

Importance of occupational health care to nurses

Effects of occupational health on mental health



Definition of occupational health

- Occupational Health is the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations by preventing departures from health, controlling risks and the adaptation of work to people, and people to their jobs.

Definition of occupational health and occupational illness

- Occupational health is a specialty of medicine that focuses on the physical and mental wellbeing of employees in the workplace.
- Occupational illness is defined as a condition that results from exposure in a workplace to a physical, chemical or biological agent to the extent that the normal physiological mechanisms are affected and the health of the worker is impaired.

Definition of occupational hazard is defined

- It can also be referred to as any activity, materials, processes or situation that is likely to cause an accident or disease at the work place.
- The lack of adequate laws and policies regulating the work environment exposes many workers to hazards which may be life threatening.

Definition of occupational hazard is defined

- Occupational health and safety laws represent only about 10% of the population in developing countries, omitting many major hazardous industries and occupations like the health sector. Even in circumstances where occupational health and safety laws exist, workers are being employed in conditions which not only deprive them of their dignity and value but also expose them to a number of occupational accidents.

Definition of occupational hazard is defined

- This often results in the deterioration of health and wellbeing as this is evident in many African countries where occupationally acquired illnesses affect their performance at work and have great negative effects on their family members.

Occupational stress, Risk exposure and High strain in Public hospitals

- The workplace is now regarded as a key player in the origin of various illnesses and as a determinant of the individual's well-being, along with the individual's life-style. In recent years occupational health, particularly occupational mental health, has been the subject of particular attention. Health at work has become a major concern in our society and it should be a priority for leaders in health industry and policy makers in public health institutions.

Occupational Health Hazards Prevailing among Healthcare Workers in Developing Countries

- Occupational health is a neglected public health issue among healthcare workers in developing countries and Nigeria is not an exception. This has exposed healthcare workers in developing countries to various forms of hazards which have had negative consequences on their wellbeing and performance at work.

Sources of occupational Health Hazards

- Biological hazards
- Physical hazards
- Chemical hazards
- Ergonomic
- Psychosocial hazards
- Mechanical hazard

Prevention of occupational hazards

- Involve workers, who often have the best understanding of the conditions that create hazards and insights into how they can be controlled.
- Make effective policies on occupational health and research opportunities
- Establishment of health promotion programs in the workplace such as periodic medical screening, good life style, etc.

Prevention of occupational hazards

- Establishment of more training institutions in occupational health
- Implementation of good and reliable health insurance for health workers.
- Adequate planning and organisation of workplace to conform with employees' requirements.
- Participation in conferences, seminars and workshops on occupational health to network and share knowledge.

Prevention of occupational hazards

- Involvement of regulatory authority in the monitoring of occupational health among professionals.
- Organise awareness on knowledge of occupational among nurse leaders
- Trade unions should step up monitoring activities on leaders and institution management

Appreciation

THANK YOU

Question

