

Hand Washing at Regional Campuses

HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016

Katelynn Dowdy; Under the supervision of Dr. Miranda Sue Terry, Assistant Professor

Department of Applied Health Sciences, Murray State University

The Problem:

The rarity of proper hand hygiene is large issue for all college campuses. Students are exposed to not only a learning environment, but they are also getting exposed to germs and viruses that can be easily passed not only between students, but faculty as well, keeping them from their studies and jobs. Caused by many factors and affecting many students, good hand hygiene practices are difficult to perform due to time constraints and the lack of sinks in most classroom environments. The transmission by hand is one of the main causes of common cold, influenza, Salmonella, E. Coli, and many other bacteria and viruses. Therefore, everyone on campus is affected by this growing issues. As the lack of hand sanitation rises, the risk of the rapid spread of germs, disease, and infections increase throughout the campus.

Figure A: A sign that explained when and how to wash your hands. It is hanging on the back of the bathroom door on the Paducah regional campus.



Figure A



Figure B

Figure B: The black intercom that sits on the desks for students to hold down to be able to communicate with other students and the teacher at other campuses.

Research Methodology:

Photovoice is a participatory research “technique that allows individuals to photograph their everyday realities and highlight factors that may enhance or diminish their individual health status or that of the community” (Doyle, et. al, 2010).

Resources Available:

- Faculty advocating the importance of hand washing
- On campus documentation
- Hand sanitizing stations
- Local health departments, hospitals, and clinics for more information

Conclusions & Recommendations:

It’s good to start introducing hand washing at an early age and describe the importance of it. You can have kids do fun, creative things such as singing while washing their hands, get fun shaped soaps, or have them use foam soaps. With the older generation, it is best to get more serious, maybe by showing a documentary on the diseases that are transmitted from a lack of hand hygiene. Handwashing is something that helps prevent sickness, stops the spread of germs, diseases, and infections, and by doing this one simple task, it will be beneficial in the long run for yourself and those around you.

References:

- Doyle, E. I., Ward, S. E., & Oomen-Early, J. (2010). *The Process of Community Health Education and Promotion* (2nd ed.). Long Grove, IL: Waveland Press, Inc.
- Duberg, D. (2012, February 29). *Better Business in Education*. Retrieved November 08, 2016, from <http://betterbusiness.torkusa.com/are-college-students-hygiene-habits-making-the-grade-tork-bbc/>
- Kurantani, D. L. G. & Lai, E. (2011). *Photovoice Literature Review*. Retrieved October 11, 2016 from University of Southern California, TEAM Lab Web site: <http://teamlab.usc.edu/Photovoice%20Literature%20Review%20%28FINAL%29.pdf>
- Wang, C. & Burris, M.A. (1997). Photovoice: Concept, Methodology, and Use for Participatory Needs Assessment. *Health Education & Behavior*, 24(3), 369-387.