

A Descriptive Study to Assess the Knowledge Regarding Hand Hygiene among Students of Selected Nursing College in Ludhiana, Punjab

Supreet Rupam

Assistant Professor, Department of medical surgical Nursing, SKSS college of nursing Ludhiana, Punjab

Abstract

Introduction: Hand hygiene is defined as any method that removes or destroys micro-organism on hands. It is well-documented that the most important measure for preventing the spread of pathogens is effective handwashing.

Aims: To assess the knowledge regarding hand hygiene among students of selected nursing college and to seek the knowledge score with selected demographic variables.

Material and Method: An descriptive research approach was used to assess the knowledge regarding hand hygiene. Convenient sampling technique was used to select 60 nursing students. A self structured questionnaire method was used to assess the knowledge of students regarding hand hygiene.

Conclusion: Based on the findings of the study it can be concluded that 35% of nursing students have moderately adequate knowledge and 65% of students have inadequate knowledge regarding hand hygiene.

Keywords: Knowledge, hand hygiene, students.

Introduction

Infection is the invasive of an organism's body tissue by disease-causing agents, their multiplication & the reaction of host tissue to the infectious agents & the toxins they produce. The invasion & multiplication of micro-organism such as bacteria, viruses & parasites that are not normally present within the body.^[1,2]

Infections associated with healthcare was targeted by world alliance for the patients safety during the first biennial global patients safety challenge, 'clean care is safety care'. Hospital acquired infections is an assumed attributable mortality of 50,000 to 135,000. The best time to wash the following below- if the person is exposed to germs by the cough, if the person is to wash to reduced the infection, if the person is handling the substance that was transfer the bacteria. In the health care services, hand hygiene is performed by- before & after start the duty, before & after touch the patients, different procedure doing on the patients, after assisting the patient in his personal hygiene, before putting on

the gloves & after, when your hands is come into the secretion, blood, & body fluids of the patients. The bar soap is not acceptable in the hand hygiene. The antibiotic soap are used in intensive care unit, or other procedures. The hot water is not considered in hand washing.^[4]

According to WHO, 1,400,000 people suffer from hospital acquired infection. In developing countries, the preventable hospital acquired infection is to medical care is estimate to about 40%. The result os studies have shown that hospital acquired infection is the main cause of infant mortality.^[8]

According to the WHO healthcare-associated infection occur in approximately ten patient who was taking treatment in WHO. The worldwide incidents of infection is between 7% & 10% and the cost of these treatment is very high. Specialy, healthcare-associated infection incident of multi-bed hospital is 10% & increase the resistant development.^[9]

Hand hygiene is the leading measure to prevent

the cross transmission of micro-organism. The high prevalence of infection is acquired in intensive care unit due to environment & patient. The patients was critically ill in intensive care unit & they are easily to carry the infection.^[10]

Various studies has show that effective hand hygiene is lower prevalence in HCIs. Various factors that contribute to lack in compliance like lack knowledge among health care worker regarding the importance of hand washing infor the prevention of transmission of disease.^[10]

Methodology

The research design selected for this study was descriptive posttest only design. The study was conducted at SKSS college of nursing, ludhiana, Punjab and 60 subjects were selected by convenient sampling technique. The subjects were the Students of G.N.M 1st year, A.N.M 1st year, B.Sc 1st year studying in S.K.S.S college of nursing, Ludhiana, Punjab. The tool used for

the data collection was demographic variables, Structured knowledge questionnaire. The content validity of tool was determined by nine experts in nursing fields and internal consistency was calculated using cohen's kappa reliability was found to be 0.9. Self-introduction was given to the subjects and rapport was maintained with the subjects . Finding of the pilot study revealed that it is feasible to conduct the study.

Data Analysis: Descriptive & Inferential statistics with SPSS version 16.0 were used to analyze the data which showed that:-

Organization and presentation of data: Raw data was collected and entered in a master sheet for the statistical analysis. It was interpreted using descriptive and inferential statistics. The data findings has been organized and presented under the following sections:

Section 1: Demographic variables of sample.

Section 2: Structured knowledge questionnaire .

Table 1: Frequency and Percentage distribution of nursing student in terms of level of knowledge regarding hand hygiene. N=60

Level of Knowledge	Scores	Range	Frequency	Percentage
Adequate	Above 75%	17-22	–	
Moderately adequate	50 to 75%	16-Nov	21	35%
Inadequate	less than 50%	less than 11	39	65%

*Significant($p < 0.05$)^{NS} Not significant ($p > 0.05$).

Conclusion

Based on the findings of the study it can be concluded that 35% of nursing students have moderately adequate knowledge and 65% of students have inadequate knowledge regarding hand hygiene.

Implication:

1. The findings of the study will help the nursing professional to reduce the infection in the patients. Nurses in clinical area should develop & follow the practices related to hand hygiene
2. Clinical nurses must be given an opportunity for in-services education. In this way, they can get current

knowledge about the appropriate decision making & can better educate the general public particularly the nursing students.

3. Nurse administrators have the responsibility to provide a staff development programme for the nursing personnel emphasizing use of hand hygiene to reduce the infection.

Limitations:

- The size of the sample under study was limited to 60 nursing students. Hence, result cannot be generalized due to limited sample size.
- Data collection was based on information provided by the subject.

- The study was limited to residing in nursing students in selected nursing college of Ludhiana only.

Ethical Clearance: Ethical clearance was taken by the principal of SKSS College of Nursing Ludhiana, Punjab.

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Conflict of Interest: Nil

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