

Evaluasi kepatuhan cuci tangan pada peserta didik bidang kesehatan di Rumah Sakit Universitas Indonesia = Evaluation of hand hygiene compliance among health science students at Universitas Indonesia Hospital

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Abstrak

Latar Belakang

Peserta didik bidang kesehatan yang menjalani pendidikan profesi sering berinteraksi dengan pasien dan lingkungannya, sehingga kepatuhan praktik cuci tangan menjadi sangat penting. Ketidakpatuhan terhadap prosedur cuci tangan berpotensi meningkatkan risiko penularan hospital-acquired infections (HAIs). Penelitian ini bertujuan untuk mengevaluasi tingkat kepatuhan cuci tangan di kalangan peserta didik bidang kesehatan di Rumah Sakit Universitas Indonesia (RSUI).

Metode

Penelitian ini menggunakan desain cross-sectional untuk mengamati 200 kesempatan cuci tangan berdasarkan 5 Momen Cuci Tangan dari WHO pada peserta didik program studi kedokteran (FK), kedokteran gigi (FKG), keperawatan (FIK), dan farmasi (FF). Data dianalisis menggunakan SPSS untuk menentukan persentase kepatuhan, dan dilakukan uji Chi-Square, uji normalitas Kolmogorov-Smirnov, serta uji Mann-Whitney.

Hasil

Studi ini melibatkan 200 kesempatan cuci tangan peserta didik bidang kesehatan di RSUI. Dari jumlah tersebut, peserta didik melakukan cuci tangan pada 115 kesempatan (57,5%). Pada 98 dari 115 (85,22%) kesempatan, peserta didik menggunakan hand rub, namun hanya 56 kesempatan (57,14%) yang sesuai dengan rekomendasi durasi WHO (20-30 detik). Berdasarkan 5 Momen Cuci Tangan WHO, peserta didik FK dominan menerapkan momen ke-5 (41,38%), peserta didik FIK dominan menerapkan momen ke-4 (32,5%), dan peserta didik FKG serta FF hanya menerapkan momen ke-5 karena keterbatasan interaksi dengan pasien. Tingkat kepatuhan terhadap enam langkah cuci tangan mencapai 83,62%. Perbedaan signifikan dalam kepatuhan jumlah langkah cuci tangan ditemukan antara peserta didik FK dan FIK di RSUI (p-value <0,05).

Kesimpulan

Tingkat kepatuhan cuci tangan peserta didik bidang kesehatan di RSUI tergolong rendah, dengan perbedaan signifikan dalam jumlah langkah cuci tangan antara peserta didik FK dan FIK.

.....Introduction

Health sciences students undergoing professional training consistently engage with patients and their environments, causing adherence to hand hygiene practices critically important. Non-compliance with handwashing procedures can potentially increase the risk of transmission of hospital-acquired infections (HAIs). This study aims to evaluate the level of hand hygiene compliance among health sciences students at the Universitas Indonesia Hospital (RSUI).

Method

This study utilized a cross-sectional design to observe 200 hand hygiene opportunities based on the WHO's

5 Moments for Hand Hygiene among students in the faculties of medicine, dentistry, nursing, and pharmacy. Data were analyzed using SPSS to determine compliance percentages, and statistical tests including the Chi-Square test, Kolmogorov- Smirnov normality test, and Mann-Whitney test were conducted.

Results

This study involved 200 hand hygiene opportunities among health sciences students at the University of Indonesia Hospital (RSUI). According to this total, students performed handwashing in 115 instances (57.5%). From this number, students used hand rub in 98 instances (85.22%), but only 56 instances (57.14%) fulfilled the WHO-recommended duration (20-30 seconds). According to the WHO's 5 Moments for Hand Hygiene, medical students predominantly applied the 5th moment (41.38%), nursing students predominantly applied the 4th moment (32.5%), and dentistry and pharmacy students only applied the 5th moment due to limited patient interaction. Compliance with the six steps of handwashing reached 83.62%. A significant difference in adherence to the number of handwashing steps was found between medical and nursing students at RSUI (p-value <0.05).

Conclusion

The level of handwashing compliance of health students at RSUI is relatively low, with significant differences in the number of handwashing steps between FK and FIK students.