



A STUDY TO ASSESS THE OCCUPATIONAL HEALTH PROBLEMS AMONG STAFF NURSES IN A SELECTED HOSPITAL AT MANGALURU

Ms Flona Shelma Lobo	Student nurse, Father Muller College of Nursing Mangalore, Karnataka.
Ms Deeshma Veigas k	Student nurse, Father Muller College of Nursing Mangalore, Karnataka.
Ms Delma Dsouza	Student nurse, Father Muller College of Nursing Mangalore, Karnataka.
Ms Elizabeth Sebastian	Student nurse, Father Muller College of Nursing Mangalore, Karnataka.
Ms Elsy Loid	Student nurse, Father Muller College of Nursing Mangalore, Karnataka.
Mr Abin Kuriakose*	Lecturer, Father Muller College of Nursing Mangalore, Karnataka. *Corresponding Author

ABSTRACT

Nurses form an essential constituent of the health care system. Any kind of work-related stress when combined with daily life stress leads to determined physical and emotional outcome due to excess physical and mental demand on the human body and mind. During the fulfilment of their duties, nurses experience various types of work-related injuries and anxiety, which harmfully impacts their health and nursing quality. The health of nurses is a prime concern for any organization as they are the direct caregivers to the patients and their emotional and physical stability is needed for effective care for maintaining their standards in relation to patient safety. This study was planned with the objective to identify the health problem among staff nurses. The findings of the study can be useful in creating awareness regarding occupational health problems among staff nurses. A descriptive design was used for the study. The sample consisting of 246 subjects were selected by probability simple random sampling. The tool used was demographic Performa and three-point rating scale to assess occupational health problems. The result was analysed by using descriptive statistics. Majority of the staff nurses 53.66% had mild level of health problems and 41.9% had moderate health problems and 4.5% had severe health problems. There is a significant association between occupational health problem and selected demographic variables like gender, education qualification and working overtime. The remaining variables like age ($\chi^2=0.282$), year of experience ($\chi^2=0.226$) had no significant association with occupational health problems. The study has concluded that the majority of staff nurses are having mild level of occupational health problems and there are several factors that contribute to the health problems physical, psychological and social problems.

KEYWORDS : Staff nurses, occupational health problems

INTRODUCTION

Health and safety of the workers within the work place is the major concern of the millennium that has emerged with the rapid technological advancement in every field of practice. By the level of illness and injuries endured by the nursing professionals worldwide, it is obvious that nursing is totally a marginal profession in terms of safety at work. Nurses are the 'back bone' of any health care settings and their work is multitasked. Nurses are extensively recognized as the crucial element of a healthcare system. Nurses are the fundamental part of clinical care. In the majority of health-care settings, nurses are in charge of a sizable percentage of patient care

MATERIALS AND METHODS

A descriptive design was used for the study. The sample consisting of 246 subjects were selected by probability simple random sampling. The tool used was demographic Performa and three-point rating scale to assess occupational health problems. The result was analysed by using descriptive statistics.

Description of the final tool

Tool I: Demographic Performa

The demographic Performa includes 5 items gender, age, educational qualification, years of experience and working overtime.

Tool II: Rating scale on occupational health problems

The rating scale consists of 18 statements that cover the following area physical problems 8 items, psychological

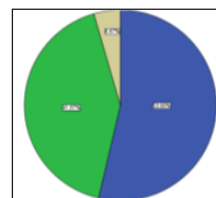
problems 5 items and social problems 5 items. The scores assigned were 2 for always, 1 for sometimes, 0 for never. The individual scores on rating scale ranges from 1 to 36, with higher scores indicating maximum level of health problems.

RESULTS

section1: description of demographic variables

Shows that the majority of the staff nurses were females (95.5%), in the age group of 22-29 (80.1%), maximum staff nurses have BSc nursing qualification (65.0%), most of the staff nurses have 1-2 yrs of experience (62.2%), most of the staff nurses work overtime(57.7%).

Section 2: severity of occupational health problems among staff nurses



The above diagram describes majority of the staff nurses (53.66%) have mild level and (41.87%) of the staff nurses have moderate level and (4.47%) have severe occupational health problems.

Section 3: association between occupational health problems and demographic variables

It is evident from Table 4 that there is no significant association between selected demographic variables like age in years and years of experience and occupational health problems, values obtained are (0.282 & 0.226). And significant association was found between occupational health problems and selected demographic variables like gender, education qualification, working overtime, values obtained are (0.048, 0.039 and 0.000).

DISCUSSION

The majority of the staff nurses are females (95.5%) Most of the staff nurses are in the age group of 22-29 (80.1%) Maximum of the staff nurses have BSc nursing qualification (65.0%) Most of the staff nurses have 1-2 years of experience (62.2%) More than half of the staff nurses work overtime (57.7%). To assess the occupational health problems among staff nurses.

The occupational health problems among staff nurses were assessed by using rating scale. The grading of the scale is as follows: Physical health problems: 6.04 ± 2.626 (37.75%).

Psychological health problems: 3.47 ± 2.132 (34.7%) Social health problems: 2.86 ± 2.420 (28.6%)

The large numbers of samples are having mild level of occupational health problems (53.6%). The mean and standard deviation occupational health among staff nurses are 34 ± 12.37 . To find the association between occupational health problems and selected demographic variables.

The study findings reveal that there is association between the occupational health problems and selected demographic variables like gender (0.048), educational qualification (0.039) and working over-time (0.000). And demographic variables like age and year of experience have no association between occupational health problems.

Another study was conducted on occupational stress and its management among nurses at St. Dominic Hospital, Akwatia, Ghana shows that there was significant correlation between department of work and types of stress experienced ($p < 0.05$), age and type of stress experienced (p value < 0.05), year of experience, salary and physical and emotional stressor.

CONCLUSION

The study concluded that the majority of the staff nurses had mild health problems. There is significant association between occupational health problems and selected demographic variables like gender, education qualification and working over-time at the level of 0.05 significance. The remaining variables like age, year of experience were not significant with occupational health problems.

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