

Free of Diseases by Hand-washing:

Songkhla Bonvior Kao Early Childhood Development Center



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Introduction

The Songkhla Bonvior Kao Early Childhood Development Center (ECDC) located in crowded community of the Municipality of Songkhla Province. Young children in ECDC have a higher rate of certain infectious diseases, especially communicable diseases which easily spread in a crowded area. Since young children have immune systems that are not fully developed, they are more vulnerable when they become ill. Regular hand washing is the most important and effective method of infection control for preventing illness in children and ECDC providers. However, the observation of the behavior of children found that more than 95 percent of children in ECDC had incorrect and incomplete process of hand washing. Therefore, the project of the ECDC aimed to improve ability of children in ECDC in washing their hands appropriately to promote children's health behaviors in disease prevention to reduce communicable diseases.

Strategies

This project consisted of 5 activities to promote regular 7 steps of hand-washing including:



1 "Hand-washing Song" movement and rhythm activities every morning



Promote hygiene care through story telling and hand puppets



Seeking clean-hands role model



"Safe Hand" activity: applying 7 steps hand-washing for 5 times a day

Before-after meals
After playing,
Before and after using restroom



5 Displaying 7 steps hand-washing poster

Key-Success-Factors

1. Reinforcement of hand hygiene messages around ECDC
2. Practical education tools and teaching technique for providing knowledge
3. Monitoring and feedback of hand hygiene practices by teachers and friends
4. Good role-model and participation of all ECDC staffs



Results

(November-December, 2014)

Children's hand-washing behaviors

- 40% of children completed 7 steps with incorrect procedures
- 35 % could not complete at least 2 steps
- 25 % could complete every step.

The majority of parents reported a high level of satisfaction. In addition, they would like to have a pamphlet to continuously follow up their children behaviors at home.

Lesson Learned & Recommendation

- Hand-washing practicing is important to prevent diseases for children in ECDC. Particularly, teachers, personnel, and children should perform hand-washing correctly and continuously.
- Teachers should integrate hand-washing in providing learning experience through being a good role model.
- For the next phase of the project, small group practice, parent's participation and continuous follow up of children behavior at home should be taken into consideration.

References:

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