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**A cross sectional study to assess the compliance with hand
hygiene and its influencing factors among health care
professionals in intensive care unit of Kasturba Hospital, Manipal**

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"ABSTRACT

A cross sectional study to assess the compliance with hand hygiene and its influencing factors among health care professionals in intensive care unit of Kasturba Hospital, Manipal was conducted by Ms Glory Jayesh Waghela in partial fulfilment of the requirements for the award of Master of Science in Nursing at Manipal College of Nursing Manipal, Manipal University.

The objectives of the study were to assess the compliance with five moments and techniques of hand hygiene and explore the factors influencing hand hygiene practice among the health care professionals.

The conceptual framework of the study was based on Ronsenstock, "Health Belief Model".

The study was divided into two phases; the sample for phase-1 consisted of opportunities of five moments and techniques of hand hygiene and for phase-2 consisted of health care professionals attending the patients in medical ICU (ICU-2).

The data collection instruments used for the study in phase-1 were WHO standardized observation tool on five moments and techniques of hand hygiene and for the phase-2 were the demographic proforma and factors influencing hand hygiene practice. To ensure the content validity of the instruments, the instruments were submitted to five experts. The instruments were pretested among the five health care professionals and the reliability ($r=0.72$) was also established. The pilot study was conducted by observing 50 opportunities for phase-1 and 20 health care professionals for phase-2.

Administrative permission was obtained from the, Dean, Manipal College of Nursing Manipal, Medical Superintendent, Kasturba Hospital, Manipal, Chairperson, Hospital Infection Control Committee, Kasturba Hospital, Manipal, Professor and HoD of General Medicine, Kasturba Hospital, Manipal, Institutional Ethics Committee (IEC 690/2015), Kasturba Hospital, Manipal, Institutional Research Committee, Manipal College of Nursing Manipal, Informed consent from participants in phase II was obtained from the participants of the study. The data was collected from 12th January 2016 to 6th February 2016.

The data collected were analyzed using SPSS version 20.0. Descriptive statistics were used to analyze the data.

Overall compliance with five moments of hand hygiene was 35.6% (556/1560) among the health care professionals. Majority of health care professionals performed hand hygiene 79.6% (176/221) after body fluid risk exposure, compliance was high 70.7% (155/219) among Physiotherapist when compared to other health care professionals and the majority of health care professionals performed hand hygiene, 39.6% (227/572) during the afternoon.

Compliance with five moments of hand hygiene was high, 44.5% (454/1019) during the week days when compared to the weekends.

Compliance with techniques of hand hygiene showed that all (100%) of health care professionals performed palm to palm step. The most neglected step were rubbing back of fingers onto opposite palm fingers interlocked, rotational rubbing on tips of fingers on the palm and rotational rubbing of the thumbs on the palms.

Sample characteristics showed that, majority 62% of the health care professionals belonged between the age group of 21 and 25 years, 77.8% were females, 66.7% belonged to the Nursing profession, 37% with Diploma in Nursing, 44.4 % had less than two years of total experience, 70.3% were with less than two years of total ICU experience, 68.5% had attended CNE, CME, conference or workshop on infection control.

Majority, 33 (61.1%) of the health care professionals perceived that the only effective way to perform hand hygiene was with soap and water and the least, 2 (3.7%) accounting for lack of knowledge.

Thus, the study concluded that compliance with five moments and techniques of hand hygiene are the least neglected areas among the health care professionals which if re-inforced through motivation and encouragement can help to build up compliance rates and reduce health care associated infections.

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