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"Women's empowerment through education"

Mission:

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From Editorial desk: "Redefining Boundaries: Recognizing Nurses as Innovators."

"Nurses have been the frontlines of promotion, prevention, care, and rehabilitation of people and patients' health and safety. But beyond this lies a less recognized but equally powerful identity — that of the nurses as innovators, critical analytical people, and leaders of change and visionaries."

Our Nurse Innovators journal was launched to publish the research and conversations by nurses about healthcare innovations. Healthcare departments, governing agencies, and the general public have recognized nurses as agents of change; however, scholarly and research articles and practical literature highlighting nurse-led solutions are lacking. This journal aims to address that. This journal will open the space for interdisciplinary dialogue needed in nursing practice. The launch of the journal comes at a moment of critical transformation in healthcare. The challenges we face — from global health inequities and workforce shortages to digital transformation and environmental crises — demand new ways of thinking. Nurses, with their unparalleled proximity to patients and systems, are uniquely positioned to inform.

What do we mean by "nurse innovator"? We see innovation not just in technology or start-ups, but in every instance where nurses challenge assumptions, redesign systems, and imagine better ways of delivering care. It is the nurse in a rural community who adapts mobile phone technology to improve antenatal care. The ICU nurse leads a quality improvement initiative to reduce infections and medication errors. The psychiatric nurse who develops a culturally grounded mental health toolkit for the community. Innovation, in this context, is not always high-tech — it is high-impact!

In this inaugural issue and future ones, we will feature a diverse range of content: original research on nurse-led interventions, field-tested solutions from practice, reflective essays from nurse leaders, and interdisciplinary perspectives that expand our collective imagination. We welcome contributions from nurses in all sectors — clinical, academic, community-based, and entrepreneurial — as well as collaborations with designers, engineers, and policymakers who collaborate with nurses to co-create change.

We hope that this journal is more than a publication. We envision a vibrant ecosystem — a space of dialogue, mentorship, and shared purpose. Whether you are a student with an idea, a frontline nurse solving problems daily, or a scholar exploring the theory of practice-led innovation, you have a place here.

We invite you to read, contribute, critique, and connect. Let this journal be both a record of what is and a catalyst for what could be.

Because innovation is not the future of nursing — it is already here. And it begins with the nurse.

We invite you to read, contribute, critique, and connect. Let this journal be both a record of what is and a catalyst for what could be.

Dr. Meena Ganapathy
Chief Editor, NIJ

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"A study to assess the effectiveness of planned teaching on hand hygiene practices among school going children in selected schools."

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Abstract: *A major problem of health issues in our country is the unhygienic environment, lack of hand washing leads to health hazards of the public especially children in school. Children at the school have little knowledge about the importance of hand-washing practices. Lack of proper hygiene and sanitation facilities increases the burden of communicable diseases among developing countries. A study was conducted to assess the effectiveness of planned teaching on hand hygiene practices among school-going children in selected schools. Objectives: 1. Assess the baseline data of school-going children. 2. Assess the hand hygiene practices among school-going children. 3. Evaluate the effectiveness of planned teaching on hand hygiene practices. 4. Compare the practice related to hand hygiene among school-going children. 5. Find an association between hand hygiene practices and selected demographic variables. Methodology: Quantitative research approach, the design was pre-experimental one group pretest post-test. The sampling method employed was simple random sampling and the sample size was 40 participants. The tool included demographic data and a checklist to assess the practice of hand hygiene. Result: Post-test data analysis revealed significant change, as 87.5% of children had very good hand washing practices whereas 12.5% had good hand hygiene practices. The findings of the relationship of selected variables showed that there was an association between hand hygiene practices and age, gender, education of mother and father, occupation of mother and father, family income as well as previous knowledge of hand hygiene practices. Conclusion: The study finding indicated that the planned teaching by demonstration administered by the researcher was effective in increasing the practice of the school children on hand hygiene practices.*

Keywords: Hand washing practices, school going children, planned teaching.

I. INTRODUCTION:

A major problem of health issues in our country is the unhygienic environment, lack of hand washing leads to health hazard of the public especially children in the school. Children at the school have little knowledge about the importance of hand washing practices. Education about hand washing will improve their knowledge and practice. Inadequate hygiene and sanitation facilities contribute to the spread of communicable diseases in developing nations.

Steiner-Asides SE. et al. (2011) carried out a study to determine the hand washing practices among children in private and public school in the Metropolis in the Greater-Accra region of Ghana, with both private and public schools. A total of 295 schoolchildren were randomly recruited into the study. The study was cross-sectional in design and used qualitative and quantitative methods to collect data. A questionnaire was used to obtain information on socio-demographics. A checklist was used during the observation of hand washing practices and an interview guide was used for the focus group discussions.

The findings revealed that the majority of school children observed did not properly wash their hands with soap, both at school and at home, due to the lack of available and accessible handwashing facilities such as soap, towels, and clean running water. However, the majority of those who used the school toilet practiced hand washing with soap after defecation. Private schools were found to be less likely to wash their hands after using the toilet, before eating, and after eating compared to their public-school counterparts. The need to extend the hand washing campaigns to private schools cannot be over-emphasized. Research conducted about hand hygiene indicated that children with proper hand washing practices were less likely to report gastrointestinal and respiratory symptoms. Previous reports suggested that hand washing with soap reduces morbidity due to diarrhea diseases by 44% and respiratory infections by 23%. World Health Organization reports that every year, 3.8 million children aged less than five die from acute diarrhea diseases and acute respiratory tract infections.[1]

Mane M. (2017) Keeping kids healthy and clean is important to teach basic personal hygiene. It is a highly effective and cost-efficient method for preventing diarrhea and acute respiratory infections. The study aimed to evaluate the effectiveness of hand hygiene technique demonstrations on the hand hygiene practices of primary school children. Data was collected

from Rotary Shikshan Santha Malkapur Karad, Maharashtra, India. The study followed a one-group pre-test, post-test design, with 60 primary school children aged 6 to 7 years selected through simple random sampling. On the first day, a pre-demonstration assessment was conducted using a modified observational checklist, followed by the administration of a hand hygiene technique demonstration. After 7 days post-demonstration test was conducted. Descriptive and inferential statistics were used for data analysis. The result showed that the mean pre-demonstration value was 5.383 and mean post-demonstration value was 9.033. The paired t' test value was 23.744, ($p < 0.0001$) showing a significant gain in the improvement of hand hygiene practice of primary school going children. The Chi-square test indicated a significant association between the pre-demonstration practice scores of primary school children and their mothers' education ($\chi^2 = 16.436$, $p < 0.05$) as well as their fathers' education ($\chi^2 = 23.016$, $p < 0.05$). The study concluded that demonstrating the hand hygiene technique effectively enhanced hand hygiene practices among primary school children, making the steps of the technique easy to comprehend and follow.2 This current study revealed the need for this study and the researcher conducted this study to promote hand-washing practices among school-going children to prevent further infections and reduce the rate of morbidity. The research statement was to assess the effectiveness of planned health teaching on hand hygiene practices among school going children in selected schools of Pune city. Objectives were 1. To evaluate the awareness of hand hygiene practices among school children. 2. To evaluate the effectiveness of planned health teaching on hand hygiene practices. 3. To compare the knowledge related to hand hygiene techniques among school going children. 4. To find an association between hand hygiene practices with selected demographic variables. Hypothesis: H_0: There is no significant difference in hand hygiene practices of school going children after planned teaching. H_1 - There is significant difference in hand hygiene practices of school going children after planned teaching.

II. METHODOLOGY:

This study used a quantitative research approach, the design was a pre-experimental one-group pretest post-test. The sampling method was non-probability purposive, and the sample size was 40. The samples were school-going children of 9 to 11 years from the Mahilashram school of MKSSS Pune. Authority permission and informed consent from the participants' parents was taken. The data collection process was completed with all ethical formalities. The tool included section I for demographic baseline data of school-going children and a checklist to assess the practice of hand washing technique of students.

III. RESULT:

Table no.1 Demographic profile:

N = 40

Sample characteristics	Frequency (f)	Percentage %
Age		
9 years	00	00
10 years	25	62.5%
11 years	15	37.5%
Gender		
Male	00	00
Female	40	100%
Class group		
4^{th}	0	00
5^{th}	40	100%
6^{th}	0	00
Education of father		
Illiterate	02	5%

Primary	11	27.5%
Secondary	18	45%
Graduate	09	22.5%
Education of mother		
Illiterate	00	00
Primary	08	20%
Secondary	18	45%
Graduate	14	35%
Occupation of father		
Sample characteristics	**Frequency (f)**	**Percentage %**
Medical	02	5%
Non-medical	38	95%
Occupation of mother		
Medical	1	2.5%
Nonmedical	39	95%
Family income		
<5000INR	01	2.5%
5001-10000INR	19	47.5%
10001-15000INR	16	40%
>15000INR	04	10%
Do you know hand washing technique?		
Yes	10	25%
No	30	75%

The above table no. 1 shows that the majority of the subjects were at the age of 10 years (62.5%), female, and from the 5th class group (100%). The education of parents belongs to the secondary category. The majority come to the category of nonmedical occupation. The majority of family income (47.5%) was 50001-10,000 INR whereas (40%) of subjects had more than 15000 INR family income. 75% were not known to hand hygiene techniques.

Table no. 2: Comparison between Pretest and Post-test Hand Hygiene Practices.

N = 40

SN	Category	Pretest Practice	Percentage (%)	Post-test Practice	Percentage (%)
1	Poor	27	67.5%	00	0%
2	Good	13	32.5%	05	12.5%
3	Very Good	00	0%	35	87.5%

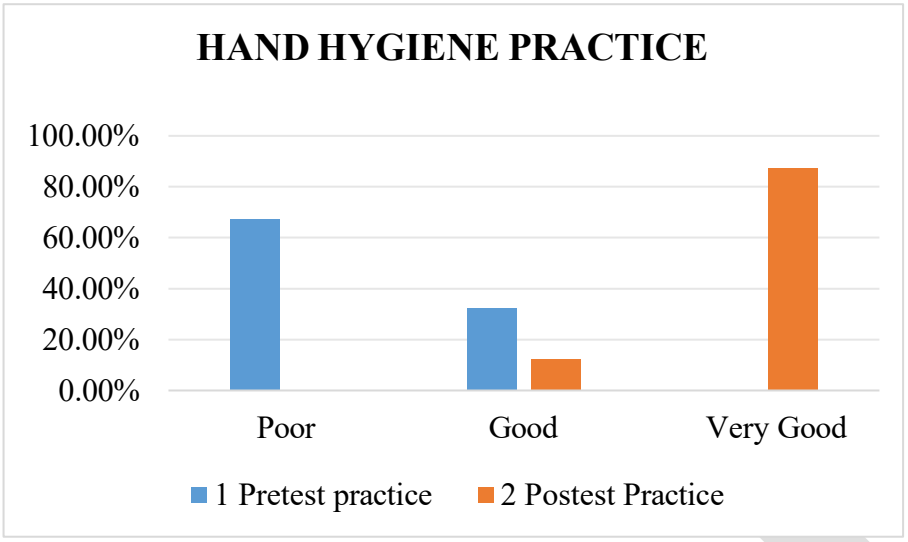

Fig.1: Effectiveness of hand hygiene practices.

The table no. 2 shows that pretest and post-test observation, it shows that after planned teaching on hand hygiene practices among school going children's, practice score was improved.

Table no. 3 Comparison between pretest and post-test hand hygiene practices

Particular	Mean	SD	T-test	p-value
Pretest	6.725	1.61	0.000 3754	$p < 0.05$
Post-test	8.575	1.90		

Table no.3 shows that the statistical paired t-test value was 0.00037 with $p < 0.05$, hence it was found to be statistically significant at 0.05% level. It was concluded that after receiving planned teaching hand hygiene practices had improved among school going children. Hence rejecting the null hypothesis and accepting the research hypothesis means a significant difference in hand hygiene practices of school going children after planned teaching.

IV. DISCUSSION:

Keeping hands clean through improved hand hygiene is one of the most important steps one can take to avoid getting sick and spreading germs to others. A study was conducted to evaluate hand hygiene among school children. The objectives were to assess the level of hand hygiene practices among school children and to analyze the relationship between hand hygiene practices and selected socio-demographic factors. A non-experimental research approach with a descriptive research design was utilized for this study. By using purposive sampling technique a total of 100 samples were included for the study. The test was conducted by check-list. The data were recorded and coded. The data analysis was done by using descriptive and inferential statistics. The result revealed that there is relatively good practice of hand washing among school children. The study implies that creating more awareness of hand washing will prevent the occurrence of infection among school children.[3]

V. IMPLICATIONS:

The findings of the study have implications in different fields of nursing is nursing practice, nursing education, nursing administration, and nursing research. Nursing Education: Nursing educators can encourage student nurses to organize hand washing programs for school children.

Health education should be consistently incorporated into all nursing curricula, following evidence-based practices. Nursing Administration: Nurse Administrators should motivate their subordinates to participate in various programs and improve their knowledge and skills, about hand hygiene practices. Nursing Research: Comprehensive research can be carried out to identify health issues arising from inadequate handwashing and can be integrated into nursing education and practice. Nursing Practices: Pediatric health nurses should take the initiative in imparting practice to school children through periodical health education programs in school, hospitals and community settings.

VI. RECOMMENDATION:

1. A similar study may be replicated in large samples.
2. A similar study can be done by using an information booklet.
3. A comparative study can be conducted in urban and rural school children.
4. A similar study can be conducted with a control group and experimental group to assess the effectiveness of health teaching regarding hand washing practices.

VII. CONCLUSION:

The study findings proved that the planned health teaching administered by the researcher was effective in increasing the practice of the school children's hand hygiene practices. Hand hygiene is an effective infection prevention technique as it was used in the Covid-19 pandemic situation. Several infectious diseases can be spread from one person to another by contaminated hands such as diarrheal diseases, colds, and coughs can be prevented from it. In hospitals, health care providers also use hand hygiene techniques to prevent cross-infection. Hand hygiene can become a lifelong healthy habit if taught from an early age.

Conflict of interest- No conflict of interest to declare.

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