

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
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**Penerapan 6 langkah cuci tangan terhadap kepatuhan *hand hygiene* pada
pramusaji Rumah Sakit Jiwa Tampan Provinsi Riau
Xii + 25 Halaman + 6 Tabel+ 1 Gambar+ 5 Lampiran**

ABSTRAK

Latar Belakang: Hand hygiene merupakan langkah penting dalam mencegah infeksi nosokomial, terutama di lingkungan rumah sakit. Pramusaji sebagai petugas yang berinteraksi langsung dengan pasien memiliki peran krusial dalam menjaga keamanan pangan melalui praktik kebersihan tangan yang baik. Namun, masih ditemukan rendahnya kepatuhan dalam mencuci tangan sesuai standar WHO. **Tujuan:** Menganalisis pengaruh penerapan 6 langkah cuci tangan terhadap peningkatan kepatuhan hand hygiene pada pramusaji di Ruang Kuantan Rumah Sakit Jiwa Tampan Provinsi Riau. Menggunakan metod studi kasus dengan *pretest-posttest*. Responden dalam penerapan ini berjumlah dua orang pramusaji yang diamati selama tiga hari pelaksanaan intervensi. Pengumpulan data menggunakan kuesioner KAP (*Knowledge, Attitude, Practice*) dan observasi langsung terhadap pelaksanaan hand hygiene. **Hasil:** Hasil pretest menunjukkan tingkat kepatuhan pramusaji berada pada kategori sedang (perlu intervensi). Setelah dilakukan intervensi melalui sosialisasi dan demonstrasi 6 langkah cuci tangan, hasil posttest menunjukkan peningkatan yang signifikan ke kategori sangat baik (optimal) dalam aspek pengetahuan, sikap, dan praktik. **Kesimpulan:** Penerapan 6 langkah cuci tangan efektif meningkatkan kepatuhan hand hygiene pada pramusaji. Intervensi ini dapat dijadikan strategi peningkatan mutu pelayanan makanan di rumah sakit dan pencegahan infeksi silang.

Kata kunci: *hand hygiene*, pramusaji, 6 langkah cuci tangan, kepatuhan, rumah sakit

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The Implementation of the 6-Step Handwashing Technique on Hand Hygiene Compliance among Food Servers at Tampan Psychiatric Hospital, Riau Province

Xii+ 25 Pages + 6 Tables + 1 Figure + 5 Appendices

ABSTRACT

Background: Hand hygiene is an essential step in preventing nosocomial infections, especially in hospital environments. Food servers, as personnel who interact directly with patients, play a crucial role in maintaining food safety through good hand hygiene practices. However, low compliance with WHO-standard handwashing procedures is still frequently found. Objective: To analyze the effect of implementing the 6-step handwashing technique on improving hand hygiene compliance among food servers in the Kuantan Room of Tampan Psychiatric Hospital, Riau Province. Methods: This research used a quantitative method with a one-group pretest-posttest experimental design. The subjects were two food servers who were observed over three days during the intervention period. Data collection was conducted using a KAP (Knowledge, Attitude, Practice) questionnaire and direct observation of hand hygiene practices. Results: The pretest results showed that the food servers' hand hygiene compliance was in the moderate category (needs intervention). After conducting the intervention through education and demonstration of the 6-step handwashing technique, the posttest results showed a significant improvement to the very good (optimal) category in the aspects of knowledge, attitude, and practice. Conclusion: The implementation of the 6-step handwashing technique effectively increases hand hygiene compliance among food servers. This intervention can serve as a strategy for improving food service quality in hospitals and preventing cross-infection.

Keywords: hand hygiene, food servers, 6-step handwashing, compliance, hospital

References: 12 (2018–2024)