

# Pengaruh kepatuhan cuci tangan terhadap insiden infeksi saluran pernafasan akut pada petugas medis di rumah sakit = Effect of compliance in hand washing on incidence of acute respiratory infections among health care workers in a hospital

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## Abstrak

Latar Belakang :Infeksi Saluran Pernafasan Akut ISPA merupakan salah satu dari penyakit nosokomial Healthcare Acquired Infections HAIs , namun seringkali para petugas medis hanya menggunakan masker dalam rangka mencegah ISPA. Petugas kesehatan diharuskan untuk melakukan kewaspadaan standar kepada seluruh pasien.

Metode :Penelitian ini menggunakan desain kohort retrospektif yang dilakukan di RS. S pada bulan Desember 2016. Sampel terbagi menjadi dua kelompok, masing-masing kelompok yang patuh cuci tangan dan kelompok yang tidak patuh cuci tangan. Angka kejadian ISPA dipantau selama 3 bulan pada masing-masing kelompok. Variabel yang diteliti adalah kepatuhan cuci tangan, pekerja yang bertugas di area berisiko tinggi, umur, masa kerja, jenis kelamin, status gizi, profesi pekerjaan, dan kebiasaan merokok.

Hasil :Dari total 429 sampel, didapatkan 39 kejadian ISPA 9,1 . Faktor umur, masa kerja, jenis kelamin, status gizi, kebiasaan merokok tidak berpengaruh terhadap insiden ISPA. Karyawan yang bekerja di area berisiko tinggi berpengaruh terhadap kejadian ISPA  $p = 0,021$ , RR 0,38, 95 IK 0,165 ndash; 0,866 .

Pekerjaan sebagai penunjang medis  $p = 0,043$ , RR 8,53, 95 IK 1,073 ndash; 67,946 dan dokter umum  $p = 0,037$ , RR 9,86, 95 IK 1,150 ndash; 84,562 memiliki pengaruh terhadap insiden ISPA.

Kesimpulan dan saran.Pekerja yang bertugas di area berisiko tinggi memiliki pengaruh terhadap kejadian ISPA  $p = 0,021$ , IK95 0,165 ndash; 0,866 , dan dapat mengurangi risiko terkena ISPA hingga 62,1 .

Pencegahan ISPA harus dilakukan sesuai dengan cara transmisi penyakit, yaitu dengan melakukan kewaspadaan standar sesuai dengan jenis penyakit.

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Background Acute Respiratory Infections ARI is one of nosochomial infection included in Healthcare Acquired Infections HAIs , most of the health care workers only uses mask as preventive measure. Health care workers should do the standard precautions to all the patients.

Methods A retrospective cohort study was done on a hospital during December 2016. The population was divided into 2 groups. Group 1 was those who perfectly washed their hands, and group 2 was those who did not perfectly washed their hands, and will be looked 3 months forward to see the incidens of ARI. The variables analyzed were the complience of hand washing, workers at high risk services, age, work hour, gender, nutritional status, profession and smoking habit.

Results From 429 subjects in this study, there were 39 incidence of ARI 9.1 . Age, work hour, gender, nutritional status and smoking habit had no effect towards the incidence of ARI. Workers at high risk services had effects towards the incidence of ARI  $p$  value 0.021, RR 0.38, CI95 0,165 ndash 0,866 .The profession of medical support  $p$  value 0.043, RR 8.53, CI95 1,073 ndash 67,946 and general practitioner  $p$  value 0.037, RR 9.86, CI95 1,150 ndash 84,562 were more prone to ARI.

Conclusion and recommendation Workers at high risk services had effect towards the incidence of ARI.

Prevention against ARI had to be done as how the diseases were transmitted. By increasing the standard precautions awareness of medical personal to a certain diseases.