Knowledge of hand hygiene among healthcare providers in a tertiary care hospital, Bengaluru

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Received: 13 July 2018
Accepted: 21 August 2018

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ABSTRACT

Background: Healthcare providers (HCPs) have been identified as the most common vehicle for transmission of hospital acquired infections (HAIs) from patient to patient and within the healthcare environment. Hand hygiene has been identified as the single most important, simplest and least expensive means of preventing HAIs. This study was conducted to assess the knowledge of hand hygiene among healthcare providers in a tertiary care hospital in Bengaluru.

Methods: A cross sectional descriptive study was conducted among all the health care providers who have been working in the hospital for more than one year. Total 122 health care providers were included in the study. A semi-structured, self-administered questionnaire was developed and used to obtain information on respondent’s socio-demographic characteristics, and knowledge of hand hygiene. For collecting data in this study, the World Health Organization (WHO) "Hand Hygiene Knowledge Questionnaire "revised 2009 edition was used. Descriptive statistics was used as necessary.

Results: A total of 122 health care providers participated in the study. Among them 78 (63.9%) have received formal training in hand washing. The mean age of the study participants was 29.11±8.6 years. Majority opined that hand rubbing is required before palpation of the abdomen (86.9%) knowledge about hand hygiene was found to be moderate in majority of the study subjects (144 out of 200, 74%).

Conclusions: In the present study the knowledge on hand hygiene among health care providers is moderate it highlights the importance of improving the current training programs targeting hand hygiene practices among health care providers.

Keywords: Health care providers, Hand hygiene, Knowledge

INTRODUCTION

Infection caused due to hospital acquired microbes is an evolving problem worldwide, and horizontal transmission of bacterial organisms continues to cause a high nosocomial infection rate in health care settings.¹ Nosocomial infections due to poor hand hygiene are a major cause of increasing morbidity, mortality and health care costs among hospitalized patients worldwide. In other words, health care workers’ hands due to poor hand hygiene are the most usual type of vehicle for the transmission of health care-associated infections.²

Considering the tremendous advancement in medical care in the past few decades, it is strange that the healthcare settings still remain unsafe for patients worldwide, principally as a result of hospital acquired infections (HAIs). Healthcare providers (HCPs) have been identified as the most common vehicle for transmission of HAIs from patient to patient and within the healthcare environment.³
The total number of hand exposures in a hospital may range from several tens to thousands per day. With each hand-to-surface exposure a two directional exchange of microorganisms occurs between hands and the touched object and the transient hand-carried flora is thus continuously changing. Most of the healthcare workers hand flora gradually gets replaced by pathogenic microorganisms, which can spread throughout a health care environment in a short span of time.\(^4\)

According to the World Health Organization (WHO), HAIs affect an estimated 1.4 million patients at any time worldwide. Hand hygiene has been identified as the single most important, simplest and least expensive means of preventing HAIs.\(^3\)

This study was conducted to assess the knowledge of hand hygiene among healthcare providers in a tertiary care hospital in Bengaluru.

**Objectives**

To assess the knowledge of hand hygiene among healthcare providers in a tertiary care hospital in Bengaluru.

**METHODS**

A cross sectional descriptive study was conducted during January 2017-March 2017 to assess the knowledge of hand hygiene among the health care providers in a tertiary care hospital Bengaluru. Complete enumeration of all the health care providers (nurses and doctors) who have been working in the hospital for more than one year were considered for the study. Total 122 health care providers were included in the study.

A semi-structured, self-administered questionnaire was developed and used to obtain information on respondent’s socio-demographic characteristics, and knowledge of hand hygiene. For collecting data in this study, the World Health Organization (WHO) "Hand Hygiene Knowledge Questionnaire “revised 2009 edition was used”. The questionnaire contained questions on the participants’ age, gender, profession, year of the course, formal training in hand hygiene and 27 multiple choice and "yes” or “no” questions to assess HH knowledge. For each correct answer one point was considered, and an incorrect answer was given zero. Overall scores were expressed in percentage; so that an overall score of >75% was considered as good, 50–74% as moderate and <50% as poor knowledge.

Ethical clearance was obtained and informed consent was obtained after explaining the nature of study to all participants.

**Statistical analysis**

The data was collected and compiled in MS Excel and analyzed by using SPSS software version 20.0. Descriptive statistics was used as necessary, all qualitative variables were presented as frequency and percentages. All quantitative variables were presented as mean and standard deviation.

**RESULTS**

Among the total of 122 study participants, 78 (63.9%) have received formal training in hand washing. The mean age of the study participants was 29.11±8.6 years. Table 1 shows the socio-demographic characteristics of study participants.

**Table 1: Socio-demographic characteristics of the study participants (n=122).**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>83</td>
<td>68</td>
</tr>
<tr>
<td>Male</td>
<td>39</td>
<td>32</td>
</tr>
<tr>
<td><strong>Department</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicine</td>
<td>43</td>
<td>35.2</td>
</tr>
<tr>
<td>Surgery</td>
<td>38</td>
<td>31.1</td>
</tr>
<tr>
<td>ICU</td>
<td>8</td>
<td>6.6</td>
</tr>
<tr>
<td>Emergency</td>
<td>9</td>
<td>7.4</td>
</tr>
<tr>
<td>Obstetrics</td>
<td>13</td>
<td>10.7</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>11</td>
<td>9.0</td>
</tr>
</tbody>
</table>

**Table 2: Assessment of hand hygiene knowledge among health care workers.**

<table>
<thead>
<tr>
<th>S No</th>
<th>Knowledge statements (correct statements)</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The main route of the cross transmission of harmful germs between the patients is when Healthcare workers’ hands are not clean</td>
<td>91</td>
<td>74.6</td>
</tr>
<tr>
<td>2.</td>
<td>The source of germs responsible for nosocomial infections are germs already present on or within the patient</td>
<td>50</td>
<td>41.0</td>
</tr>
<tr>
<td>3.</td>
<td>Hand hygiene actions which prevent transmission of organisms to patients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>–</td>
<td>Before touching a patient</td>
<td>106</td>
<td>86.9</td>
</tr>
<tr>
<td>–</td>
<td>Immediately after body fluid exposure</td>
<td>82</td>
<td>67.2</td>
</tr>
<tr>
<td>–</td>
<td>After exposure to immediate surroundings of the patient</td>
<td>49</td>
<td>40.2</td>
</tr>
<tr>
<td>–</td>
<td>Immediately before a clean/aseptic procedure</td>
<td>87</td>
<td>71.3</td>
</tr>
</tbody>
</table>

Continued.
Among the 122 study participants, 110 (90.2%) of them routinely used an alcohol-based hand rub. 64 (52.5%) of the study participants knew that 20 secs is the minimal time needed for alcohol-based hand rub (sterillium) to kill most germs on your hands.

Table 3: Level of hand hygiene knowledge among health care providers.

<table>
<thead>
<tr>
<th>Hand hygiene knowledge</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>42</td>
<td>34.4</td>
</tr>
<tr>
<td>Moderate</td>
<td>54</td>
<td>44.3</td>
</tr>
<tr>
<td>Poor</td>
<td>26</td>
<td>21.3</td>
</tr>
<tr>
<td>Total</td>
<td>122</td>
<td>100</td>
</tr>
</tbody>
</table>

The percentages of correct responses to the individual questions on hand hygiene knowledge of the study participants are given in Table 3.

DISCUSSION

The knowledge about good hand washing practices and compliance of the same according to WHO guidelines amongst health care workers is essential for lowering the health care associated infections.

Among the study participants, 74.6% of them answered correctly when asked about the main route of transmission of potentially harmful germs between patients. Our results are comparable with other studies, which reported that 75% of participants knew that unhygienic hands of health care workers were the main route of transmission.

Minimal time needed for alcohol-based hand rub to kill most germs on the hands was correctly known to 64 (52.5%) of the study participants; these results were lower than the results in the study done by Zakeri et al and timothy et al where 64.8%, 67% of them knew the correct time for hand washing.

Among the total of 122 study participants, 78 (63.9%) have received formal training in hand washing, while in the study done by timothy et al 56.5% of the respondents and in the study done by Kumar et al 40% of the respondents received training.

In the present study, knowledge about hand hygiene was found to be moderate in majority of the study subjects (144 out of 200, 74%). Similar results were observed in study done by Ariyaratne et al and Nair et al. On the other hand, in a study from South West Nigeria majority of respondents (83.0%) had good knowledge of hand
hygiene, which could have been due to greater number of training activities being provided in Nigeria than in our study. Majority opined that hand rubbing is required before palpation of the abdomen (86.9%) in this study. This is in contrast to the study findings reported by Maheshwari et al where about 52.5% respondents answered correctly.

The fact that hand rubbing is not more effective than hand washing was correctly known to 60.7% of the study participants in the present study whereas 56.7% knew the correct response in the study conducted by Tabassum et al.

About 34% of study participants knew that hand washing and hand rubbing are not required to be carried out in sequence. Similar results were observed in study conducted by Tabassum et al.

A higher proportion (82.5%) of respondents in the present study opined that washing is required after visible exposure to blood. Similar findings have been reported by the studies conducted by Maheshwari et al, Nair et al, Ariyaratne et al, Shinde et al.

Majority (80.3%) correctly thought that touching damaged skin should be avoided, as associated with increased likelihood of colonisation of hands with harmful germs. Similar findings have been reported by the other studies.

**Limitation**

This is a questionnaire based study and one major limitation is that we have not calculated the actual hand hygiene compliance rate.

**CONCLUSION**

Present study highlights the importance of improving the current training programs targeting hand hygiene practices among health care workers. Hand hygiene training sessions may need to be conducted more frequently with continuous monitoring and performance feedback to encourage them to follow correct hand hygiene practices.

**ACKNOWLEDGEMENTS**

I would like to acknowledge the contributions made by the staff of the Department of Community Medicine, East Point College of Medical Sciences and Research Institute towards the conduct of my study. I also acknowledge and thank all the participants of my study for their valuable time.

**Funding:** No funding sources

**Conflict of interest:** None declared

**Ethical approval:** The study was approved by the Institutional Ethics Committee

**REFERENCES**


Cite this article as: Vidusha KSS, Menzil M. Knowledge of hand hygiene among healthcare providers in a tertiary care hospital, Bengaluru. Int J Community Med Public Health 2018;5:4433-6.