

## Kajian perilaku kepatuhan perawat terhadap praktek kewaspadaan standar dengan Teori Health Belief Model = Assessment of compliance to standard precautions among nurses using the Health Belief Model

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### Abstrak

**Pendahuluan:** Penerapan kewaspadaan standar telah menjadi tantangan besar bagi petugas kesehatan, terutama di negara-negara berkembang, membahayakan keselamatan mereka dan meningkatkan paparan mereka terhadap patogen terkait darah. Mempertimbangkan hal ini, sebuah penelitian dilakukan pada ketidakpatuhan perawat terhadap praktik kewaspadaan standar dengan pengamatan langsung terhadap perilaku perawat.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kepatuhan perawat terhadap praktik SP.

**Metode:** Sebuah studi cross-sectional dilakukan pada 120 perawat yang bekerja di sebuah rumah sakit di Palembang. Komponen Health Belief Model dari subjek dicatat melalui kuesioner. Formulir observasi 12 poin menilai kepatuhan SP perawat. Model regresi logistik ganda digunakan untuk mengeksplorasi faktor-faktor yang terkait dengan kepatuhan perawat.

**Hasil:** Hasil penelitian menunjukkan bahwa 56,7% dari peserta memiliki kepatuhan yang baik meskipun lima momen kebersihan tangan perlu ditingkatkan. Studi ini mengungkapkan bahwa proporsi perawat yang bekerja di ruang operasi dan ruang gawat darurat lebih besar daripada proporsi yang bekerja di bangsal lain dalam hal kepatuhan terhadap kewaspadaan standar (OR=2,57, 95% IK 1,51-4,36). Proporsi perawat yang telah menerima pelatihan juga menunjukkan proporsi yang lebih besar dalam kepatuhan terhadap kewaspadaan standar dari mereka yang belum dilatih (OR=2,70, 95% IK 1,07-6,79).

**Kesimpulan:** Perilaku perawat terhadap SP secara signifikan terkait dengan kecukupan unit pelatihan dan kerja. Disarankan bahwa praktik SP juga dipengaruhi oleh faktor pendukung dan norma subjektif. Pelatihan perawat yang memadai, penyediaan peralatan pencegahan infeksi, dan penilaian pajanan pekerjaan perlu diperkenalkan.

.....Introduction: The application of standard precautions (SPs) had become a significant challenge for healthcare workers, especially in developing countries, endangering their safety and increasing their exposure to blood-related pathogens.

**Objective:** This study was aimed at exploring the factors related to nurses compliance with the practice of SP.

**Methods:** A cross-sectional study was conducted on 120 nurses working at a hospital in Palembang. Health Belief Model components of the subjects were recorded through questionnaires. A 12-point observation form assessed the nurses SP compliance. Multiple logistic regression models were used to explore factors associated with nurses compliance.

**Results:** The results showed that 56,7% of participants had good compliance, although the five moments of hand hygiene was still needed to be improved. The study revealed that the proportion of the operating room and emergency room nurses who complied to the SPs was larger than the proportion of those who work at the other wards (OR=2.57, 95% CI 1.51-4.36). The proportion of nurses who had received training also

showed a larger proportion in compliance with SPs than those who had not been trained (OR=2.70, 95% CI 1.07-6.79).

Conclusion: Nurses behavior to SP was significantly associated with the adequacy of the training and work unit. It is suggested that the practice of SP was also influenced by enabling factors and subjective norms. Adequate training of nurses, provision of infection prevention equipment, and assessment of occupational exposures need to be introduced.