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ABSTRACT

Health care workers, especially nurses, are exposed to blood-borne injury and infection with a high risk of Hepatitis B or C and human immunodeficiency virus. Standard precautions have been widely promoted to protect healthcare workers. However, they are not fully practiced worldwide, especially in resource-constrained countries like Myanmar. Measurement of standard precautions compliance is vital to manage the safety of both patients and health care teams. The study was a cross-sectional descriptive study among the nurses at New Yangon General Hospital about their practice of standard precautions from September 2020 to December 2020. The objective was to study standard precautions practices among nurses working in New Yangon General Hospital. Two key informant interviews with an administrator and a ward sister were done for qualitative data. The self-administered questionnaires were given to 143 nurses with the questions enquired on knowledge, perception, and practices about standard precautions, the transmission of blood-borne pathogens, gloves and PPE, hand hygiene, disposal of sharp instruments, and hospital waste management, and environmental sanitation. Data was entered and analyzed in SPSS version 25. About half of the respondents were trained nurses, and the remaining were staff nurses. All respondents stated that they did not have any training regarding standard precautions in three years. The study revealed that 56.6% of the nurses had adequate knowledge, 51.7% of the nurses had a favorable attitude, and 69.2% of the nurses had a good practice of standard precautions. More than 70% of trained nurses had a good practice, whereas more than 66% of staff nurses had it. Although the knowledge score and the practice score were weakly positively correlated, there was no statistically significant association between them. The study revealed a piece of insufficient knowledge about some important facts of standard precautions, especially about hand hygiene and hospital waste management. An administrator stated a change of nurses' attitude must be done to achieve acceptable standard precautions practices among nurses. A ward sister said that keeping the nurses being reminded continuously about the importance of the good practice of standard precautions was a major challenging problem faced by the ward sisters. Training on standard precautions, monitoring, and supervision of standard precautions were recommended for good standard precautions practices among nurses.

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LIST OF ABBREVIATIONS

AMR	Anti-microbial resistance
AIDS	Acquired Immune Deficiency Syndrome
COVID-19	Corona Virus Disease, 2019
HAIs	Health-care associated infections
HIV	Human immune deficiency virus
HBV	Hepatitis B virus
HCV	Hepatitis C virus
IPC	Infection prevention and control
MRSA	Methicillin-resistant <i>Staphylococcus Aureus</i>
NYGH	New Yangon General Hospital
PPE	Personal protective equipment
SARS	Severe Acute Respiratory Syndrome
SPSS	Statistical Package for Social Sciences
SSI	Surgical site infection
SN	Staff nurse
TN	Trained nurse
WHO	World Health Organization
YSH	Yangon Speciality Hospital

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