

**EFFECT OF HAND HYGIENE ON TOTAL BACTERIA IN PATIENT FOOD IN  
RAJAWALI ROOM DR. KARIADI HOSPITAL OF SEMARANG**

Novita Kusumawati<sup>1</sup>, Yunan Kholifatuddin<sup>2</sup>, Joko Teguh Isworo<sup>3</sup>

<sup>1,2,3</sup>Nutrition Science Study Program The Faculty of Nursing and Health  
University of Muhammadiyah Semarang

***Abstract***

Hand hygiene is a cheap and easy routine, and is important in infection control procedures, and is the best method to prevent the transmission of microorganisms. Hand hygiene should be done properly and correctly in accordance with five hand hygiene time (five moments). The cheapest strategy to prevent infection is by washing hands, but as many as 50% of these efforts fail worldwide. Based on data from PPI team (Infection Prevention and Control) Dr. Kariadi Semarang, obtained data that the room with the level of compliance wash the waiter's hand is still low is Rajawali Room.

This research is an experimental research, pretest-posttest with control. The sample size is 12 samples. The first group was the number of pre-test bacteria, the second group of post-test 1 bacteria (fast food taken without *hand washing*), the third group of post-test 2 bacteria (ready meals taken after *hand washing* with soap), and the fourth group of bacteria post-test 3 (Fast food taken after *hand washing* with 70% *alkohol*). Statistical test using One-Way Anova analysis.

The result showed that there was significant difference of bacteria without treatment with the amount of bacteria *hand washing* with soap, p-value = 0,015 (<0,05), while the difference test on the other treatment did not show significant difference. It is Therefore it is expected that health workers should further improve handwashing compliance with both hand wash and hand rub.

**Keywords:** Hand Hygiene, Bacteria, Food