



International Journal Of
**Recent Scientific
Research**

ISSN: 0976-3031

Volume: 7(1) January -2016

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THE KNOWLEDGE AND PRACTICES OF FOOD HANDLERS REGARDING FOOD
HYGIENE IN SELECTED NURSES HOSTELS AT BANGALORE SOUTH

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THE OFFICIAL PUBLICATION OF
INTERNATIONAL JOURNAL OF RECENT SCIENTIFIC RESEARCH (IJRSR)
<http://www.recentscientific.com/> recentscientific@gmail.com



RESEARCH ARTICLE

A NON-EXPERIMENTAL DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE THE KNOWLEDGE AND PRACTICES OF FOOD HANDLERS REGARDING FOOD HYGIENE IN SELECTED NURSES HOSTELS AT BANGALORE SOUTH

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ARTICLE INFO

Article History:

Received 16th October, 2015
Received in revised form 24th
November, 2015
Accepted 23rd December, 2015
Published online 28th
January, 2016

Key words:

Knowledge; Practices; Food handler's;
Food hygiene.

ABSTRACT

A non-experimental descriptive study was done using descriptive survey approach to assess the knowledge and practices of food handlers regarding food hygiene in selected nurses hostels at Bangalore south, with the objective of assessing the knowledge and practices of food handlers regarding food hygiene and to find out correlation between their knowledge and practices. The 50 food handlers who satisfied the inclusion criteria were selected by non-probability convenient sampling technique. The structured interview schedule was prepared to find out the level of knowledge regarding concept about food hygiene, food handlers, cooking practices, preservation, and serving and observation checklist for observing the practices related to personal hygiene, habits while cooking, food hygiene, waste disposal, pest control, kitchen infrastructure. The study findings revealed the overall mean knowledge scores of the respondents was found to be 47.8 percent with SD of 11.4 percentage and the overall practice scores on food hygiene was found to be 62.3 percentage with SD of 9.0 percentage there was correlation between food hygiene knowledge and food hygiene practice.

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INTRODUCTION

When we try to find out the different reasons of ill health we can find the diseases caused by food contamination can happen at home and outside the home. It may be because of cooking and multiple handling of the food by different food handlers. Eating outside was not part of Indian culture till recently. But, increasingly busy life styles, Indians are also consuming more meals in mess/ restaurants, outside establishments. We have a right that food we eat in the messes will not harm us. But millions of illness and thousands of deaths occur each year because of diseases transmitted by food prepared in messes.

Food sanitation is a subject of wide scope for better health and quality of life. It aims to study methods for the production, preparation of food, which is safe and of food keeping quality of every variety of foodstuff and drink, and all the utensils and apparatus used in their preparation, service and consumption, but also care and treatment of food known to be contaminated with bacteria. Hygiene is the science of preserving and promoting health mainly through individual effort. Every person should follow the rules of hygiene, so as to attain high standard of health. Conceptual framework was developed on

the basis of the epidemiological concept of interactions of agent, host and environment.

METHODOLOGY

In the present study Descriptive Survey Approach was used, because the present study was aimed to assess the knowledge and practice of food handler's in selected nurses hostels in Bangalore South. A Non-Experimental Exploratory Research Design was used. Research was done on 50 food handler's from 10 nursing institutions with hostel facilities in south Bangalore were selected by using non-probability convenient sampling technique, which allowed the researcher to select the participants who are willing to participate and present during the period of data collection. A structured interview schedule was used to collect demographic data and knowledge regarding concept about food hygiene, food handler's, cooking practice, preservation and serving. Practice of food handler's was assessed using an investigator developed observation checklist. 2 to 3 food handler's were observed each day during the morning shift while food was being cooked, served and stored. For collecting information on knowledge 40-50 minutes were taken and the practices were obtained from 10 am to 2 pm when the food is being cooked and served. A structured

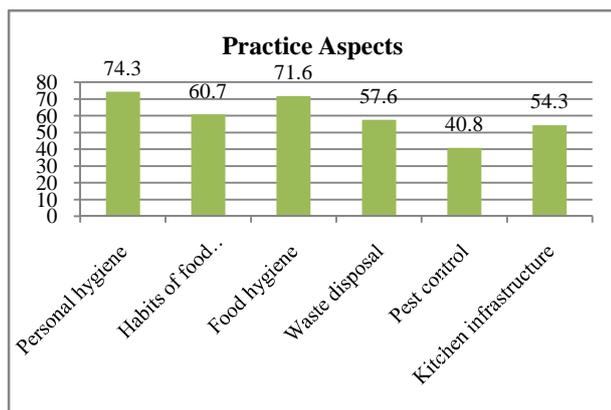
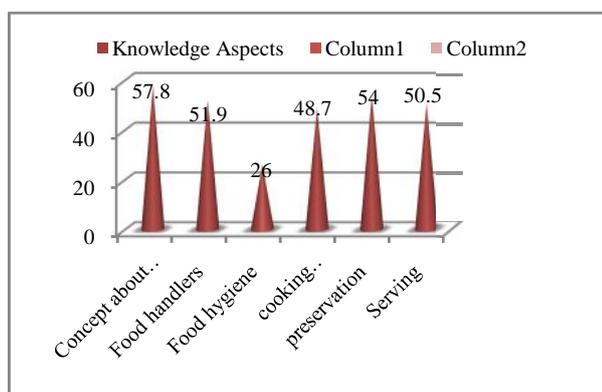
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interview schedule and observation checklist was used to gather data from the participants. Data were analyzed by using descriptive and inferential statistics.

The permission was taken to conduct the research study from ethical committee of AECS Maruti College Of Nursing, Bangalore and also administrative permission was procured formally from the principals of college of nursing for conducting the study in the messes of the nurses hostels and individual permissions were procured from the participants in the hostel messes before conducting the study.

RESULTS

The analysis of the data was based on research questions. Coding was done and aspects were generated. Data aspects wise mean knowledge score of food handlers regarding concept about food hygiene was 57.8%, food handlers hygiene was 51.5%, food hygiene was 26.0%, cooking practices was 48.7%, preservation was 54.0%, serving was 50.5%. The overall mean knowledge score was 47.8% with SD of 11.4%. The percentage of knowledge score was higher in the area of concept of food hygiene (57.8%) and they scored least in food hygiene (26%).



Data on aspects wise mean practice score of food handlers. It was found in personal hygiene they scored 74.3%, in habits while cooking the score was 60.7%, food hygiene 71.6%, waste disposal 57.6%, pest control 40.8%, and kitchen infrastructure 54.3%. the overall mean practice score was 62.3% and SD was 9.0% the percentage of practice scores were higher in the area of personal hygiene 74.3% and they scored least in pest control 40.8%, which concludes that there was positive correlation between knowledge and practice= $+0.086$.

CONCLUSION

Based on the findings of the study further a comparative study can be carried out on eating establishments in urban and rural areas and big restaurants and roadside stalls as very little literature are available on urban and rural are eating establishments. A larger targetpopulation would produce more generalizable results about the knowledge and practice of food handler’s regarding food hygiene there is a lack of attention paid on food sanitation, which lead to various gastro-intestinal problems in the community and lack of reliable epidemiological data in many parts of the recognition of the public health importance of food safety and consequently the emphasis on food safety measures. The community health nurse can educate the food handler’s in the hospital messes, hostel messes about various food sanitation practices to be followed to prevent food born illness.

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How to cite this article:

Amita Paul., A Non-Experimental Descriptive Study To Assess The Knowledge The Knowledge And Practices Of Food Handlers Regarding Food Hygiene In Selected Nurses Hostels At Bangalore South. *Int J Recent Sci Res.* 7(1), pp. 8602-8603.

T.SSN 0976-3031



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