

ABSTRACT

Background: Time management is an act or process of planning and exercising conscious control over the amount of time spent on specific activities with an aim to increase effectiveness, efficiency and productivity, Time management is a major component of quality health care service delivery. Health workers report late for duties, waste much time on personal issues such as telephone calls during working hours, leave early from duty, absentee themselves with unclear reasons and spend much time on some patients yet others are dedicated little time which annoys them. This has resulted in poor service delivery evidenced by; long waiting hours, giving inadequate information to some clients/patients eventually affecting the treatment process thus delaying the healing process. All these have increased health sector expenditure, overcrowding, and public hatred to public health centers thus poor health care seeking behavior. This study therefore aimed at assessing factors influencing time management among health care workers in A Selected KCCA Health Care Facilities, Kampala District.

Methods: The study involved descriptive cross-sectional designs. It is descriptive Cross-sectional study design involving qualitative method of data collection between the months of November and December 2018.

Results: Sample of 60 respondents were interviewed and out of those 73.73% had failed to manage time.

Conclusion: this study found out that there is ongoing poor time management among HWs which has resulted in poor service delivery. The concerned stakeholders are therefore informed about it so that positive measures may be put in place to promote good time management.

Recommendation: Medical and public health interventions should be directed towards promotion of good time management among HWs.