

## 95 - OCCUPATIONAL HEALTH: A STUDY ON KNOWLEDGE OF THE NURSING STAFF IN THE HOSPITAL ENVIRONMENT

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### INTRODUCTION

Health workers who work in hospitals are exposed to a multitude of risks that may directly affect their health and welfare (CANINI, 2002), by the very nature of the activity and the characteristics of organization, interpersonal relations, handling or exposure to physical, chemical, biological, ergonomic situations of deficiency or risk of accidents that can endanger the health and worker safety in the short, medium and long term, causing immediate injury, illness or even death, and loss of order legal and property for the company (DAMASCENO, 2005).

From this perspective, among health professionals, who are more susceptible to occupational hazards are the workers of Nursing, since they directly care for patients 24 hours a day, and are responsible for implementing 60% of health, and therefore more at risk of occupational accidents and diseases (LOPES, 2001; PEREIRA et al., 2004 apud CAVALCANTE, 2006).

To prevent accidents and illnesses arising from employment, science and technology put at our disposal a series of measures and protective equipment collective and individual. According to the Board Resolution (RDC) 50/2002 is adopted to health facilities, a universal precaution in terms of prevention of occupational diseases, constituting barriers to care and emphasis on certain procedures to ensure that the care team has direct and indirect contact with various bodily fluid, needles and other instruments. Since the isolation simplified the latest progress in preventing and controlling infection of health care, which consists of two practices, both general and specific, with the primary objective of isolation block to prevent it from transmitting the bacteria involved (BRAZIL, 2002).

The motivation for this theme came through the experience during the practice of care in hospitals and other institutions as well as the importance of adopting preventive strategies to minimize the problem and the need to alert the public institutions to a situation that affects millions of workers by everyone. And although there are studies based on this theme, it is observed the lack of systematic data on the knowledge of the nursing staff about the occupational risks within their work environment. It is expected that the proposed study will contribute to the advancement of scientific knowledge of occupational health, occupational health and occupational nursing.

From these considerations, this study aims to characterize the socio-demographic profile of survey and assess the level of knowledge of nursing professionals on the risks in your workplace, in light of the collective subject discourse.

### MATERIALS AND METHODS

This is an exploratory study with quantitative and qualitative approach. The research was conducted at the Regional Hospital of Cajazeiras - HRC, located in the municipality of Cajazeiras - PB, in 2009.

The study sample was composed of 60 professional nursing staff (nurses, technicians and assistants) of both sexes who are part of the contractual framework of the institution units (Medical, Surgical Clinic, Intensive Care Unit, Maternity, Emergency and Emergency, Surgical Center, Central Supply Unit) where the search was conducted and was selected according to their availability, taking into account the voluntary participation in research. After explaining the objectives of the paper, all signed the consent form, as recommended by the resolution 196/96 of the National Health.

To perform data collection, we used a semi-structured questionnaire and included objective questions of sample identification and subjective questions. Quantitative data were analyzed using the program Microsoft Excel, Windows XP version, using the index of frequency and percentage and qualitative data were analyzed using the technique of collective subject discourse proposed by Lefèvre & Lefèvre (2003) that consists of a set of individual statements, which are taken the core ideas for building a speech-synthesis that represents the collective thinking.

### RESULTS AND DISCUSSION

#### CHARACTERISTICS OF THE SAMPLE

The survey sample consisted of 60 professionals of the Hospital Nursing Cajazeiras. Being (51%) nursing technicians (42%) and nurses (7%) Nursing Assistants. The most prevalent age group was between 20 and 30 years of age, which represents 46% of the population, featuring a very young population. Most are female representing a percentage of 87%, This predominance of women in nursing reproduces the historical characteristic of the nursing profession practiced almost exclusively by women since its beginnings, being intrinsically related to the care and cleanliness of the patients at the time was considered an extension of women's work (CARRARO, 2001).

Most participants are in the public service between 0-5 years, accounting for 57% of the sample. According to Martins (2006), professional experience, institutional involvement and the stability gained by the length of service are factors that encourage the professional to stay in an organization and more time working in an institution could be associated with individual satisfaction.

On completion of refresher courses in health in the year of the survey, 30% of research professionals and do participate in courses, while the majority 70% did not participate. From such data, one can notice the high number of professionals who are not upgrading, often staying in his job, which becomes a concern for nursing. According Robazzi (2003), prevention and continuing education is important in order to avoid occurrences of accidents at work making it challenging for all involved and demand intense efforts in training and information for professionals aimed at preventing such accidents that culminate, where in emotional distress professional, health risks, problems of economic and social need for financial investment, ethical and legal problems involving professionals, patients and the institution, among others.

Regarding the question about the questionnaire they had suffered any accident at work (40) professionals, which is equivalent to 67% of survey respondents suffered work accidents, while only (20) 33% of the respondents reported not having suffered no work accident.

Through studies Souza (1999) found that the risk factors that interfere in the accidents are related to work

organization, lack of awareness and responsibility of the employer, as well as factors related to the worker towards the correct use of measures biossegurança. O accident more prevalent among nurses was contaminated with bodily secretions (32) 36%, followed by sharps injuries (25) 27%, verbal aggression (14) 15%, chemical products (9) 10% with radiation (7) and 8% (4) 4% falls.

According to Balsamo (2006) exposure to biological hazards is of concern since they are causing many health problems for workers, as when implementing activities that involve direct and indirect care to patients, are frequently exposed to infections from microorganisms in blood or other body fluids. Among the accidents likely to occur in hospitals, those that involve the cutting material, especially needles, have been recognized as one of the main problems of exposure for workers in the acquisition of infection.

### SUBJECTIVE DATA

Table 01 - Idea Central and collective subject discourse of nursing professionals in response to the question "What are the most common occupational hazards that you face during the course of your work?"

CENTRAL IDEA (CI) - 1.1	ADDRESS OF COLLECTIVE SUBJECT (DSC)
Recognition of some risks	<i>Biological hazards by daily contact with many patients with diverse pathologies [...]. It is common to have injuries with sharps (needles, tweezers, etc.) [...]. Contact with body fluids (blood, amniotic fluid, sputum, exudate) is a big risk because in our work environment does not provide sufficient and necessary PPE for those occasions [...]. Chemical Hazards, such as direct or indirect contact with solutions such as glutaraldehyde and formaldehyde [...]. Ergonomic Risk, in many cases are submitted to make efforts more than usual, raising amongst other patients, impairing our physical posture [...].</i>
CENTRAL IDEA (CI) - 1.2	ADDRESS OF COLLECTIVE SUBJECT (DSC)
Failure to recognize risks	<i>In my work environment I see no risk [...]. Few risks [...].</i>

It is evident that professionals understand that the hospital is a place that offers the worker's health risks, revealing through the DSC-1.1 that the main risks encountered by professionals, are: biological risks that are associated with contact with different microorganisms that are included in infectious diseases, risks of accidents with bodily fluids and sharp, with possible contamination with infective fluids, being present in the speeches chemical hazards involving corrosives, ergonomic and physical stress associated with using excessive force. These results confirm the view of discourse Bontempo (2006), among the risk factors of nursing work in hospitals are apparent physical hazards, chemical hazards, biological hazards, psychological risk, social risk and ergonomic hazards.

However we observed a controversy in the DSC 1.2, in which professionals demonstrate the lack of knowledge about occupational exposure risks present in your workplace. It is likely that many, when they experience different risk situations at work, eventually incorporating them, accepting them as "normal" and "inherent" to the procedures they perform. These results imply reflections and questions about the situation on lack of knowledge or awareness. What is a worrying fact for nursing professionals, a category extremely exposed to various risks in their daily lives, by treating patients with various diseases.

It was felt that the knowledge demonstrated is the result of daily practice and not derived from the existence of an occupational health service in the institution, the solutions lead us to believe that, although health professionals promote care for the individual patient, know little about their own health care professional, because the concern of workers about their health is somewhat overlooked in the health - work - illness.

Corroborating Nishide et al. (2004), the hospital work environment is considered unhealthy by grouping patients with various infectious diseases and facilitate many procedures that pose risks of injury and disease to health workers. Few workplaces are as complex as a hospital. As a result, there are potential risks to which hospital workers may be exposed.

### FINAL THOUGHTS

As seen, the man is constantly exposed to risks in the workplace, which can interfere directly in their health condition. So the nurses through an idealized conception of the profession, are exposed to occupational hazards, suffer accidents and get sick, often not attributing those problems to unsanitary conditions and the risks from work.

This study has enabled characterization of nursing professionals in a hospital of high Paraíba backwoods, as well as assessing the level of knowledge of occupational hazards in your workplace. In this perspective, our concern as health professionals, this research was to contribute to the recognition that the work under adverse circumstances, can be a triggering factor for many adverse health effects.

Through the DSC's regarding their knowledge of risks in the workplace in their reports, demonstrated not have enough knowledge; What makes us think there is a lack of technical and scientific associate the lack of training and professional education and at the same time there needs to be concentrating efforts and resources to changes in the workplace, implementation of prevention programs and awareness of security and the provision of a continuous and uniform safety devices to all workers. It is hoped that this study has contributed to the knowledge of the procedures that expose workers to the nursing work accidents in the study area, reducing thus its occurrence and providing more security for workers in the workplace.

Considering the magnitude of the context and the high frequency of exposure among nursing workers at all risks and charges described in this study showed how this can compromise the health professional. The nursing staff needs to be solved with a target for his personal protection as well as their patient / client, so the planning and implementation of specific guidelines and systematic nursing staff are necessary and urgent for these professionals to adopt the financial professional insurance.

We conclude aware that, within the limitations that this type of work is upon us, we can perform further studies in order to have a greater understanding of the hospital and risk factors that contribute to the work activities of Nursing.

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#### OCCUPATIONAL HEALTH: A STUDY ON KNOWLEDGE OF THE NURSING STAFF IN THE HOSPITAL ENVIRONMENT

##### ABSTRACT

Health workers who work in hospitals are exposed to a multitude of risks that may directly affect their health and well being. The nurse is one of the employees likely to develop diseases in the work environment, and develop activities that expose them to different risks that may directly affect their health and well being. The objectives of this study was to characterize the socio-demographic profile of survey and assess the knowledge level of participants in the research on risks in your workplace, in light of the collective subject discourse. This is an exploratory study with quanti-qualitative approach, quantitative data were analyzed in Microsoft Excel, Windows XP version, using the index of frequency and percentage. Qualitative data were analyzed using the technique of the Collective Subject Discourse. The survey sample consisted of 60 professionals in the Nursing Team (28) 46% of the sample is aged 20 to 30 years (52) made up 87% for females, (34) 57% is in service between 0-5 years (42) 70% of survey participants are not updating courses (40) 67% of those surveyed suffered some type of accident at work, among these the most prevalent was the accident with bodily secretions (32) 36%, followed by sharp (25) 27%, perceived that the hospital workers' knowledge about their health, specifically in addressing the occupational hazards, can be considered lightly. However, the solutions lead us to believe that, although health professionals promote care for the individual patient, know little about their own health care professional in relation to health - work - illness.

**KEYWORDS:** Occupational Health. Nursing Team. Hospital

#### SANTÉ: UNE ÉTUDE SUR LES CONNAISSANCES DU PERSONNEL INFIRMIER DANS LES HÔPITAUX

##### RÉSUMÉ

Les agents de santé qui travaillent dans les hôpitaux sont exposés à une multitude de risques qui peuvent affecter directement leur santé et leur bien-être. L'infirmière est l'un des employés susceptibles de développer des maladies en milieu de travail, et développer des activités qui les exposent à des risques différents qui peuvent influencer directement sur leur santé et leur bien-être. Les objectifs de cette étude était de caractériser le profil socio-démographique de l'enquête et d'évaluer le niveau de connaissances des participants dans la recherche sur les risques dans votre milieu de travail, à la lumière du discours collectif soumis. Il s'agit d'une étude exploratoire à l'approche quanti-qualitative, les données quantitatives ont été analysées dans Microsoft Excel, version Windows XP, en utilisant l'indice de fréquence et le pourcentage. Les données qualitatives ont été analysées en utilisant la technique de la convention collective discours réserve. L'échantillon de l'enquête se composait de 60 professionnels dans l'équipe des soins infirmiers (28) 46% de l'échantillon est âgée de 20 à 30 ans (52) en hausse de 87% pour les femmes (34), 57% est en service entre 0-5 ans (42) 70% des participants au sondage ne sont pas mise à jour des cours (40) 67% des personnes interrogées a subi un certain type d'accident du travail, parmi ces la plus répandue est l'accident avec les sécrétions corporelles (32) 36%, suivi par Sharp (25) 27%, perçue que les connaissances du personnel hospitalier au sujet de leur santé, en particulier dans la lutte contre les risques professionnels, peut être considéré à la légère. Toutefois, les solutions nous amènent à penser que, bien que professionnels de la santé de promouvoir les soins pour le patient, sait peu de choses au sujet de leurs propres soins de santé professionnelle en matière de santé - travail - maladie.

**MOTS-CLÉS:** la santé au travail. Équipe des soins infirmiers. Hôpital

**SALUD: UN ESTUDIO SOBRE EL CONOCIMIENTO DEL PERSONAL DE ENFERMERÍA EN LOS HOSPITALES  
RESUMEN**

Los trabajadores de salud que trabajan en hospitales expuestos a una multitud de riesgos que puedan afectar directamente su salud y bienestar. La enfermera es uno de los empleados de probabilidades de desarrollar enfermedades en el entorno laboral, y desarrollar actividades que los exponen a diversos riesgos que puedan afectar directamente su salud y bienestar. Los objetivos de este estudio fue caracterizar el perfil socio-demográfico de la encuesta y evaluar el nivel de conocimiento de los participantes en la investigación sobre los riesgos en su lugar de trabajo, a la luz del discurso del sujeto colectivo. Este es un estudio exploratorio con enfoque cuanti-cualitativo, los datos cuantitativos se analizaron en Microsoft Excel, versión de Windows XP, utilizando el índice de frecuencia y porcentaje. Los datos cualitativos se analizaron mediante la técnica del Discurso del Sujeto Colectivo. La muestra del estudio estuvo constituida por 60 profesionales del equipo de enfermería (28) 46% de la muestra es de 20 a 30 años (52) compuesto por 87% para las mujeres, (34) 57% se encuentra en servicio entre 0-5 años (42) 70% de los encuestados no son cursos de actualización (40) 67% de los encuestados sufrió algún tipo de accidente de trabajo, entre estos el más frecuente fue el accidente con las secreciones corporales (32) 36%, seguido por fuertes (25) 27%, considera que el conocimiento de los trabajadores del hospital acerca de su salud, específicamente en el tratamiento de los riesgos laborales, puede considerarse a la ligera. Sin embargo, las soluciones que nos llevan a creer que, si bien los profesionales de la salud para promover el cuidado del paciente individual, saben muy poco acerca de su propia atención médica profesional en relación con la salud - trabajo - enfermedad.

**PALABRAS CLAVE::** salud en el trabajo. Equipo de Enfermería. Hospital

**SAÚDE OCUPACIONAL: UM ESTUDO SOBRE O CONHECIMENTO DA EQUIPE DE ENFERMAGEM NO  
AMBIENTE HOSPITALAR  
RESUMO**

Os trabalhadores da saúde que atuam em instituições hospitalares estão expostos a uma multiplicidade de riscos que podem afetar diretamente a sua saúde e o seu bem estar. O enfermeiro é um dos trabalhadores susceptíveis a desenvolver doenças no ambiente de labor, além de desenvolver atividades que o expõem a diferentes riscos capazes de afetar diretamente a sua saúde e o seu bem estar. Os objetivos deste estudo foram: caracterizar o perfil sócio-demográfico dos participantes da pesquisa e avaliar o nível de conhecimento dos participantes da pesquisa diante dos riscos no seu ambiente de trabalho, à luz do discurso do sujeito coletivo. Trata-se de um estudo exploratório, com abordagem quanti-qualitativa, os dados quantitativos foram analisados no programa Microsoft Excel, versão Windows XP, através do índice de frequência e percentual. Os dados qualitativos foram analisados utilizando-se a técnica do Discurso do Sujeito Coletivo. A amostra da pesquisa foi constituída de 60 profissionais da Equipe de Enfermagem, (28) 46% da amostra encontra-se na faixa etária de 20 a 30 anos, (52) 87% constituída pelo sexo feminino, (34) 57% está no serviço entre 0 a 5 anos, (42) 70% dos participantes da pesquisa não fazem cursos de atualização, (40) 67% dos participantes da pesquisa sofreram algum tipo de acidente de trabalho, dentre estes o mais prevalente foi o acidente com secreções corporais (32) 36%, seguido dos perfurocortantes (25) 27%, Percebe-se que o conhecimento do trabalhador hospitalar em relação a sua saúde, especificamente na abordagem dos riscos ocupacionais, pode ser considerado de forma superficial. Contudo, as respostas encontradas levam-nos a crer que, embora o profissional de saúde promova o cuidado ao indivíduo doente, pouco sabe a respeito de cuidar de sua própria saúde profissional na relação saúde - trabalho - doença.

**PALAVRA CHAVE:** Saúde Ocupacional. Equipe de Enfermagem. Hospital.