

## **ABSTRACT**

**Background:** Nutrition services in hospitals are services provided to patients that are adjusted to clinical conditions, nutritional status, and body metabolism. Organizing foods that are not sanitary and hygienic can prolong treatment, even cause nosocomial infections. Prevention and control of nosocomial infections is to prevent the occurrence of microbial pathogens, including through the behavior or habits of food handlers in the hospital.

**Purpose:** To determine the effect of personal hygiene knowledge towards Bacteriological Quantity of Nutritional Care Unit Workers' Hand at PKU Muhammadiyah Gamping Hospital.

**Method:** This research is quantitative research using analytic observational method with cross sectional design on 13 Nutrition Installation officers of Muhammadiyah Gamping PKU Hospital. Independent variable in this research is knowledge of personal hygiene and the dependent variable is bacteriological quantity of nutritional care unit workers' hand that get it from questionnaire and hand swab.

**Results:** The level of personal hygiene knowledge of the nutrition installation officers of PKU Muhammadiyah Gamping Hospital on high category is 76.90% and in the moderate category is 23.10%. The number of hand germs of nutritional installation officers of PKU Muhammadiyah Gamping Hospital are 61.50% of nutrition installation officers had a bad number of hand germs and as much as 38.50% of nutrition installation officers had good numbers of hand germs. The highest number of germs is 3,000 CFU / cm<sup>2</sup> and the lowest is 50 CFU / cm<sup>2</sup>. Knowledge about personal hygiene does not affect the number of hand germs.

**Conclusion:** The level of personal hygiene knowledge of the nutrition installation officers of PKU Muhammadiyah Hospital on good category. The category of number hand germs of nutritional installation officers of PKU Muhammadiyah Gamping Hospital is bad. There is no effect between personal hygiene knowledge and the number of hand germs of nutrition installation officers at PKU Muhammadiyah Gamping Hospital.

**Keywords:** personal hygiene, number of hand germs, nutritional installation, nosocomial infection

## INTISARI

**Latar Belakang:** Pelayanan gizi di rumah sakit adalah pelayanan yang diberikan kepada pasien yang disesuaikan dengan keadaan klinis, status gizi, dan metabolisme tubuh. Penyelenggaraan makanan yang tidak saniter dan higienis dapat memperpanjang perawatan, bahkan menimbulkan infeksi nosokomial. Pencegahan dan pengendalian infeksi nosokomial adalah dengan mencegah terjadinya perpindahan mikroba patogen, diantaranya melalui pengetahuan dan kebiasaan penjamah makanan di rumah sakit

**Tujuan:** Mengetahui pengaruh pengetahuan *personal hygiene* terhadap angka kuman pada petugas instalasi gizi di RS PKU Muhammadiyah Gamping.

**Metode:** Metode penelitian ini adalah observasional analitik dengan desain *cross sectional* pada 13 petugas instalasi gizi. Variabel bebas pada penelitian ini adalah pengetahuan *personal hygiene* dan variabel terikatnya adalah angka kuman tangan petugas instalasi gizi. Cara pengambilannya menggunakan kuesioner dan *hand swab*.

**Hasil:** Tingkat pengetahuan *personal hygiene* petugas instalasi gizi RS PKU Muhammadiyah Gamping berkategori tinggi sebanyak 76,90% dan yang berkategori sedang 23,10%. Angka kuman tangan petugas instalasi gizi RS PKU Muhammadiyah Gamping 61,50% petugas instalasi gizi memiliki angka kuman tangan yang buruk dan sebanyak 38,50% petugas instalasi gizi memiliki angka kuman tangan yang baik. Angka kuman tertinggi adalah 3.000 CFU/cm<sup>2</sup> dan yang terendah adalah 50 CFU/cm<sup>2</sup>. Pengetahuan *personal hygiene* tidak mempengaruhi angka kuman tangan.

**Kesimpulan:** Tingkat pengetahuan *personal hygiene* petugas instalasi gizi berkategori baik. Kategori angka kuman tangan petugas instalasi gizi berkategori buruk. Tidak terdapat pengaruh pengetahuan *personal hygiene* terhadap angka kuman tangan petugas instalasi gizi di RS PKU Muhammadiyah Gamping.

**Kata Kunci :** angka kuman tangan, infeksi nosokomial, instalasi gizi, *personal hygiene*