ABSTRACT

The subject of the bachelor thesis is focused on issues related to hand hygiene in health care workers, in the provision of care in the health facility. Even though this topic is often mentioned, it is in practice less understood or misinterpreted. Sometimes, it is neglected or downplayed by health workers. The theoretical part is divided into 7 chapters. Here is anatomy and physiology of the skin, microbiological and epidemiological situation, measures aimed at eliminating the source and avoiding the route of transmission, effective methods of disinfection, sterilization, elimination of microorganisms and their transmission, in the health facility. Hand hygiene and its techniques, proper use of personal protective equipment, nail hygiene and, last but not least, skin care. Explaining the concept of hospital infection, which increases morbidity and mortality of patients, increases both diagnostic and therapeutic interventions and generally aggravates the quality of care provided with prolonging the period of hospitalization. I have worked on a search for relevant resources on the subject. The sources I drew mainly from WHO guidelines, CDC, Decree No. 306/2012 Coll. and on the basis of a literature search from the National Medical Library. I received the consent to perform the action research from the deputy nursing care of a particular medical facility, in the form of a written request.

Methodology: I chose action research in the form of quantitative data collection from epidemiological nurse internal audits over a certain period of time. Investigation took place at doctors, nurses and sanitories. This investigation was anonymous. The actual implementation took place in 2016 and in 2017 in the form of action research.

Objective of the thesis: The aim of the research is to find out the level of theoretical knowledge in practice. Furthermore, on the basis of demonstration of the practical and practical skills in the field of hand hygiene for healthcare workers in the monitored health facility. At the same time, based on the findings, propose recommendations for practice.

Research Questions: In line with the topic of work and goal setting, I have defined the following hypotheses:

H1 Compliance with hand hygiene rules for medical and paramedical staff is at a higher level in 2017 than in 2016.

H2 The medical and non-medical staff adheres in practice to the rules of high-level hand hygiene and to the current WHO recommendations.

H3 The risk factor for improper hand hygiene may be inadequate training of staff from the employer's point of view.

Benefit for practice: Based on the results of the action research, a brochure for the correct implementation of hand hygiene was created. It is part of this bachelor thesis. Furthermore, the introduction of regular training for all medical and paramedical staff, for new entrants and for existing staff to ensure that the medical facility is safe for both patients and staff. In view of this, a new standard on this issue.

Conclusion: Hospital infections represent a hygienic-epidemiological, nursing, ethical and economic problem and are an important indicator of the quality of care provided. Therefore, it is in the interest of treating staff and hospital management to reduce the incidence of hospital infections to a minimum.
Key words: Hand hygiene, health worker, hospital infection, nursing care, disinfectants, quality of care.