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Assessment of universal precautions norms followed by resident doctors of BPKIHS at eastern Nepal

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Background: Universal precautions are designed to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources to a susceptible host. The CDC guideline recommends universal precautions for the care of all patients, regardless of their diagnosis or presumed infection status. It is mandatory to treat all blood and other potentially infectious materials with appropriate precautions.

Objectives: To assess components and the associated factors for not practicing the rules of universal precaution and also to assess the knowledge and practice regarding universal precaution among resident doctors.

Methods: It is cross-sectional survey, conducted in BPKIHS, a tertiary hospital teaching hospital Dharan in 2016. A total of 275 resident doctors were interviewed with the help of self-designed questionnaire.

Result: Out of 275 resident doctors, 94% participants practiced hand washing if contacted different patients, 91% practiced hand washing after taking of gloves whereas 94% practice hand washing after contact with blood and body fluid. 93% agreed to wear gloves while drawing of body fluid whereas 91% participants agreed to changes gloves if contacted different patients. 63% used gloves always, 35% used gloves sometimes and 3% never used gloves. 52% participants used personal protective equipment, 26% resident doctors did not use personal protective equipment (PPE) due to lack of materials, 14% due to lack of awareness, 11% due to carelessness. 63% participants faced needle stick injury, among which 38% had one time injury, 22% had two times whereas 21% had more than 3 times injury. 37% faced needle stick during recapping syringe, 33% during securing IV cannulation, whereas 14% during suturing. 77% took prophylaxis vaccination whereas 23% have not vaccinated.

Conclusion: Careful adherence to universal precautions can protect both health personal and patients from infections through proper execution of norms of universal precaution.

Biography

Ashok Kumar Yadav has completed his graduation from Chittagong Medical College, Bangladesh and Post-graduation from B.P. Koirala Institute of Health Sciences in Nepal. He has worked as Medical Officer in the Department of Forensic Medicine and Internal Medicine. He has been working as an Associate Professor in the Department of General Practice and Emergency Medicine, B.P. Koirala Institute of Health Sciences (BPKIHS) from 2009. He has few research publications to his credit.

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