



COMMONWEALTH NURSES FEDERATION

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GLOBAL HANDWASHING DAY

October 15

The power is in your hands

Handwashing with soap is the most effective and inexpensive way to prevent diarrhoea and acute respiratory infections. People commonly rinse their hands with water in the mistaken belief that water alone will clean their hands however water alone is significantly less effective for removing bacteria than washing hands with soap.

Research has shown that the observed rates of handwashing with soap at critical times (after using the toilet, cleaning a child's bottom, or before handling food) around the world in both developed and developing countries ranges from 0-34%. Low rates of handwashing are rarely caused by a lack of soap. Soap is present in the vast majority of households worldwide but it is commonly only used for bathing and laundry, not for handwashing. Lack of water is usually not a problem either, as hands can be effectively washed with little or recycled water. The major reason for low rates of handwashing is that this is simply not a habit but it is a habit we must all adopt (<http://globalhandwashing.org>).

Nurses and midwives as the health professionals with the most ongoing contact with individuals, families and communities have a unique opportunity to influence behaviour change and save children's lives. Role modelling hand hygiene is an essential first step. Remember: *the power is in your hands*.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds

⌚ Duration of the entire procedure: 40-60 seconds



REGISTRATION NOW OPEN

2nd Commonwealth Nurses Conference

8-9 March 2014

Registration is now open for the 2nd Commonwealth Nurses Conference: *Nurses and midwives - agents of change* to be held at the Royal College of Physicians, Regent's Park London 8-9 March 2014. For more information and to register go to the CNF website: <http://www.commonwealthnurses.org/conference2014>.



ADVANCE NOTICE for CNF members



CNF 21st Biennial Meeting 2014

Venue: Royal College of Nursing
20 Cavendish Square London

Friday 7 March 2014

Hosted by the CNF and the RCN

Nurses and midwives: agents of change



Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands



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COMMONWEALTH PEOPLE'S FORUM

10-14 November Sri Lanka

Registration now open



The Commonwealth People's Forum 2013 is organised by the Commonwealth Foundation, and hosted by a consortium of Sri Lankan civil society organisations with support from the Government of Sri Lanka. Held every two years in the run up to the Commonwealth Heads of Government Meeting (CHOGM), the CPF brings civil society representatives together to discuss key issues facing the Commonwealth and is the single biggest opportunity for civil society to engage with Commonwealth leaders on global development issues.

For more information and to register, go to: <http://www.cpf2013.org>.

TEN COUNTRIES RECEIVE ARC GRANTS

Ten countries were awarded grants of up to US\$ 10,000 in Year 3 of the African Regulatory Collaborative initiative. The ten countries were: Botswana, Lesotho, Namibia, Rwanda, Seychelles, South Africa, South Sudan, Swaziland, Uganda and Zambia. The proposals from Botswana, Lesotho, Namibia, South Africa and Zambia are related to developing, implementing or evaluating national CPD programs. The proposals from Rwanda, Seychelles, South Sudan and Uganda are related to developing or reviewing scopes of practice particularly to incorporate advanced practice roles in relation to HIV services. The Swaziland proposal is to develop a national licensing examination.



Botswana



South Africa



Lesotho



South Sudan



Namibia



Swaziland



Rwanda



Uganda



Seychelles



Zambia

The African Regulatory Collaborative is a partnership between the United States Centers for Disease Control and Prevention (CDC); Emory University's Lillian Carter Center for Global Health and Social Responsibility; the East, Central and Southern Africa Health Community (ECSA-HC), the Commonwealth Secretariat, and the Commonwealth Nurses Federation. The ARC initiative creates an innovative south-to-south partnership within the east, central and southern Africa region to engage and build on the capacity of Africa's leadership for nursing and midwifery in order to improve health professional standards and practice in the region using local solutions and peer-based learning.



ISSUE 48 now available

The *Commonwealth Nurse* is now available free online from its own website: <http://www.thecommonwealthnurse.com>. The complete journal or individual articles can be downloaded. Back issues are also available.

Articles for **ISSUE 49: Maternal and child health** should be received no later than **30 November**.

Author guidelines and submission instructions are available on the journal website.

The CNF e-News is sponsored by the



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