

PHYSICAL FITNESS OF THE HEALTH WORKERS IN LIPIK SPA

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Abstract

Introduction: The results previous investigation Croatian Health Questionnaire that included 12000 participants older than 18 years and was conducted 2003. suggested that 35,8% participants (about 44% men and 32% women) in Croatia was not enough physical active. This study focused on obtaining relevant information about the level of physical activity among physiotherapists and physicians – specialists of physical and rehabilitation medicine in Lipik Spa and compare with physical fitness in Croatia.

Aim of the paper: The main aim of this study was to estimate familiarization the health workers in Lipik Spa with regular gym and physical activity in their own lives because they usually suggest physical fitness to their patients or clients.

Materials and methods: This study included 46 participants, health workers in Lipik Spa. The standardised questionnaire was applied.

Results and a discussion: 46 respondents (14 men, 32 women), the average age 36,43 (in range from 20 to 63) years were included and assessed by the standardised questionnaire. 17 subjects was very active, 18 active, 6 moderate active and 5 inactive. The results suggest that 76% of the respondents are active or very active. The most very active and active 90% (18) were subjects from 20-29 years old; 62% (8) was in the group from 30 to 39; 80% (4) from 40-49; 71% (5) from 50-59 years. In the group elderly then 60 years there was no active or very active subjects.

Conclusion: This group of the participants is active above average when compared to the general population of Croatia. Physical fitness the health workers in Lipik Spa was mostly dependent of their life-age.

Key words: physical fitness, health workers, Lipik Spa

SURADLJIVOST S HIGIJENOM RUKU U DOMU ZA STARIJE I NEMOĆNE OSOBE

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Sažetak

Uvod. Broj populacije iznad 65 godina je u porastu, te se povećava broj starijih osoba smještenih u domovima za starije i nemoćne osobe. Kod ove populacije povećan je rizik za nastanak infekcija povezanih sa zdravstvenom skrbi uslijed pridruženih kroničnih bolesti, što naglašavaju Bellmann-Weiler i Weiss.

Cilj istraživanja bio je utvrditi suradljivosti pri higijeni ruku u osoblja koje provodi zdravstvenu njegu u domu za starije i nemoćne osobe prije i nakon edukacije.

Metode. Opservirani su postupci higijene ruku prije i poslije edukacije o mjerama pravilne higijene ruku. Za utvrđivanje razlika među proporcijama između dvaju nezavisnih uzoraka rabio se Fisherov egzaktni test.

Rezultati. Prije edukacije higijena ruku je provedena u 50 (19,5%) indikacija dok je nakon edukacije higijena ruku provedena u 300 (53,1%) indikacija ($p < 0,001$).

Zaključak. Suradljivost s higijenom ruku u domu za starije i nemoćne osobe je izrazito niska, no nakon provedenih intervencija dolazi do značajnog poboljšanja.

Ključne riječi: higijena ruku, suradljivost, infekcije povezane sa zdravstvenom skrbi, zdravstveni djelatnici

COMPLIANCE WITH HAND HYGIENE IN A HOME FOR THE ELDELY AND DISABLED

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Abstract

Introduction. Hand Hygiene Compliance in a Nursing Home. Background. The number of population aged over 65 is increasing, which results in the increase of elderly persons being placed in nursing homes. In this population an increased risk of healthcare-associated infections arises due to associated chronic diseases, and the specifics of institutional accommodation which emphasize Bellmann-Weiler i Weiss.

The aim of this study was to determine the differences in hand hygiene compliance among healthcare staff before and after the education sessions.

Methods. Proper hand hygiene procedures observed before and after the education. To determine the difference between the proportions between two independent samples, the Fisher's exact test was used.

Results. Before the training hand hygiene was performed in 50 (19.5%) indications, whereas after the training hand hygiene was performed in 300 (53.1%) indications ($p < 0.001$).

Conclusion. Adherence to hand hygiene in the nursing home was extremely low, but after the education intervention, a significant improvement was observed.

Key words: hand hygiene, compliance, infection associated with health care, health care workers