

INTISARI

Latar belakang: *Healthcare Associated Infections (HAIs)* adalah infeksi yang terjadi pada saat proses perawatan pasien di rumah sakit atau di fasilitas pelayanan kesehatan lainnya. Penyebaran infeksi di rumah sakit dapat terjadi karena tangan tenaga kesehatan yang terkontaminasi bakteri. Tenaga kesehatan yang kurang memperhatikan perilaku *hand hygiene* dapat menjadi perantara tersebarnya mikroorganisme dari satu pasien ke pasien lain. Perilaku *hand hygiene* tenaga kesehatan menjadi salah satu faktor penting yang berpengaruh terhadap pengendalian HAIs.

Tujuan: Mengetahui bukti-bukti ilmiah pengaruh perilaku *hand hygiene* tenaga kesehatan terhadap penurunan angka kejadian HAIs.

Metode: Penelitian ini merupakan *literature review* dengan metode *narrative*. Pencarian artikel dilakukan pada *database PubMed, clinical key, scopus*, dan CINAHL dengan kriteria inklusi: (1) publikasi tahun 2010-2020, (2) berbentuk *randomized control trial* dan (3) *free full paper*. Kriteria eksklusi adalah artikel berbentuk buku, hasil seminar, tesis, disertasi dan konferensi

Hasil: Dari sejumlah 844 abstrak, akhirnya ditemukan 5 artikel yang sesuai. Peningkatan *hand hygiene* dari 34,9% menjadi 80,6%, menyebabkan penurunan angka kejadian HAIs dari 7,54 menjadi 4,64/1000 hari perawatan. Peningkatan *hand hygiene* pada tenaga kesehatan yang diikuti dengan penurunan angka kejadian HAIs ini terjadi karena perilaku *hand hygiene* dapat mengurangi transmisi bakteri patogen penyebab HAIs. Tetapi, perilaku *hand hygiene* pada tenaga kesehatan secara keseluruhan masih tergolong rendah yaitu 43%. Terdapat beberapa intervensi yang dapat dilakukan untuk membantu meningkatkan perilaku *hand hygiene* pada tenaga kesehatan, seperti pemberian intervensi dengan pendekatan INICC.

Kesimpulan: Peningkatan perilaku *hand hygiene* berkontribusi terhadap penurunan angka kejadian HAIs. Dengan adanya peningkatan *hand hygiene*, transmisi bakteri patogen penyebab infeksi akan berkurang sehingga menurunkan kemungkinan terjadinya infeksi.

Kata kunci: *healthcare workers, hand hygiene, healthcare associated infections, cross infections*

ABSTRACT

Background: Healthcare Associated Infections (HAIs) are infections that occur during the patient care process in a hospital or in other health care facilities. The spread of infection in the hospital can occur because the hands of healthcare workers are contaminated with bacteria. Healthcare workers who do not pay attention to hand hygiene behavior can be an intermediary for the spread of microorganism from one patient to another. Hand hygiene behavior of healthcare workers is one of the important factors that affect the control of HAIs.

Objective: To determine the scientific evidence of the effect of hand hygiene behavior for healthcare workers on reducing the incidence of Healthcare Associated Infections (HAIs)

Method: This study is a literature review with a narrative. Search for articles was carried out on the PubMed, clinical keys, Scopus, and CINAHL database with the following inclusion criteria: (1) publication in 2010-2020, (2) in the form of a randomized control trial and (3) free full paper. The exclusion criteria were articles in the form of books, seminar results, theses, dissertations and appointments

Result: From a number of 844 abstracts, finally found 5 corresponding articles. The improvement of hand hygiene from 34.9% to 80.6% resulted in a decrease in the incidence of HAIs from 7.54 to 4.64 / 1000 treatment days. The improvement of hand hygiene among health workers followed by a decrease in the incidence of HAIs occurs because hand hygiene can reduce the transmission of pathogenic bacteria that cause HAIs. However, the overall hand hygiene behavior among health workers is still low, namely 43%. There are several interventions that can be done to help improve hand hygiene behavior among health workers, such as providing interventions with the INICC approach.

Conclusion: The improvement of hand hygiene behavior contributed to the decrease in the incidence of HAIs. With the improvement of hand hygiene, the transmission of pathogenic bacteria that cause infection would be reduced, thereby reducing the possibility of infection.

Keywords: *healthcare workers, hand hygiene, healthcare associated infections, cross infections*