

# Determinants of Health Hazards on Body Fluid Exposure among Healthcare Care Workers in a Tertiary Care Hospital

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## Abstract

*Introduction:* Health care workers, invariably get exposed to blood and body fluids (BBF) of patients. The outcome of exposure to these bodily fluids is worsened due to their inexperience and lack of knowledge on the pathogenic organisms. The resultant three important infections in the health care setting are human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV).

*Material and Methods:* A cross-sectional descriptive study was conducted among healthcare workers. Data were collected by oral questionnaire.

*Results:* The majority of exposures occurred while working in surgery (n = 50, 27.5%), obstetrics and gynecology (n = 49, 26.9%), and internal medicine (n = 48, 26.4%) departments. In-service training on the work hazards was attended by 20% of them. Vaccination against hep B was taken by 30%. The majority of exposures were acquired during work and when subjects were working > 12h continuously (n = 101, 55.5%). Universal safety precaution was followed by 20 % of the study participants .80% of them washed the exposure site with soap and water. Only 33% of exposures were reported within 24 hours of the incident.

*Conclusion:* The prevalence of body fluid exposure was reported to be high among healthcare workers but only a few were aware of the health hazards of body fluid exposure and followed the universal safety precautions. Proper knowledge and awareness are to be created at all levels to prevent such hazards.