

ABSTRACT

Background: Self-ear cleaning with cotton bud is a common practice by so many people despite the fact that, regular attendant hazards are associated with it. Cotton bud usage is a leading cause of ear morbidities among the population worldwide (Steele et al., 2002). A recent analysis in Uganda revealed that 36% of adults use cotton buds to clean their ears and yet cotton buds are the most common cause of accidental ear penetrating injury in children and adults (Chukuezi et al., 2011). Despite numerous potential hazards associated with cotton bud usage among the populations, its level of usability have remained persistently high (Youth map Uganda, 2011).

Objective: To determine the knowledge, attitude and practices towards cotton bud usage among patients attending Ear, Nose and Throat clinic at China – Uganda friendship hospital, Naguru from May – June 2017. Method: This was a cross sectional study because most clients /patients with ear related disease come to seeks medical advice and treatment here therefore, using cross sectional study approach, data was collected at one point in time. Responded were interviewed with a structured standard questionnaire. 100 respondents were sampled using non probability consecutive sampling technique. Respondents were interviewed with a structured standard questionnaire.

Results: From the analysis summarized in Table 4 of these results, 45% of respondents were knowledgeable while 55% were not knowledgeable. Marginal majority 45 (45%) of the participants have positive attitudes while 14 (14%) have negative attitudes regarding cotton bud usage and 41 (41%) were neutral attitudes among patient attending ENT clinic at Naguru. The study findings revealed that the majority 83 (83%) of the respondents said that they clean their ears with cotton bud and only a few 17 (17%) of them noted that they do not use cotton bud.

Conclusion: The study discovered that 45 (45%) of the participants at least were aware of cotton buds but 55(55%) were less knowledgeable on the complications associated with cotton bud usage. Regarding attitudes, most 45 (45%) of the participants had positive attitudes while 14 (14%) had negative attitudes towards cotton bud usage despite its associated complications.

Finally, study findings 83 (83%) revealed that the majority of the respondents cleaned their ears using cotton buds which extremely high compared to the ideal requirement that cotton buds should never be used to clean the ears. Furthermore, upon the assessment of respondents on knowledge, attitudes and practices regarding cotton bud usage among patients attending ENT clinic, the study results revealed that the majority of the respondents had less knowledge, positive attitudes towards cotton bud usage and practiced self-ear cleaning using cotton buds.