

PHYSICAL ACTIVITY IN OLDER PERSONS

Martina Kožić¹, Božica Lovrić^{1,2}, Tihomir Jovanović¹

¹Opća županijska bolnica Požega, Osječka 107, Požega, Hrvatska

²Medicinski fakultet Osijek, Josipa Hutlera 4, Osijek, Hrvatska

Abstract

Aim: The aim of this study is to show differences between the urban and rural population older than 65 years in physical activity, quality and quantity. Examinees and methods: 100 examinees were included in this study, from which 50 were citizens of Požega and 50 respondents were residents of villages: Trenkovo, Jakšić, Vidovci, Mihaljevci and Završje. All respondents were older than 65 years. In urban group there were 23 women and 27 men. In rural group there were 28 women and 22 men. They were chosen casually from the city of Požega and from the rural area around Požega. The modified questionnaire according to Back was used. The level of statistical significance was $p < 0,05$.

Results: This study showed that 28% of urban examinees and 18% of rural examinees practice some regular physical activity. The urban population practice more physical activity but not significantly more. Statistically significant difference between urban and rural population was registered in only one variable (sweating, $p = 0,003$), while the other variables haven't showed significance.

Both urban and rural population spend most of their free time watching television. The urban population practices sport few months of the year, but in the period when the rural population does some sport, they do more hours weekly. According to the gender, men do more physical activities than women. Women practices sports with lower intensity level, but during more hours in the week than men do.

Conclusion: We concluded that urban and rural population older than 65 years rarely practice planned physical activity. Although urban population practices more physical activity than rural population (28% to 18%), that difference isn't statistically significant. Both urban and rural population older than 65 years don't find very important to practice some physical activity aiming to preserve their health.

Keywords: physical activity, urban population, rural population

UTJECAJ EDUKACIJE NA SURADLJIVOST ZDRAVSTVENOG OSOBLJA U HIGIJENI RUKU U OŽB POŽEGA

Božica Lovrić^{1,2}

¹Opća županijska bolnica Požega, Osječka 107, Požega, Hrvatska

²Medicinski fakultet Osijek, Josipa Hutlera 4, Osijek, Hrvatska

bozicalovric@gmail.com

Sažetak

Cilj: Cilj istraživanja bio je utvrditi postoji li razlika u suradljivosti pri higijeni ruku u zdravstvenih djelatnika nakon provedene edukacije.

Ispitanici i metode: Istraživanjem su obuhvaćene tri skupine zdravstvenih djelatnika: medicinske sestre, fizioterapeuti i laboranti. Opservirani su postupci higijene ruku zdravstvenih djelatnika prije i poslije edukacije o mjerama pravilne higijene ruku. Prikupljeno je 473 opservacija higijene ruku prije edukacije i 613 opservacija nakon edukacije. Za utvrđivanje razlika među proporcijama između dvaju nezavisnih uzoraka (broj indikacija prije i poslije edukacije) rabio se χ^2 -test i Fisherov egzaktni test. Za ocjenu značajnosti dobivenih rezultata odabrana je razina značajnosti $\alpha = 0,05$.

Rezultati: Prije provedene edukacije zdravstveni su djelatnici provodili higijenu ruku: pranje ruku u 142 (54,4%) slučajeva, a higijensko utrljavanje kao metodu higijene ruku primjenjivano je u 119 (45,6%) slučajeva.

%) slučajeva.

Nakon edukacije za značajno manje indikacija, njih 45 (9,3 %), provedeno je higijensko pranje, a značajno je više, 438 (90,7 %), provedeno higijenskih utrljavanja (Fisherov egzaktni test, $p < 0,001$).

Prije aseptičnog zahvata bez provedene su higijene ruku 124 (51,2 %) slučajeva, značajno više prije edukacije (Fisherov egzaktni test, $p < 0,001$). Postupci higijene ruku prije izvođenja aseptičnog postupka nakon edukacije evidentirani su u 93 (57,4 %) slučajeva.

Prije edukacije nema značajne razlike u suradljivosti pri higijeni ruku prema zanimanju zdravstvenih djelatnika. Poslije edukacije značajno više laboranata provodi higijenu ruku (Fisherov egzaktni test, $p = 0,046$).

Zaključak: Suradljivost pri higijeni ruku u zdravstvenih djelatnika značajno je veća nakon provedene edukacije.

Ključne riječi: higijena ruku, suradljivost, higijensko pranje, higijensko utrljavanje, medicinske sestre

EDUCATIONAL IMPACT ON COMPLIANCE OF MEDICAL PERSONNEL IN HAND HYGIENE IN COUNTY HOSPITAL POŽEGA

Božica Lovrić

County hospital Požega, Osječka 107, Požega, Croatia
Faculty of Medicine Osijek, Josipa Hutlera 4, Osijek, Croatia

Abstract

Aim: Aim of this study was to determine possible differences in hand hygiene with health professionals after the training.

Participants and methods: The study included three groups of health professionals: nurses, physiotherapists and laboratory technicians. Procedures for hand hygiene of health care workers were monitored before and after training. We collected 473 observations of hand hygiene before training and 613 observations after training. To determine the difference between the proportions between two independent samples (Number of indication before and after training) was used χ^2 -test and Fisher's exact test. For the assessment of the significance of the results was chosen significance level $\alpha = 0.05$.

Results: Before conducted training health workers did have conduct hand hygiene; washing hands in 142 (54, 4%) cases, while rubbing as a hygienic method was applied in 119 (45.6%) cases. After training was conducted more hygienic rubbing 438 (90,7%) than hygienic wash 45 (9,3%) was applied (Fisher's exact test, $p < 0.001$).

Before aseptic procedure was performed without hand hygiene was 124 (51.2%) cases recorded, significantly more prior to education (Fisher's exact test, $p < 0.001$).

Hand hygiene procedures before performing aseptic procedures after training were recorded in 93 (57.4) cases. Before training was conducted there was no significant difference in compliance with hand hygiene, according to occupation health professionals. After the training, laboratory technicians perform hand hygiene significantly more (Fisher's exact test, $p = 0.046$)

Conclusion: Adherence to hand hygiene by health care workers is significantly higher after the training

Keywords: hand hygiene, compliance, hygienic washing, hygienic rubbing, nurses