

How Hand Washing Revolutionized Healthcare And Why It's Still So Important Today

One of the most effective ways to prevent disease, avoid infection, and stay generally healthy is to practice good hand hygiene. But this basic concept has only been at the forefront of the healthcare professions for a relatively short time.

It was in the middle of the 19th century that it was first established that hospital-acquired diseases were transmitted via the hands of healthcare professionals.¹ But it was even later that the diligent practices of hand washing in hospitals and other medical facilities became standard operating procedure.

Simply put, good hand hygiene contributes significantly to patient safety and infection prevention. It is a simple, low-cost action to prevent the spread of many of the germs that cause healthcare-associated infections. And so it stands to reason that frequent, thorough hand washing is just as important in our daily lives.

The germs that cause infections are everywhere and hard to avoid, but there are many basic practices that can keep them away from you—and hand washing is at the top of that list.

As the flu season begins, it's especially important to get down to basics when it comes to staying healthy. And just like eating right, staying active, frequently washing your hands, and getting vaccinated, getting a second opinion from Best Doctors can be the most basic, simple answer for you when you have questions about your health.

If you have healthcare concerns or an uncertain diagnosis, your Best Doctors benefits can give you peace of mind with an in-depth, expert review of your medical case that can either confirm your existing diagnosis and treatment or recommend a change. Regardless of your concern, Best Doctors can help eliminate uncertainty and provide valuable guidance so you can make confident healthcare decisions.

1. http://publications.gc.ca/collections/collection_2012/aspc-phac/HP40-74-2012-eng.pdf

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