

3M™ Avagard™ Antiseptic Hand Rub

contains Chlorhexidine Gluconate 0.5% w/v in 70% v/v Ethanol

Help
protect
against cross-
infections

Alcohol Based Hand Rubs

Solutions versus Gels versus Foams...
Who do we believe and how do we choose?

In Australia, we are subject to an ever changing world of policies and directives surrounding hand hygiene in healthcare facilities. We have summarised the latest international and local guideline recommendations, so that you are better informed as you make your decision.



3M

There has been an increased awareness in Australian healthcare facilities for the use of TGA approved alcohol-based hand rubs with proven clinical evidence. With their increasing popularity and differing types of products on the market, it is important to consider the following statements.

“A systematic review of publications between 1992 and 2002 on the effectiveness of alcohol-based solutions for hand hygiene showed that alcohol-based handrubs remove organisms more effectively, require less time, and irritate skin less often than handwashing with soap or other antiseptic agents and water. The availability of bedside alcohol-based solutions increased compliance with hand hygiene among HCWs”. [WHO Guidelines on Hand Hygiene in Health Care 2009:34]

“Recent studies found similar results demonstrating that solutions reduced bacterial counts on the hands to a significantly greater extent than the tested gels” [WHO Guidelines on Hand Hygiene in Health Care 2009:34]

Alcohol-based hand rubs that contain $\geq 70\%$ alcohol v/v in solution are better than alcohol-based hand rub gels because of the greater alcohol content. [Kramer, A et al. Lancet 2002;359:1489-90]

“Chlorhexidine has significant residual activity. Addition of low concentrations (0.5–1%) of chlorhexidine to alcohol-based preparations results in significantly greater residual activity than alcohol alone”. [WHO Guidelines on Hand Hygiene in Health Care 2009:34]

Furthermore, globally replicated published clinical studies also affirm that alcohol-based hand rubs with chlorhexidine provide more proven ongoing bactericidal effect (e.g. against MRSA) than alcohol hand rubs with alcohol alone. [Pittet, D et al. Lancet 2000;356:1307-1312, Grayson, L et al. MJA 2008;188 (11):633-640]

The above information aims to provide you with a succinct summary of the most current and relevant guidelines when considering the use of alcohol-based hand rubs. For more information please visit the following websites.

World Health Organisation <http://www.who.int/gpsc/en/>

Hand Hygiene Australia <http://www.hha.org.au/>

3M

Medical

3M Australia Pty Limited
ABN 90 000 100 096
950 Pacific Highway
Pymble NSW 2073
1300 363 878
www.3M.com.au

3M and Avagard are trademarks of 3M Company.
© 3M 2009. All rights reserved.
Please recycle. Printed in Australia.
PB4160/0809