



SCREENING OF HEALTH CARE WORKERS FOR NON COMMUNICABLE DISEASES IN A TERTIARY CARE HOSPITAL, CHENNAI

Dr.A.Arvinth Ram	Assistant Professor, Institute of Community Medicine, MMC, Chennai.
Dr.B.Prabakaran	Assistant Professor, Institute of Community Medicine, MMC, Chennai.
Dr.A. Somasundaram	Director, Institute of Community Medicine, MMC, Chennai.
Dr.E. Theranirajan	Dean, RGGGH, MMC, Chennai.
Dr.M. Vijayalakshmi*	Professor, Institute of Community Medicine, MMC, Chennai. *Corresponding Author

ABSTRACT **Background:** Healthcare workers are no better than the general population when it comes to non-communicable diseases such as hypertension and diabetes. Apart being neglect, they continue to smoke, consume alcohol, eat junk food, sleep erratically, and remain obese with little physical exercise despite knowing the health risks that they pose. This study was aimed to screen the Health care workers for Hypertension, Diabetes Mellitus and for Oral, Breast and cervical carcinoma.

Methods: A Hospital based cross-sectional study was done among Healthcare workers of RGGGH, Chennai for a period of 2 months. Apart from collecting the basic demographic details, all of them were screened for HT, DM, oral ca and VIA and CBE were done for female health workers after obtaining their consent at the Makkalai The di Maruthuvam (MTM) Screening centre, RGGGH.

Results: Out of 1039 workers, 995 consented to participate in the study. Mean age was found to be 45.25 ± 8.67 years. 87% of them were females. 313 (31.45%) of them had Hypertension, 146 (14.6%) had Diabetes and 39 (3.9%) had both Hypertension and Diabetes and 3 were positive for Oral Ca. Among 689 female Health workers, 23 were positive for VIA and 7 for CBE. The study clearly showed the importance of periodical health checkup of the Health care workers who plays a pivotal role in delivering healthcare.

KEYWORDS : Health care workers, NCD, VIA, CBE

INTRODUCTION

Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally. Each year, more than 15 million people die from a NCD between the ages of 30 and 69 years; 85% of these "premature" deaths occur in low- and middle-income countries. Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.3 million), respiratory diseases (4.1 million), and diabetes (1.5 million).^[1] An important factor which is gaining increasing curiosity among researchers is occupation, work environment, and stress associated with it and to what extent it contributes to the development of NCDs. A healthcare worker is one who delivers care and services to the sick and ailing either directly or indirectly. Healthcare workers are an essential and a diverse group of workforce that devote most of their time to building a healthier society. Worldwide there are approximately 59 million healthcare workers. Healthcare workers are often viewed to be immune to illness and the very fact that the health facility is within their reach would make one believe so. Apart from the physical hazards, they are more prone for Infectious diseases, NCDs and long working hours and shift work add to their Mental stress. This study was planned to screen all the Healthcare workers of RGGGH for NCDs to find out the prevalence of NCDs among them.

METHODOLOGY

A Hospital based cross-sectional study was conducted among the Health care workers after obtaining their consent for a period of 2 months from October to November 2021. Out of 1039, 995 were willing to participate and all of them were screened at MTM centre, RGGGH for HT, DM, Oral Ca and all the female workers for VIA and CBE following the standard protocol of National Health Mission (NHM). Those found positive were further investigated and started treatment accordingly.

RESULTS

Total Number Screened (N) were 995. Among them, 774 were sanitary workers, 71 were Nursing assistants and 150 belonged to other categories. 87% of them were females and around 62% belonged to the age group of 30-50.

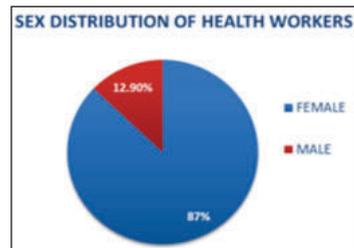


Fig.1- Distribution by sex:

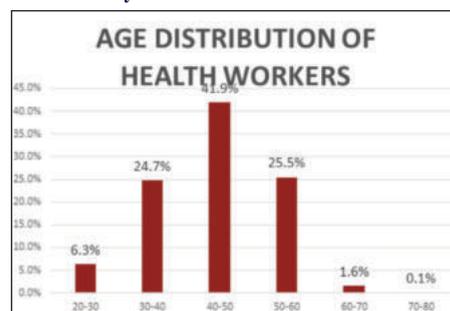


Fig.2- Distribution by Age:

Table-1- Distribution of NCDs

No	Category of workers (n=995)	Hypertension (HT)		Diabetes (DM)		Both	
		New	Known	New	Known	New	Known
1.	Sanitary workers (n=774)	78	165	31	88	4	32
2.	Nursing Assistants (n=71)	10	15	4	9	-	1
3.	Others categories (n=150)	15	30	3	11	-	2
	Total	103	210	38	108	4	35
		(10.35%)	(21%)	(3.8%)	(10.8%)	(0.4%)	(3.5%)

Table-1 shows the prevalence of HT among the participants to be around 31% and 10.35% were newly detected to have HT. 25% of them had DM and 3.8% were newly detected to have DM, 4% had both HT and DM and 4 of them were detected new for both.

Among all screened for Oral carcinoma (n=995) , 3 were found to be positive. Among all the female workers (n=689) screened for VIA and CBE , 23 were positive for VIA and 5 for CBE. Those detected were further investigated and started on treatment following the Standard treatment protocols at the respective specialities.

The study shows that Non communicable diseases are on the increasing trend among health care workers who presume that they would not become sick .The need of the hour is to prioritize occupational health of health workers and ensure that the workforce is adequately trained and healthy.

CONCLUSION:

The study clearly shows that Health workers find no time to take care of them though they are in the Health facility and periodical health check up at work place should be made mandatory to prevent complications.

Acknowledgements:

We would like to thank The Dean, RGGGH& MMC, Chennai for the support and guidance in carrying out the study.

Conflict of Interest: Nil

Funding: Nil

Ethical clearance: Obtained from Institution.

REFERENCES:

1. Faruque M, et al. Prevalence of non-communicable disease risk factors among nurses and para-health professionals working at primary healthcare level of Bangladesh: a cross-sectional study. *BMJ Open* 2021;11:e043298. doi:10.1136/bmjopen-2020-043298
2. Ahmed MT et al. Assessment of risk factors of non- communicable diseases among healthcare workers in Nelamangala: a cross sectional study. *Int J Community Med Public Health*. 2018 Feb;5(2):745-748
3. Sandhu S, Chauhan R, Mazta S. Prevalence of Risk Factors for Noncommunicable Diseases in Working Population. *MAMC J Med Sci*. 2015;1(2):101.
4. Joseph et al. The Health of the Health care workers , *Indian J Occup Environ Medicine* 2016, May-Aug;20(2):71-72
5. Mote B. A regional epidemiology of India's "NCD's risk factors" focusing particularly on Maharashtra: A call for "Health promotion" once again. *Int J Med Public Health*. 2016;6(1):26.)
6. World Health Organization. Noncommunicable diseases, 2018. Available: [https:// www.who.int/news-room/fact-sheets/detail/ noncommunicable-diseases](https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases)
7. (Sharma S, Anand T, Dey B, et al. Prevalence of modifiable and non-modifiable risk factors and lifestyle disorders among health care professionals. *Astrocyte* 2014;1:178.
8. Hegde BS. Prevalence of Diabetes, Hypertension and Obesity among Doctors and Nurses in a Medical College Hospital in Tamil Nadu, India. *National J Res Community Med*. 2017;4(3):235-9
9. Sharma D, Vatsa M, Lakshmy R, Narang R, Bahl VK, Gupta SK. Study of cardiovascular risk factors among tertiary hospital employees and their families. *Indian Heart J*. 2011 Sep-Oct;63(5):418-24.
10. Sharma M, Majumdar PK. Occupational lifestyle diseases: An emerging issue. *Indian J Occup Environ Med* 2009;13:109-12