



ORIGINAL ARTICLE

Are bearded doctors dangerous? Are smartphones and credit cards safe? The importance of hygiene and object disinfection around hospital and private practice settings as well as the public environment.

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Abstract

One of the most important issues around healthcare is hand hygiene and personal object disinfection. During one microbiology laboratory class the dentistry and medical students made cultures from their fingers and personal objects such as smartphones, hairbands, jewellery etc. We identified bacterial strains from selected samples using API tests and made a big collection of photographic and film material. Mobile phones turned out to be some of the most contaminated personal use objects. Despite all the recommendations in place, including WHO guidelines, there is still much to be done when it comes to hand hygiene and object disinfection in the hospital and currently during the pandemic times, also public environment.

Streszczenie

Do najważniejszych kwestii związanych z opieką zdrowotną należy higiena rąk i dezynfekcja przedmiotów osobistych. Podczas zajęć laboratoryjnych z mikrobiologii studenci stomatologii i medycyny wykonali posiewy z palców i przedmiotów osobistych, takich jak smartfony, opaski do włosów, biżuteria itp. Zidentyfikowano szczepy bakterii z wybranych próbek za pomocą testów API oraz pozyskano dużą ilość materiału fotograficznego i filmowego. Telefony komórkowe okazały się jednymi z najbardziej skażonych przedmiotów użytku osobistego. Pomimo wszystkich obowiązujących zaleceń, w tym wytycznych Światowej Organizacji Zdrowia, nadal pozostaje wiele do zrobienia, jeśli chodzi o higienę rąk i dezynfekcję przedmiotów w szpitalu, a obecnie w okresie pandemii, także w środowisku publicznym.

Key words: smartphones, mobile phones, hand hygiene, hospital infections, COVID-19, pandemic, SARS-CoV-2

Słowa kluczowe: smartfony, telefony komórkowe, higiena rąk, zakażenia szpitalne, COVID-19, pandemia, SARS-CoV-2

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