

TITLE: EFFECTIVENESS OF HAND HYGIENIZATION METHODS OF HEALTH WORKERS IN A HOSPITAL ENVIRONMENT

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ABSTRACT:

Hands can be one of the main routes of transmission of microorganisms, and can be colonized by multiresistant microorganisms, increasing the risk of infection within a hospital environment. One of the main ways to control the spread of microorganisms in hospitals is the hand hygiene of health workers. Thus, the objective of this research was to evaluate the effectiveness of the methods of hand hygiene of health workers. Hands of 102 workers were evaluated before and after cleaning. Microbiological contamination was verified by counting heterotrophic bacteria. An observation questionnaire was used to assess the possible factors that interfere with the efficiency of hand hygiene methods. The microbiological contamination of paper towel sheets was also analyzed. In simple hand hygiene (washing with soap) the reduction in the total count of heterotrophic bacteria was only 28.26% and in antiseptic friction (alcohol 70%) there was a significant reduction of 65.95%. The reduction in contamination among professionals who were wearing ornaments on their hands or who had long nails was only 4.44% and 2.17% respectively. Only two of the analyzed paper towels showed contamination and the average count was 10 CFU / towel. The results obtained showed that antiseptic friction is more effective than simple cleaning and that the use of adornments and long nails are factors that directly interfere with the effectiveness of the hand hygiene methods of health workers.

Keywords: Hygienization; Hands; Heterotrophic bacteria; Health workers.

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