

ABSTRACT

Background: Hand hygiene, defined as the act of washing one's hands with soap and water, or disinfecting them with an antiseptic agent, has been recognized as the single most effective and cost-effective means of preventing hospital acquired infection, as well as an effective means of preventing illness in the community that may lead to hospitalization. Hand washing is one of the leading aseptic technique practices that help to reduce the risk of post procedure infections in patients by decreasing the likelihood of microorganisms entering the body during clinical procedures.

Objective: The purpose of study was to determine the knowledge, attitude and practice toward hand washing among health workers in Kayunga hospital.

Methods: This was a cross-sectional and descriptive in nature, employing quantitative method of data collection was used to assess the knowledge, attitude and practice toward hand washing among health workers in Kayunga hospital on 54 among health workers using convenience sampling, data was analyzed using SPSS version 20.

Results: From the data analyzed, 52.7% of the respondents had heard of infection prevention and control, 51.9% were aware of recommended guideline for hand hygiene, 51.9% knew when to perform hand washing and 87% knew when to use standard precautions, 74.1% of the respondents agreed that wearing jewelry increases the likelihood of colonization of harmful germs, 66.7% also agreed that and washing is an important part of their jobs, 72.2% of the respondents agreed that in the absence of universal precaution hospital can be a source of infection, as 40.7% of the respondents always washed hand with soap and water after touching patients, half 50% of the respondents always use appropriate hand washing before and after non-invasive procedures. 51.9% of the respondents always used appropriate hand washing before and after personal contact and 40.7% always use appropriate hand washing before and after waste handling

Conclusions and Recommendations: In conclusion, this study revealed moderate level of knowledge regarding hand washing, positive attitude and poor hand washing practices. Therefore the study recommends that Sustained training and re-training programmes on hand hygiene guidelines and practices should be undertaken to ensure health workers keep abreast with constantly changing global infection prevention trends and practices and regular training on correct hand hygiene practices.