

Role and Impact of Hospital Hygiene on Medical Tourism

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Abstract

This paper highlights on Hospital Hygiene as a part of Swachh Bharat. Main objective of this paper is to place the top priority on hygiene of the hospitals to control infectious diseases and speedy recovery of the patients. The study is mainly focused on how hospital hygiene contributes for Medical Tourism and also explains how hospital hygiene is essential to control various infections. Control of infections may lead to effective treatment and increase the goodwill of the hospitals. Which in turn leads to attraction of foreign patients to the country and State contributing to development of various other related sectors of the country. The study is based on secondary sources of information.

Key words: Hospital hygiene, infections, medical tourism.

Introduction

Hospitals are often considered as a temples of patients, Doctors as God and diseases are unknown enemies. Patients always prefer hospitals featured with experienced doctors, quality treatment, caring supporting staff, good infrastructure and well maintained hygiene. Normally such hospitals attract more patients including patients from other states and abroad and thereby contributing to the development of medical tourism. Good Hygiene creates a homely atmosphere for speedy recovery of the patients. Now a day's people are educated and are ready to spend more money on the basis of quality and hygiene of the hospitals. Failing, to find a quality hospital may compel the patient may go in search of good hospitals irrespective of place, state and country. Many hospitals get good reputation in treating the patients on the basis of hospital hygiene. Especially European, American and Austrian countries are in top list in providing quality treatment with excellent hygiene which impacts on other areas such as employment generation, increase in income, standard quality of life, reputation of the country etc., "Hygiene in Hospitals reduces half of the diseases through a normal treatment while unhygienic hospitals increases the diseases even with good treatment".

Methodology of Study

The study is based on secondary data collected through magazines, journals, newsletters and online journals, e-books and e-materials.

Limitations of the Study

The main constraints of the study is inadequacy of time, which led to restrict the study area only to Banagalore city and collection secondary data respectively.

Objectives of Study

1. To know the concept of hospital hygiene.
2. To analyze the impact of Hygienic Hospitals on Medical Tourism.
3. To draw Findings, suggestions and conclusion relevant to topic.

Meaning and Need of Hospital Hygienics

Hospitals are an institution providing medical and surgical treatment and nursing care for sick or injured people the other names are medical institutions, medical centers, clinic, nursing homes etc. Hygiene is a condition or practice conducive to maintain health and preventing disease, especially through cleanliness.

- Good hygiene or cleanliness is a basic requirement for good health. The importance becomes much more in a hospital setting, where sick people come to restore their health. Hospitals provide cure for all types of sickness of the people. But, they also become a potential source of spread of infection if people concerned are not vigilant enough.

- A person may be hospitalized for some other problem say cardiac failure and may become sicker after acquiring some infection in the hospital if proper hygienic measures are not undertaken.
- Regarding part of the hospital it is very important to maintain very good hygiene. Every room should have good amount of sunlight as most of the disease producing germs present in the environment are killed by strong sunlight.
- It should be remembered that a hospital room is always full of infectious agents of various kinds. Adequate aeration and cross ventilation helps to minimize the concentration of germs inside the rooms.
- Daily washing and mopping of the hospital rooms with some antiseptic solution helps to kill the microbes prevalent in the rooms.
- One should be vigilant enough to see that cobwebs and dust do not settle over the doors and windows and even on the furniture, because these harbor germs.
- Hygiene needs to be observed even for the hospital linen and clothes, as these also tend to gather germs. These should be always clean and changed regularly. This linen includes the bed sheets and other bedding used by the patient as well as the uniforms and coats used by doctors and other health personnel. They need to be washed and dried in strong sunlight or ironed by a hot iron.
- Proper disposal of the fluids of the patient like urine, blood, etc. and laboratory samples should be such that it does not become a source of infection for others. For this purpose, antiseptic solution is poured over the liquids before they are disposed off.
- Every hospital designs its own infection control program which includes measures for cleanliness, hygiene and waste disposal.
- Management of health-care waste is an integral part of hospital hygiene and infection control. Health-care waste should be considered as a reservoir of pathogenic microorganisms, which can cause contamination and give rise to infection. If waste is inadequately managed, these microorganisms can be transmitted by direct contact, in the air, or by a variety of vectors. Infectious waste contributes in this way to the risk of nosocomial infections, putting the health of hospital personnel, and patients, at risk.

Impact of Hygenic Hospitals on Medical Tourism

Medical and Tourism are two different terms but when we combine it, we will get a very different answer, and that too is interesting. Medical tourism is traveling, but for the purpose of availing medical treatment, i.e., the treatment can include surgery, dental care, consultation, etc. This term is basically referred as the tourists who travel to other countries for treatment. Some tourists from poor countries travel to developed countries for seeking better healthcare, and on the other side, some people came to developing countries for getting cheap treatments as compared to their own countries. Studies have shown that the treatment in India is 50-70% less or it is 10th part of the cost of treatment as in the USA.

India offers a diverse basket of medical services and rejuvenation facilities to patients at reasonable prices. Medical tourists travel to India to make the most of India's ancient tradition of Ayurveda and its low-cost medical tourism facilities. Some of the different forms of medical tourism offered in the country include yoga, meditation, ayurveda, allopathy, naturopathy, unani, etc. which have scientifically proven zero side effects.

Factors Influencing Medical Tourism

1. To get cheaper treatments that can be half of the price as compared to home or can be less than that.
2. To avoid long waiting time i.e. in some countries you have to wait for months for scheduling surgery.
3. Urgent cases where they can't wait & it's possible to get emergency treatment in other countries.
4. Considering it as a chance to combine a tropical vacation with elective or plastic surgery.
5. To get better treatment as in their country, there is no treatment of a particular disease.

Role of Hospitals in Medical Tourism

Medical Tourism is meaningless without the support of Hospitals. Nowadays, the Medical tourism industry is growing rapidly because of the **best hospitals & qualified doctors** in the country. The growth of Medical tourism is directly proportional to the quality of the hospital. However, for a patient traveling to other country, it is important to find the optimal **Doctor-Hospital combination**. After the treatment phase is over, the patient has the option to either recuperate in the hospital or an accommodation setup nearby. Nowadays, any hospitals give the option to continue the treatment through telemedicine. Telemedicine is the use of information technology and telecommunication to provide health care support from a distance.

How Hospitals are Improving Medical Tourism:

- By Maintenance of good hygiene in hospitals
- By providing cost-effective solutions.
- Ensuring the use of cutting-edge medical equipment and technology that are not accessible in their home countries.
- With the help of providing extra-facilities to foreigners and special care as per their requirements.
- By offering vacation programs along with their treatment that too with the consideration of their health in mind.
- By providing translator services if the patient is not familiar with the language used in the foreign country where the treatment is scheduled.
- By providing uncompromised quality and safety standards for their stay.
- By using latest technologies like Telecommunication - Before traveling to another country, a patient can interact with the doctor and share all the details related to his/her treatment so that he will be having all the knowledge.
- Provide aid in the legal support that should be done before arrival and other formalities.

Findings and Conclusion

1. Hospitals in India have a high burden of infections in their intensive care units (ICU) and general wards, many of which are resistant to antibiotic treatment, according to a report by Global Antibiotic Resistance Partnership (GARP)
2. Organisms causing hospital infections in India are similar to those around the world. A prospective study of 71 burn patients at Post Graduate Institute of Medical Education and Research (PGIMER) in Chandigarh found that up to 59 patients (83 per cent) had hospital-acquired infections
3. Another six-month study conducted in 2001 of the intensive care units (ICUs) at All India Institute of Medical Sciences (AIIMS) in New Delhi, found that 140 of 1,253 patients (11 per cent) had 152 hospital-acquired infections,
4. Further, a study of 493 patients in a tertiary teaching hospital in Goa also found that 103 people (21 per cent) developed 169 infections.
5. Around 88020 foreign patients have come to the Bangalore since January 2014 for treatment.
6. India ranks 3rd in Medical Tourism in the world.
7. Manipal Hospital at Bangalore Tops the list getting around 49000 international patients in past few years and expected to increase in coming years.
8. Narayana Health gets around 20000 foreign patients every year
9. There are 28 JCI Accrediated hospitals in India. Among them four are from Bangalore. They are Fortis Hospital, Apollo Hospital, Narayana Health and Columbia Asia Hospital.
10. India Working Group and Centre for Disease Dynamics, Economics and Policy (CDDEP). The 2011 GARP report, Situation Analysis: Antibiotic Use and Resistance in India, also states that a large proportion of these hospital-acquired infections (HAI) are preventable with increased infection control measures.

11. "A large proportion of these hospital infections are easily preventable with increased hospital infection control, including stepping up hygiene practices, such as frequent hand-washing," says Dr RamananLaxminarayan, Director of CDDEP and vice president for research and policy at the Public Health Foundation of India.

12. In India, however, hospitals often do not follow infection control practices, and this leads to the spread of disease.

13. In response to the growing burden of HAIs in India, GARP is issuing several key recommendations that aim at reducing the prevalence of HAIs, including increased hand-washing, use of isolation rooms for infected patients, increased availability and uptake of diagnostic tests, reminders to limit catheter use, and use of gloves and gowns

14. The ministry of health and family welfare task force also recommends that all hospitals create an infection control plan, committee and team.

Conclusion

Finally changing needs and changing conditions of the people with the new diseases and new patients, the hospitals have to adopt modern techniques to maintain hygienic environment to give better treatment to the patients in order to improve the medical tourism. Patient's satisfaction depends upon the hygiene of the hospital. Hygiene, Personal Care, Treatment, Enjoyment, affordable cost are the keywords that best define hospital's role in the growth of medical tourism. We conclude that hygiene is the best reward for the Hospitals other than all awards.

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