Original Articles

NURSE PERCEPTIONS TO IMPLEMENT FIVE MOMENTS OF HAND WASHING

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Abstract

Background: Hand washing is one of the actions to clean hands and fingers to reduce nosocomial infections. Correct and appropriate nurse's behavior in carrying out hand washing determines the adequate hand washing.

Objective: This study purpose was to determine the perceptions of the nurse to implement five moments of hand washing.

Methods: The study design used a description. Sampling used in this study was 20 respondents. The perceptions were measured by questionnaire. The statistical test data was analyzed using univariate.

Results: The study results showed that the majority of respondents had a good perception (75%), while a small number of respondents had a fairly good perception (25%).

Conclusion: The nurse's perception of carrying out the five moments of hand washing in the emergency room at Unipdu Medika Hospital was good. Hence, doing the correct hand washing procedure can prevent nosocomial infections.

INTRODUCTION

Hand washing is one of the sanitary actions by cleaning hands and fingers using water or other liquids by humans to be clean, as part of religious rituals or other purposes (Priyoto, 2015). Proper hand washing requires tools such as soap, clean running water, and clean towels. According to WHO (2019), there are three components to washing hands, namely rubbing, soap, and running water. So, the definition of hand washing is the movement of rubbing with soap, followed by rinsing under running water both surfaces of the hands thoroughly with soap, followed by rinsing under running water (Mozo, 2017).

The purpose of hand washing is to mechanically remove dirt and dust from the surface of the skin and reduce the number of microorganisms by using soap and water (Khoiruddin and Sutanta, 2016), therefore hand washing is essential for nurses to sanitize nosocomial occurs from nurse to patient and vice versa. Nosocomial infections are patients admitted to the hospital and show signs of infection that are less than 72 hours indicating that the disease incubation period has occurred before the patient entered the hospital (Saryono, 2011). For this reason, proper hand washing is essential for nurses (Paramitha, 2017).

Implementation of proper hand washing needs to be done with the awareness of the nurse herself, bearing in mind that a person's response is different, in this case, the perception regarding goal-directed behavior (Agustin, 2020). This study is in line with the Health Belief Model (HBM) theory which emphasizes the individuals' attitudes and beliefs in behavior, especially health behavior. Individual beliefs and perceptions of something foster an action plan within the individual; this behavioral theory places more emphasis on aspects of individual beliefs and perceptions. The existence of a good or bad perception can come from knowledge, experience, and information obtained by the individual concerned so that action occurs in looking at something (Nurhadianti, 2020).

Unipdu Medika Hospital tends to increase phlebitis from 3% in 2019 to 4.08% in 2020, and the incidence of peripheral blood flow infection has decreased from 0.04% in 2019 to 0.1% in 2020. The incidence of VAP (Ventilator Acquired Pneumonia) in 2019 was from 1.8% to 0.78% in 2020. There were no UTI (Urinary Tract Infection) incidents in 2019; but in 2020 there were 0.25 % and SSI (Surgical Site Infection) in 2019 there were no incidents; but in 2020 there was 0.05%.

One of the ways to reduce these incidents is by application of five moments of washing hands. According to WHO, the correct procedure for washing hands are: (1) Pour the liquid hands rub on the palms of the hands then wipe and rub gently in a circular direction. (2) Wipe and rub the back of both hands alternately. (3) Rub between your fingers until clean. (4) Clean the fingertips alternately with the interlocking position. (5) Rub and rotate both thumbs alternately. (6) Place your fingertips in your palms and rub gently (PPI, 2021).

However, in reality, there are nurses who have not performed adequate hand washing at the right time so nosocomial infections still occur. The five moments of washing hands that must be carried out include: (1) Before contact with patients, (2) Before carrying out aseptic measures, (3) After being exposed to the patient's body fluids, (4) After contact with the patient, and (5) After contact with the environment around the patient (PPI, 2021).

Based on the description above, the researcher wants to examine the perceptions of nurses in carrying out the five moments of hand washing.

METHODS

Study Design

The study design was descriptive.

Settings

The research was conducted for emergency room nurses at "Unipdu Medika Hospital" in June 2022.

Research subject

The population were nurses in the emergency room at Unipdu Medika Hospital, with a total sampling technique of 20 respondents.

Instruments

The instrument used in data collection was the nurse perception questionnaire consisting of respondent demographic data which included the respondent's name or initials, age, gender, education level, and a statement of whether they have participated in the five moments of hand washing training. The nurse perception questionnaire used to adapt and modify questions from previous researchers, namely Lilis Ulvania (2021), using a Likert scale, interpretation of the answers to statements is scored (4) = strongly agree, (3) = agree, (2) = disagree, (1) = strongly disagree. Using the Pearson Product Moment formula in the perception questionnaire, each item is valid because the R counts > R table is 0.532. Meanwhile, using the Pearson Product Moment formula in the perception questionnaire, each item is declared valid because the R count > R table is 0.532.

Data collection

Data collection was carried out by administering questionnaires and explaining the methods, objectives, benefits, and research inclusion criteria to be studied to respondents. The research instruments that have been filled in were then collected, and the completeness of the filling was checked. The data collection results were then processed and analyzed.

Data Analysis

Data analysis was carried out in this study in the form of a description of the distributing questionnaires results.

Ethical Consideration

The implementation of this research has received approval from the director of Unipdu Medika Hospital. The ethics exam was carried out at the Faculty of Health Sciences, Unipdu Jombang with certificate number 014.22/KEP-Unipdu/6/2022.

RESULTS

Characteristics of Respondents

The characteristics of the respondents display the demographic data of the respondents which include age, gender, education, and history of having participated in the five moments of hand washing training.

Table 1. Characteristics of Nurses in the Emergency Room of Unipdu Medika Hospital at June 2022.

Characteristics	Frequency
Gender	
Man	15
Woman	5
Age	
Early Adult (21-40 years)	17

Characteristics	Frequency
Middle Adult (41-60 years)	3
Education	
D3 Nursing	10
S1 Nursing	10
Hand Washing 5 Moments Training	
Yes	17
Not	3

Based on table 1 above, it shows the characteristics of the 20 respondents according to gender, age, education, and training for five moments of hand washing. The characteristics of the respondents based on the percentage of sex were mostly male, namely, 15 respondents (75%), while a small portion was female, namely 5 respondents (25%). Characteristics of respondents based on age percentage showed that almost all of them were early adults, namely 17 respondents (85%), while a small number were middle adults, namely 3 respondents (15%).

The characteristics of the respondents based on the percentage of education were that half of the respondents had an undergraduate education, namely 10 respondents (50%), while half of the respondents had a diploma degree of education, namely 10 respondents (50%). Characteristics of respondents based on the percentage of the five moments of hand washing training, almost all of them had attended the five moments of hand washing training, namely 17 respondents (85%), while a small number did not attend the five moments of hand washing training, namely 3 respondents (15%).

Specific data presents the results of nurses' perceptions in carrying out five moments of hand washing in the emergency room at Unipdu Medika Hospital.

Table 2. Perceptions of Nurses in Carrying Out 5 Moments of Hand Washing at the Emergency Room of Unipdu Medika Hospital on June 2022.

Nurse Perception	Frequency
Well	15
Pretty good	5

Based on table 2 above, it shows the perception of nurses in carrying out five moments of hand washing in the emergency room at Unipdu Medika Hospital of 20 nurses showed that the majority of respondents had a good perception, namely 15 respondents (75%), while a small number of respondents had a fairly good perception, namely 5 respondents (25%).

DISCUSSION

Based on the study results, it was shown that the perceptions of nurses in carrying out the five moments of hand washing were mostly 15 respondents (75%) whose perceptions were good, while a small proportion of 5 respondents (25%) had fairly good perception.

According to Sunaryo, (2014) explains that perception is the process of receiving stimulation from the five senses which starts with a stimulus from the five senses, which is passed on by the individual and continues to the brain so that the individual is aware of and understands about something good that is around his environment and that is within himself,. the individual himself, so that the individual can understand. One of the factors that influence the perception is gender, this is following the theory that women are more willing to obey authority than men (Nursalam, 2009). From general data, it was found that out of 20 respondents, 15 respondents were male while 5 respondents were female.

Perceptual aspects include affective components related to feelings of pleasure and feelings of displeasure; therefore, they are evaluative in nature and related to cultural values or value systems they have. The conative component is a person's readiness to act or behave concerning the attitude of the object. The cognitive component is composed based on the knowledge or information that a person has on the object of his attitude (Bimo, 2002).

The data analysis results indicate that the perception of nurses is mostly good (75%) in carrying out five moments of hand washing, which means that nurses are strongly agree. Five moments of hand washing are essential to protect patients from pathogenic microbes, which was it can be transferred from the hands of health workers to the patient. A small percentage of nurses' perceptions are quite good (25%) in carrying out five moments of hand washing, which means that nurses agree to do five moments of hand washing, but sometimes they don't wash their hands properly. One factor that influences nurses' perceptions of carrying out the five moments of hand washing is that nurses think washing hands only takes up time in providing nursing care. The number of patients and nursing actions carried out by nurses means that nurses rarely do five moments of hand washing as determined by hospital standards well.

Belief in individual perceptions of something fosters an action plan within the individual, this behavior places more emphasis on aspects of individual beliefs and perceptions. The existence of good or bad perceptions can come from knowledge, experience, and information obtained by the individual concerned so that actions occur when looking at something (Nurhadianti, 2020).

LIMITATION

There is no limitation.

CONCLUSION

Nurse's perception of carrying out five moments of hand washing in the emergency room of Unipdu Medika Hospital is mostly good.

AUTHOR CONTRIBUTION

Zuliani Zuliani: Conceptualization, methodology, writing-review and editing, writing-original draft supervision, visualization, project administration, software, validation, formal analysis, investigation, resources, data duration and funding acquisition.

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Zuliani Zuliani : None

CONFLICT OF INTEREST

There is no conflict of interest this research.

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