Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Using Hand Mittens in Hospital

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## Patient Information

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# Using hand mittens in hospital

Seeing your relative in hospital may be distressing, particularly if they have tubes and attachments that may not always make sense.

These tubes are used to provide fluid, medication, and food for patients. If your relative is confused or restless, they may find it difficult to keep these tubes in. This can mean that the tubes are removed or dislodged by mistake.

## When will hand mittens be used?

The nursing staff will have tried other methods to try and keep these tubes in place, but sometimes hand mittens will need to be used for a short period to ensure that patients receive the treatment they need. It is distressing for patients to have tubes inserted again and again. Using hand mittens can help to stop this happening.

The decision to use hand mittens will only be made when it is felt by the team providing care to your relative that it is in their best interests. Where possible we will involve the patient in that decision, but sometimes they are not able to give their consent. Ideally you will have been shown the mittens before they are used, but occasionally we may need to put them on before you visit to ensure your relative receives the treatment needed to aid their recovery.



## How long will hand mittens be used for?

The use of the hand mittens will be reviewed daily by the team caring for your relative. There are guidelines available to the staff to ensure that they are used appropriately.

The hand mittens will be taken off regularly to check the patient’s skin condition and give hand hygiene. This may be timed around your visits so that they can be removed when you are on the ward.

The hand mittens are checked regularly by the nursing staff to ensure they remain clean, if a hand mitten becomes soiled it will be removed and replaced with a clean one.

If you have any concerns about hand mittens being used for your relative or would like to discuss it further, please ask to speak to the nurse in charge of the ward.



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