

'My five moments for hand hygiene': a user-centred design approach to understand, train, monitor and report hand hygiene.

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<https://psnet.ahrq.gov/issue/my-five-moments-hand-hygiene-user-centred-design-approach-understand-train-monitor-and-report>

Combining evidence regarding hand hygiene in hospitals with [human factors](#) and cognitive science concepts, the authors create a practical model for reducing infections through alcohol-based hand rubbing.