

BÖLÜM 16

EL HİJYENİNDE DAVRANIŞSAL DEĞİŞİM: NÖRO LİNGÜİSTİK PROGRAMLAMA (NLP) TEMELLİ BİR EĞİTİM PROGRAMI

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GİRİŞ

El hijyeni, sağlık hizmeti ile ilişkili enfeksiyonların (SHİE) önlenmesinde en etkili, basit ve maliyet-etkin uygulamalardan biridir (1–4). Dünya Sağlık Örgütü’nün (DSÖ) “5 Endikasyon” modeli, sağlık çalışanlarının hasta bakımında el hijyenini ne zaman uygulaması gerektiğini sistematik biçimde tanımlar (5,6). Buna rağmen, çok sayıda ulusal ve uluslararası çalışmada el hijyeni uyum oranlarının hâlâ istenilen düzeyin altında olduğu gösterilmektedir (4,7–9). Özellikle aseptik işlemler öncesi uyumun, hasta teması sonrasında kıyasla anlamlı ölçüde düşük olması, kritik bir risk alanına işaret etmektedir (7).

Son yıllarda yapılan çalışmalar, uyum sorunlarının yalnızca bilgi eksikliğinden değil; iş yükü, altyapı yetersizlikleri, olumsuz tutumlar, örgütsel kültür ve liderlik eksikliklerinden de kaynaklandığını göstermektedir (8,10). Davranış değişikliği odaklı multimodal stratejiler — eğitim, görsel hatırlatıcılar, geribildirim, liderlik desteği ve erişilebilir altyapının bir araya getirilmesi — el hijyeni uyumunu artırmada etkili bulunmuştur (11,12). Ancak bu müdahalelerin etkisinin zaman içinde azalabildiği, bu nedenle sürekli pekiştirme mekanizmalarının kritik olduğu vurgulanmaktadır.

Teknoloji temelli yenilikler, bu alanda yeni fırsatlar sunmaktadır. Sanal gerçeklik (VR) ile “5 Endikasyon”un görselleştirilmesi hem öz-yeterliği hem de senaryo

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hızlı erişim çözümleri, ameliyathanelerde cerrahi el hazırlığına özel yapılandırılmış beceri istasyonları gibi birimlere özgü düzenlemeler yapılabilir.

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