

**KNOWLEDGE, ATTITUDE AND PRACTICE ON UNIVERSAL PRECAUTIONS
AMONG MEDICAL DOCTORS AND NURSES IN THINGANGYUN SANPYA**

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ABSTRACT

Universal precautions is an approach to infection control to treat all human blood and certain human body fluids as if they were known to be infectious for HIV, HBV and other blood borne pathogens.

A cross-sectional descriptive study was conducted in 2016 to describe the knowledge, attitude and practice on universal precautions among medical doctors and nurses at Thingangyun Sanpya General Hospital, a group with a high daily exposure to blood and body fluids. Data was collected through pre-tested structured questionnaires from the 235 respondents, including 117 medical doctors (49.8%) and 118 nurses (50.2%).

Among 235 respondents, (68.5%) of the respondents got high knowledge on universal precautions. Most of the respondents knew that the universal precautions are essential to provide protection for patients and all medical staffs but (62.1%) knew that it is also need to provide for visitors. Despite majority (90.6%) mentioned that most common occupational injury was needle stick injury, only (32.3%) knew the estimated risk of acquiring HBV from needle stick injury.

With respect to knowledge about hand hygiene , (93.2%) of respondents knew hand should be washed before and after examining a patient but only (35.3%) correctly answered minimum duration for hand washing with soap and water for 1 minute.

Overall attitude score was high among medical doctors and nurses (75.7%). Total (95.3%) of respondents perceived that healthcare waste management is important for prevention of blood borne infections and (91.5%) also noticed all jewellery should be removed before hand washing. Knowledge level was also significantly associated with attitude level on universal precautions among medical doctors and nurses ($p=0.000$)

In this study, majority of the respondents (72.8%) had poor practice on universal precautions. It was alarming to note that (59%) of respondents recapped the needle before discard. Total (74.9%) respondents were vaccinated against hepatitis B infection but only (60.8%) checked their antibody status. Effective hospital waste management should be established and training and education programs should be encouraged to improve universal precautions practice among health care worker