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Pengaruh Masalah Kulit Akibat Penggunaan Alat Pelindung Diri dan Protokol Cuci Tangan terhadap Kualitas Hidup Tenaga Kesehatan saat Pandemi Covid-19 di RSUP Dr. Sardjito Tahun 2023
Muhamad Wahyuda, dr. Agnes Rosarina Prita Sari, M.Phil., Sp.DVE.; dr. Haryo Bismantara, M.P.H.
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

Latar Belakang : Tenaga kesehatan memiliki risiko tinggi tertular Covid-19 karena sering terpapar kasus dan berpotensi menularkan virus di fasilitas pelayanan kesehatan. Meskipun demikian, mereka tetap menjalankan tugas sebagai garda depan selama pandemi. penggunaan alat pelindung diri (APD) dan produk kebersihan tangan menyebabkan peningkatan kasus penyakit kulit akibat kerja (PKAK) pada tenaga kesehatan yang muncul dalam berbagai bentuk gejala atau masalah kulit. Oleh karena itu, pekerjaan, aktivitas sehari-hari, dan situasi finansial terpengaruh.

Tujuan : Tujuan penelitian ini adalah mengetahui pengaruh masalah kulit akibat penggunaan APD dan protokol cuci tangan selama pandemi Covid-19 terhadap kualitas hidup tenaga kesehatan di RSUP Dr. Sardjito tahun 2023.

Metode : Penelitian potong-lintang ini menggunakan data sekunder dari kuesioner NOSQ-2002–instrumen standar evaluasi untuk memantau penyakit kulit akibat kerja–yang telah dimodifikasi serta diisi oleh tenaga kesehatan RSUP Dr. Sardjito pada tahun 2023 dengan keluhan kulit akibat penggunaan APD dan protokol cuci tangan selama bekerja saat pandemi Covid-19. Variabel independen penelitian ini adalah penggunaan APD dan protokol cuci tangan, variabel mediasinya adalah keluhan kulit, dan variabel dependennya adalah kualitas hidup, meliputi efek pada pekerjaan, aktivitas sehari-hari, dan kondisi finansial.

Hasil : Dari 118 responden, sebanyak 28 responden (23,7%) terkena masalah kulit akibat penerapan protokol cuci tangan dan 23 responden (19,5%) terkena masalah kulit akibat penggunaan APD. Gejala yang paling umum dirasakan adalah kulit kering, kemerahan, robekan, dan gatal. Hasil uji regresi logistik binomial masalah kulit akibat protokol cuci tangan untuk produk cuci tangan basis non-alkohol (p = 0,987–0,988) dan basis alkohol (p = 0,201–0,363) tidak signifikan dan akibat penggunaan APD sangat bervariasi bergantung tipe APD (p = 0,038–1,000). Hasil uji regresi logistik binomial masalah kulit terhadap pekerjaan (p = 0,367–647) tidak signifikan dan aktivitas sehari-hari (p = 0,003–0,015) signifikan. Aktivitas sehari-hari yang sering terganggu adalah pekerjaan, pekerjaan rumah, dan suasana hati. Hasil uji regresi ordinal masalah kulit terhadap situasi finansial (p = 0,389–0,420) tidak signifikan.

Kesimpulan : Penelitian ini tidak dapat ditarik kesimpulan pengaruhnya antara masalah kulit akibat protokol cuci tangan dan APD dan terhadap kualitas hidup tenaga kesehatan. Namun, terdapat hubungan statistika yang bermakna antara masalah kulit, baik akibat protokol cuci tangan maupun APD, terhadap kualitas hidup dimensi aktivitas sehari-hari.

Kata Kunci : alat pelindung diri, cuci tangan, penyakit kulit akibat kerja, dermatitis kontak, tenaga kesehatan, kualitas hidup

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ABSTRACT

Background : Healthcare workers are at high risk of contracting COVID-19 due to their frequent exposure to infected patients and the potential for virus transmission within healthcare facilities. Nevertheless, they continued to serve as frontline workers throughout the pandemic. The use of personal protective equipment (PPE) and hand hygiene products led to an increased incidence of occupational skin diseases (OSDs) among healthcare workers, manifesting as various skin symptoms and conditions. Consequently, these skin problems adversely affected their work performance, daily activities, and financial well-being.

Objective : The objective of this study is to determine the effect of skin problems associated with the use of personal protective equipment (PPE) and hand hygiene practices during the COVID-19 pandemic on the quality of life of healthcare workers at Dr. Sardjito General Hospital in 2023.

Method : This cross-sectional study utilized secondary data obtained from the modified Nordic Occupational Skin Questionnaire (NOSQ-2002), a standardized instrument for monitoring occupational skin diseases, which had been completed by healthcare workers at Dr. Sardjito General Hospital in 2023 who experienced skin problems associated with the use of personal protective equipment (PPE) and hand hygiene practices while working during the COVID-19 pandemic. The independent variables were the use of PPE and hand hygiene practices, the mediating variable was skin problems, and the dependent variable was quality of life, including its impact on work, daily activities, and financial well-being.

Results : Among the 118 respondents, 28 (23.7%) experienced skin problems associated with hand hygiene practices, while 23 (19.5%) experienced skin problems related to the use of personal protective equipment (PPE). The most commonly reported symptoms were dry skin, erythema, skin fissures, and pruritus. Binomial logistic regression analysis showed that skin problems associated with hand hygiene practices were not significantly associated with the use of non-alcohol-based hand hygiene products ($p = 0.987–0.988$) or alcohol-based hand hygiene products ($p = 0.201–0.363$). The association between PPE use and skin problems varied according to the type of PPE, with p-values ranging from 0.038 to 1.000. Binomial logistic regression analysis demonstrated that skin problems were not significantly associated with work-related outcomes ($p = 0.367–0.647$) but were significantly associated with daily activities ($p = 0.003–0.015$). The daily activities most frequently affected were work, household chores, and mood. Ordinal logistic regression analysis showed that skin problems were not significantly associated with financial well-being ($p = 0.389–0.420$).

Conclusion : This study was unable to establish a causal effect of skin problems associated with hand hygiene practices and the use of personal protective equipment (PPE) on the quality of life of healthcare workers. However, a statistically significant

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association was found between skin problems, whether related to dimension of quality of life.

Keywords : personal protective equipment, occupational skin disease, contact dermatitis, healthcare worker, quality of life