

**ADHERENCE TO INFECTION PREVENTION STANDARD PRECAUTIONS
AMONG HEALTH CARE WORKERS IN EMBU LEVEL 5 HOSPITAL,
EMBU COUNTY, KENYA**

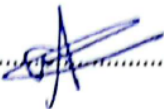
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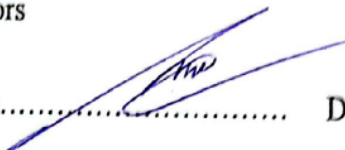
DECLARATION

This thesis is my original work and has not been presented for a degree in any other University.


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Supervisors: This thesis has been submitted for review with our approval as University Supervisors

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ABSTRACT

Standard precautions are a collection of infection control practices accustomed to preventing disease transmission that may be acquired by contact with blood, body fluids, and non-intact skin. Healthcare workers are predisposed to infectious exposures which can occur percutaneously via needle stick injuries as well as via splashes of infectious body fluids. Despite the high exposure risk, compliance to infection prevention control measures such as proper hand washing remains important. An efficient infection prevention and control program is key to quality health care. It has the potential benefit of reducing the disease burden on healthcare workers, patients, health institutions, and the nation. This study was conducted to establish adherence to infection prevention standard precautions among healthcare workers in Embu Level 5 Hospital-Embu County, Kenya. The dependent variable was adherence to infection prevention standard precautions. The study population comprised all health workers working in Embu level 5 Hospital for over six months. Structured questionnaires were used to collect data on socio-demographic and attitude, awareness, hand hygiene, waste segregation and waste management, injection safety and personal protective equipment use. Focused group discussions and key informant interview guide were used to collect qualitative data. Informed consent was sought from the study participants. Data analysis was done using statistical package for the social sciences version. The sample size was 211 participants. Data collected from respondents were cleaned, coded, and transcribed. Ethical review and approval were sought and obtained from the Steering Scientific Committee and Ethical Review Committee of Kenya Medical Research Institute. All findings were disseminated to stakeholders. Adherence to infection prevention standard precautions amongst the healthcare workers was 22.7 %. The study observed that the demographic factors significantly associated with the uptake of adherence to infection prevention and standard precautions include; gender ($p = 0.0408$), job cadre ($p = 0.0492$), education ($p = 0.0174$), age ($p = 0.0063$), and work experience ($p = 0.0192$). It was also established that adhering or not adhering to IPC is significantly associated with poor or good levels of injection safety ($p < 0.002$), waste management ($p = 0.012$), PPE use ($p = 0.018$), and hand hygiene ($p = 0.022$). On logistic regression, the strongest determinant that highly influenced adherence to infection prevention standard precautions was education level with doctors having highest level of adherence (OR=4.859; 95% CI=0.396-5.659, $p = 0.017$). In conclusion, adherence to infection prevention standard precautions was poor. The Ministry of Health, at both County and National levels should develop effective, tailor-made, and sustainable ways and implementable policies to enhance adherence to infection prevention standard precautions.