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## KNOWLEDGE AND ATTITUDE REGARDING HEALTH AWARENESS AMONG CLASS FOUR WORKERS IN SELECTED HOSPITALS OF ANAND DISTRICT-LITERATURE REVIEW

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### ABSTRACT

The current study aims to assess Knowledge and Attitude regarding Health Awareness among Class Four Workers of selected hospitals of Anand district. Health is a social and biological issue and reflects the extent and distribution of resources in a society. Healthcare is one of the most important aspects of all human endeavors to improve the quality of life, since sound health is essential for the strength and prosperity of a nation. So health awareness among general population is necessary including various occupational areas of society. Among them are the health workers who are more prone to health hazards of their occupation in terms of physical, mental, and social aspects of health. Especially among health workers, the more likeable are the class four workers.

## INTRODUCTION

As the saying goes "Health is wealth". Health is essential factor for a happy contented life. Based on alma-ata declaration, much emphasis is being placed on health promotion and preventive health care. Encouraging people to adopt healthy life styles and appropriate coping strategies are the key aim in health promotion and health maintenance (Arévalo Alonso and Baquedano Arriazu, 1997) Health is a social and biological issue and reflects the extent and distribution of resources in a society. Healthcare is one of the most important aspects of all human endeavors to improve the quality of life, since sound health is essential for the strength and prosperity of a nation (Kumar, 2005). Various and manifold is the harvest of diseases reaped by certain workers from the crafts and trades that they pursue; all the profit they get is fatal injury to their health mostly, from two causes. The first and the most potent is the harmful character of materials that they handle the second cause ascribe to certain violent and irregular movements and unnatural postures of the body, by

reasons of which the natural structure of the vital machine is so impaired that serious diseases gradually develop there from" (Armstrong Ramazzini, 1982). So health awareness among general population is necessary including various occupational areas of society. Among them are the health workers who are more prone to health hazards of their occupation in terms of physical, mental, and social aspects of health. Especially among health workers, the more likeable are the class four workers. Class four workers consist of Attendants, Helper, Messenger, Watchmen, Sweepers and Scavengers and Lift attenders etc. They work under the orders and are attached to the reporting supervisor. They are responsible for dusting, cleaning and performing various tasks in different areas of the hospital, and are responsible for carrying out all work involving manual labor concerned to the patients and hospital staff such as lifting, shifting and transferring patients, etc. They will be responsible for moving or carrying files etc. physically from one place to other for the administrative work. They work in different areas of hospital such as wards, intensive care units, out-patient departments, operation

theatres, labor rooms, central sterilization department, laboratory, etc. Various health problems are associated with class four workers such as hospital acquired infections; physical injuries while working or bio medical waste management in physical or biological aspect, stress or addiction of tobacco or alcoholism in psychological aspect etc. Areas of health awareness among class four workers:

- Occupational health hazards
- Hospital acquired infections
- Musculo-skeletal problems
- Stress, etc.
- Health habits
- Use of personal protective equipments
- Health policies

The review of literature was obtained through various different databases in searches using Pubmed (), Google, Research articles and Peer reviewed journals regarding knowledge and attitude among class four workers about Bio-medical Waste Management, Universal Precautions, and various other areas of health awareness.

## MATERIAL, METHOD AND RESULTS

This study headed mainly in areas assessing knowledge and attitude regarding various aspects of health awareness in class four workers of hospital. Mukesh Kumar, Rajesh Kumar Singh, Umesh, Vinita Rawat, p ISSN 2249-4995/ eISSN 2277-8810 (online); A cross sectional study was undertaken to assess awareness and practices about Bio-medical waste among health care workers in tertiary care hospital of Haldwani, Nainital from August 2014 to December 2014 using a pretested, semi structured questionnaire data was collected. Results: Awareness regarding disposal of items in red, yellow and puncture proof containers was 32.7%, 51.8% and 60.9% in health care workers respectively. Only 35.4% of health care workers had undergone training on biomedical waste management and 31% healthcare workers were found to be unvaccinated against hepatitis B infection (Mukesh Kumar et al., 2014). S. Sangeetha Balamurugan, Priyadarsini, S.P, Renusha Justin, Rupa Priyadarshini Sonai, Rajeswari. B, Ramit Chakraborty; Date of Acceptance: 29<sup>th</sup> May, 2014. A descriptive cross sectional study was conducted to assess the knowledge regarding handling of the bio medical wastes in a Vinayaka Missions tertiary care hospital, Salem, Tamil Nadu, among 200 paramedical workers, which included nurses, lab technicians and sanitary workers. A pretested questionnaire was used for data collection by interview method. Results: Among which 67(33.5%) were nurses, 65(32.5%) were lab technicians and 68(34%) were sanitary workers. Nurses had a better knowledge than lab technicians regarding biomedical waste management. Sanitary staff had a very limited knowledge about BMWs ([http://njmr.in/uploads/5-1\\_47-51.pdf](http://njmr.in/uploads/5-1_47-51.pdf)). The cross sectional study was done in a medical college rural hospital to assess the knowledge, attitude, practices of doctors, interns, nurses, laboratory technician, attenders and housekeeping staff regarding BMW. With prior consent total 388 health personal were taken for the study like doctors (56), interns (65), nurses (83), laboratory technicians (44), attenders (78), and housekeeping staff (57). Study results reveals that doctors, nurses have better knowledge than other staff regarding BMW management. Knowledge regarding the color coding and waste segregation at source was found to be better among nurses and lab staff. [6] A descriptive study on

assessing the knowledge and practice of hospital waste management was conducted in a hospital at Pune. A total number of 80 samples were selected randomly which included both health team members and housekeeping personnel of the hospital. The results of the data collected through interview schedule showed that 75% of them had no knowledge about color coding system and segregation. Housekeeping personnel of that hospital had only 25% knowledge about the hospital waste management (Ajaz Musstafa, 2006). A cross sectional study was conducted to assess the awareness about biomedical waste management and universal work precaution among 134 health care personals were selected randomly out of 1300 including doctors, paramedical staff and class IV staff of King George hospital in Visakhapatnam. Data were collected by structured questionnaires. Study revealed that only 11% of doctors, 32% of paramedical and 25% of class IV staff was aware about the methods, guidelines of segregation and collection of wastes into color 24 coded bins (Waste Manag Res, 2008).

A study was conducted to assess the knowledge, attitude, and practice regarding the biomedical waste management among 500 nursing, technicians and housekeeping staff in a tertiary level hospital in Calcutta. A systematic random sampling method was used. The result showed that 47.2% of nurses 26.4% of technicians and 26% of housekeeping staff was having the positive attitude towards biomedical waste management [ $p < 0.05$  significant] (Bassols and Campillo, 2003). Prachi V. Chakor (Palwe), Armaity S. Dehmubed, Purushottam A. Giri, Nitin S. Palwe, A cross sectional study was carried out to study the socio-demographic determinants of class IV employees in a tertiary care teaching hospital in Mumbai during the period of July 2010 to June 2011. A total of 171 employees were included for the study. A preformed semi-structured questionnaire was used as a tool to interview the participants. Data was analyzed in the form of percentage and proportions whenever necessary. Results: Out of 171 participants interviewed, majority (65.5%) belonged to the age group of 45-55 years and 116 (67.8%) were males and 55 (32.2%) were females. Majority were from Hindu religion (83%), 126 (73.7%) were staying in rental house, whereas about three-fourth (74.3%) of the respondents were from a nuclear family and 94.2% were married (Bassols and Campillo, 2003). A study was conducted regarding strategies for eliminating or minimizing employee exposure to blood borne pathogens among 225 health care workers in Australia. It was composed of a teaching module consisting of three educational sessions with lecture and demonstration methods. The pre-test score revealed that only 38% of the participants were aware that HIV, Hepatitis B and Hepatitis C are transmitted through needle or sharp contaminated injures where as in post-test 100% of the participants had a knowledge that Hepatitis B transmission occurs due to needle stick/other sharp injuries. Prior to the teaching session majority (76%) of the respondents were not aware that after care and disposal activities of the needle stick/other sharps and poor management of hospital wastes are the major cause of occupational injuries in the hospital (Carroll, 1998). Armaity S. Dehmubed, Prachi V. Chakor (Palwe), Purushottam A. Giri, Nitin S. Palwe, Date of Publication: 15 January 2015 A cross sectional study was carried out to assess the job satisfaction and absenteeism amongst class IV employees in tertiary care teaching hospital in Mumbai during the period of July 2010 to June 2011. A total of 171 employees were included for the study.

Minnesota Job Satisfaction questionnaire was used to assess the job satisfaction of the participants. Results showed that out of the total 171 study participants, 116 (67.8%) were males, 55 (32.2%) were female. Majority 89 (52%) participants prefer to take leave in the month of April, May and June. Maximum 170 (99.4%) participants were somewhat satisfied with their job (Carroll, 1998).

U M Siddiqui, V Acharya The study was conducted to assess awareness of and compliance with universal precautions among class IV hospital workers at the Kasturba Hospital, Manipal. Using a pre-designed questionnaire, they were interviewed regarding awareness of universal precautions, HIV and Hepatitis B and post exposure management. Results: From the 100 study subjects 88% & 49% had heard of HIV/AIDS & Hepatitis B respectively. Ninety five percent of subjects said they knew needle stick injury was a serious event and 79% said that contact with infected blood was serious. While handling waste materials, 77% of these workers reported wearing protective clothing & 100% of the subjects reported wearing gloves. Ninety six percent of the subjects reported regular attendance at training sessions. A cross sectional study was conducted on the class IV workers regarding biomedical waste management at Combined Military Hospital, Rawalpindi and to make recommendations for the improvement of their health status. A total number of 93 workers employed in sanitary and housekeeping activities are selected as samples. The study was conducted using a structured open and closed ended questionnaire. This study was revealed that none of the sanitary workers (93%) have received any training in handling hospital wastes (Azhar *et al.*, 2014).

A study was conducted to assess the knowledge of HIV among class IV workers who handled the hospital waste in a tertiary hospital in Malabar, Kerala. 80 sanitary workers who are handling the hospital waste were included in the study. A detailed questionnaire was used to collect data. The method of disposal and place of disposal was also observed and recorded. A total of 80 sanitary workers were interviewed. The study was concluded that majority of sanitary workers 80(100%) were not aware of the correct mode of transmission. The wastes were not put according to the proper hospital wastes management rules (Niju *et al.*, 2006). A cross sectional, hospital based survey was conducted to find out knowledge, attitude and practice of class IV workers regarding waste disposal. The sample consisted of 137 class IV workers involved in waste management of which 68 class IV workers were randomly selected from urban area of Karachi. Results were revealed that knowledge of all 68 (100%) class IV workers about hospital waste management was poor whereas attitude of 38% and practice of waste management was only 2 % (Sultana and Salahuddin, 2007).

## Conclusion

Efforts to be done to improve knowledge and attitude regarding health awareness among class four workers by the hospital administration and various other sectors which are employing class four workers. A similar study on a large and wider sample, for a long period of time would be more pertinent in making broad generalization. A similar study can be undertaken in different setting. A follow-up study can be done to assess the knowledge and attitude regarding health awareness among class four workers.

The revised updated manual regarding biomedical waste management and occupational hazards among class four workers should be included in curriculum of nursing students.

**Ethical Clearance:** Permissions were obtained from College Head, Doctors of Respected hospitals of Anand district and consent was taken from participants.

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