²**
- Back of hand: **250 CFU/cm²**
- Between fingers: **220 CFU/cm²**

CFU = Colony-Forming Units

[1] McGinley KJ, et al. "Composition and Density of Microflora in the Subungual Space of the Hand." J Clin Microbiol 1988;26(5):950-953.



After decolorizing, color residues reveal where the sequence of hand movements should be optimized to wet particularly difficult-to-disinfect skin areas in time.

TIP: First disinfect fingertips, nail folds, and thumbs, as these areas have the highest germ density.



TRAINING

Here's how group training works:

All participants train simultaneously under your guidance. This allows for an entire course to be trained in just a few minutes.

You can calmly and thoroughly explain what really matters in hand disinfection while it's being practiced directly.

Afterward, everyone is invited to discuss their results and work together to develop an optimal technique.

Preparation

- 1 Conduct the training in a well-lit area.
- 2 Use an easily cleanable surface or suitable mats.
- 3 Provide wet wipes.
- 4 Optionally, use the training presentation.

The training presentation for DesiCoach® and additional training materials can be found online at:

heyfair.de/training

1

4

2

3



Step 1

Step 2

Step 3

Step 4

Dosing the colorizer

Before starting, please shake the colorizer thoroughly.

To achieve the declared effectiveness of a disinfectant, it must remain on the hands for a sufficient exposure time.

How can this be achieved?

Simple: by applying the adequate dosage amount.

TIP:

Counting pump strokes is inaccurate due to variable dosage amounts from dispensers.

It is better to develop a sense for the **individually appropriate** amount.



*Rule of thumb:
Fill the cupped
palm completely
with liquid.*



Rub thoroughly without gaps

Forget that you're in training!

During your first training round, you should disinfect your hands exactly as you would in everyday life. This is the best way to learn from possible mistakes.

In your next training round, you can apply the insights gained and close any wetting gaps.

Step 1

Step 2

Step 3

Step 4

Wait for color development

To obtain an honest result, the coloration occurs with a time delay.

Let the DesiCoach® magic work.

When the hands are dry again, the disinfection can be evaluated.



Check dosage and wetting

For this, we use a color chart: Hold the chart against the palm of your hand and compare the shade.

Intense coloration – Sufficient "disinfectant" was applied here, thus achieving the declared effectiveness.

Pale coloration – Too little "disinfectant" was applied here. The potential germ reduction is therefore lower than declared.



TIP:

If you have only a pale coloration despite using sufficient dosage, check if too much dripped off during application. Also, creams and residues from disinfectants can affect the coloration. In this case, please wash your hands and start again.

Step 1

Step 2

Step 3

Step 4

Apply decolorizer



Now it's time to use the decolorizer – after all, you don't want your hands to remain white.

Use the dosage amount appropriate for your individual hand size.

TIP:

This step is not just about removing the color, but also about conveying additional, important learning objectives.

Therefore, consider the decolorization as an integral part of the training!



Apply thoroughly



The white coloration disappears immediately. It becomes instantly visible which areas are wetted by each hand movement.

Consider how you can adjust your hand movements to completely wet your hands in a short time.

TIP:

First, disinfect fingertips, nail folds, and thumbs, as these areas have the highest germ density. Don't forget the wrists.

Step 1

Step 2

Step 3

Step 4

Check sequence and wetting

After decolorizing, don't simply rub away any possible color residues, but thoroughly examine your hands.

Color residues show you which areas **were not disinfected at all** or **were disinfected too late**.



TIP:

Disinfect critical and difficult-to-disinfect areas first (e.g., fingertips, nail folds, dry skin). This ensures sufficient liquid is available to wet them completely.

AND AFTER THAT...

Repeat the training

If you've noticed critical mistakes, you should repeat the training **immediately**. This way, you'll quickly achieve a disinfection technique that's optimal for you.

After about **one week** of practical application, you should repeat the training as well. This ensures that no new mistakes have crept in during the meantime.

Moreover, **regular** hand disinfection training sessions are beneficial and recommended by leading public health institutes.

End training

You can easily wash off any remaining color at the end of the training.



FAQ

Frequently Asked Questions

Oops! Some liquid splashed on clothing. What should I do?

The colorizer contains a mineral that can be easily rubbed off when dry, while the decolorizer contains fats that are better removed with soap. The stain should disappear after a wash cycle in the washing machine at the latest.

IMPORTANT! Please do not use the decolorizer liquid to remove stains.

Why are the hands barely colored despite correct dosage?

1. Check if too much liquid dripped during application.
2. Was the colorizer liquid shaken well before use?
3. If applied immediately after moisturizing or disinfecting, the coloring may be affected. Please wash your hands and try again.

Can DesiCoach also be used as a disinfectant?

No. Although DesiCoach® is based on a formula similar to classic disinfectants, the product is not certified as a disinfectant.



INGREDIENTS

Our Quality Promise

The special magic of DesiCoach® originates from a **natural mineral**, enabling optimal visualization through contrasting color nuances on all skin tones.

Out of conviction, we exclusively use high-quality and skin-friendly ingredients, since our hands are already exposed to enough stress in everyday life.

To achieve comparable properties to your everyday disinfectant, DesiCoach® is based on similar ingredients: **alcohol, water, and lipids**.



Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages

Deutschland
Land der Ideen



Ausgezeichneter Ort 2018



Zusammen.
Zukunft.
Gestalten.



PREPARATION

Training Materials



DesiCoach® offers comprehensive training
in hygienic hand disinfection.


As a helpful guide for group sessions, you can
use the DesiCoach® training presentation.


The presentation and other training
materials are freely available online:


 [heyfair.de/training](https://www.heyfair.de/training)

Heyfair

You can reach us at:

 www.heyfair.de

 hey@heyfair.de

 +49 (0) 3641 508 201

Heyfair GmbH

Winzerlaer Straße 2

07745 Jena, Germany

Printed by:

