

“BARE BELOW THE ELBOWS”

WHAT IS IT?

This is an initiative aimed at reducing the risk of transmission of pathogens from clothing and jewelry worn by healthcare workers to patients during routine clinical care.

WHY?

Patients in the neonatal intensive care unit (NICU) are at high risk for healthcare associated infections (HAIs). Studies show that HAIs are an important cause of illness and death among infants, especially premature neonates (Hocevar, Lessa, & Gallagher, 2014). [Central line-associated bloodstream infections \(CLABSI\) are the leading type of device associated infections among patients in the NICU](#) as reported by the National



Healthcare Safety Network (Dudeck, Horan, & Peterson, 2009, device associated module)

DETAILS

Nurses working in the NICU are being asked to observe and abide by the following unit rules at TWHT

- **Hands should be “bare below the elbows”. This means **No Jewelry, No Nail Polish, No Watches, No Sleeves****
- **Hair that is shoulder length or longer should be pulled back and up away from the face and so there is no hair hanging past the shoulders.**
- **All Central lines are managed and maintained by the specialized central line team ONLY. If you believe a line needs attention, alert your charge nurse or manager immediately.**
- **Cell phones should not be out and visible on the unit.**



*Thank you for your cooperation
and commitment to keeping our most
vulnerable patient population **safe!***

Works Cited

Dudeck, M., Horan, T., & Peterson, K. e. (2009, device associated module). *National Healthcare Safety Report (NHSN)*. Am Journal Infection Control.

Hocevar, S., Lessa, F., & Gallagher, L. e. (2014). *Infection Prevention Practices in NICUs reporting to the National Healthcare Safety Network*. Infection Control and Hospital Epidemiology.
<http://doi.org/10.1086/677636>