

Mindfulness Hand Hygiene Observation Data Sheet

Observer Initials: _____ Date: _____ Room: _____ Team: _____

Enter	A <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	SR <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	IA <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	IB <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	IC <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	Enter	MA <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	MB <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	MC <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	MD <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE	— <input type="checkbox"/> 1. Rub <input type="checkbox"/> 2. Soap <input type="checkbox"/> 3. UNK <input type="checkbox"/> 4. None <input type="checkbox"/> 5. DNE
	Exit	Exit	Exit	Exit	Exit		Exit	Exit	Exit	Exit	Exit
	MFB	MFB	MFB	MFB	MFB		MFB	MFB	MFB	MFB	MFB

Rub	Handrub	Use of an alcohol-based hand antiseptic.
Soap	Soap & Water	Washing of hands with soap and water.
UNK	Unknown	Due to visual restraints, not sure if hand hygiene occurred.
None	No Hand Hygiene	Did not use an alcohol-based handrub, or wash with soap and water.
DNE	Did Not Enter Room	
A	Attending Physician	
SR	Senior Resident	
IA, IB, IC	Interns	
MA, MB, MC, MD	Medical Students	
MFB	Mindfulness Behaviors	Mindfulness behaviors observed during hand hygiene on entry or exit of the patient's room
PS	Pause	During hand hygiene, the person breaks from walking, talking, or engaging with their environment and focuses completely on the process (rubbing soap/gel into hands)
DP	Deep Breathing	During hand hygiene, the person is noted to take multiple (>1) slow, deliberate breathes that are witnessed through larger movements of the chest (denoting full expansion of the lungs)
UNK	Unknown	Due to visual restraints, unable to observe mindful behavior
NO	None Observed	No mindful behavior observed

Online Supplement 2: Clinical Example of a Moment of Mindfulness During Hand Hygiene

Alcohol-based Hand Rub	Soap and Water
<ul style="list-style-type: none"> • Pause, take a breath, notice the sound and feel of hand rub being delivered to your palm. • Be present in the moment and experience the sensation of rubbing the foam/gel into your wrists, hands, fingers until the product evaporates and leaves you clean. 	<ul style="list-style-type: none"> • Pause, take a breath, notice that you are turning on the faucet and regard the feeling of water flowing from your wrists to your fingers. • Be present in the moment and experience the sensation of rubbing soap into your wrists, hands, and fingers, then washing it all down the drain.
<ul style="list-style-type: none"> • Focus your attention on your thoughts and emotions. Stay present and accept whatever arises, just as it is, without reacting. • Set an intention, be it listening with intent, choosing your words mindfully, or to act with compassion in your next encounter. • Smile, to acknowledge this act of kindness to yourself and to your patient. 	

Online Supplement 3: Mindfulness and Hand Hygiene Focus Group Guide

Introduction:

- Introduce project team and describe what their role will be.
- Explain the purpose of the focus group.
- Guarantee confidentiality from the research team and ask participants to also maintain confidentiality.
- Ask if anyone has any questions.
- Tell them when the recorders will be turned on.
- Review the information letter with each participant to make sure they are fully informed; answer any questions before beginning the focus group

1. Can you please tell us about your thoughts regarding the TED talk and the discussion of using hand hygiene as a moment to practice mindfulness??

Interviewer Probes:

- a. What was your first response?
 - b. Did your reaction change over the week?
 - c. Did you try out mindfulness?
 - d. If not, why not?
 - e. If yes, what was your experience?
 - f. What could we have done differently to introduce the topic to you?
 - g. What needs to exist, in either the physical environment or within you, to try mindful hand hygiene?
- ### 2. For those who already had a practice of either meditation, yoga, prayer, calming exercises (going for a walk, taking a deep breathe, etc.):

Interviewer Probes:

- a. Was the adoption of mindful hand hygiene easy? Did you find it beneficial?
 - b. How could you apply this outside of the clinical setting?
 - c. Would you be willing to share with the group why you started and continue your practice?
 - d. How long have been practicing in this way mindfulness?
- ### 3. For those who do not have a routine practice:

Interviewer Probe:

- a. What was your experience?

4. Following the discussion, did you perceive any changes to your hand hygiene practice or to your thoughts while performing hand hygiene?

Interviewer Probes:

- a. Increased appeal for hand hygiene
- b. Increased time spent during hand hygiene events
- c. Increased awareness/clarity of the present moment during hand hygiene
- d. Deliberate attention to the process of hand hygiene
- e. Cessation of conversation during hand hygiene
- f. Did you notice yourself pausing, taking deep breaths, and/or closing your eyes during hand hygiene in order to slow your thoughts or practice being mindful?
- g. Did anyone smile afterwards?

5. Do you think mindfulness may be beneficial to clinical practice?

Interview Probes:

- a. Can you suggest moments when you could bring mindfulness into your workday in other ways?
- b. Could enhanced presence, through a mindful practice, influence the care you provide? Make patients safer?

6. Will you keep practicing? What other support would you need to adopt this practice and talk to others about it? (as clinical leaders and early adopters, your practice could influence others).

7. What part of the mindfulness intervention do you think worked best? Why?

8. What part of the intervention did you find not useful? Why?

9. Were there moments where you noticed others in your group being mindful or practicing to be mindful?

Interview Probes:

- a. If so, when? Was this during hand hygiene?
- b. If you saw others practicing mindful hand hygiene, did it nudge you to do it as well? (was it contagious?)