138 - CARACTERIZATION OF PROFISSIONALS OF ON UNIT OF HEALTH ABOUT DE INDICATION FÍSIC DE QUALITY OF LIFE

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INTRODUCTION: American the Pan Organization of Health - OPAS, amongst others in Brazil that act giving has supported the worker, by means of the creation of the specific or normatizadoras politics more directed the working norms, has as strategy of the national net of the worker, to allow greater welfare in the ambient of work; a general improvement of the diligent process - illness - health; optimizing the quality of life and consecutively the improvement of the given services the population. In Brazil, when the subject is health of the worker, mainly in what it says respect to the public service, can observe some critical points in the work environment provoking desmotivação, increase of the pressórios values above of the ideal, generating constant adoecimento. On the other hand, this diligent fruit of a culture where it privilege and it Not to be, where the body, absorbs positive or negative magnetism of the environment where it acts, it will be able to constitute illnesses related to the work that they do not exist estimated of the inherencies and contributes so that the work to assume as the co-factor of the etiology of the illness (WUNCH SON, 1995).

One knows that the institutions have an important paper in the maintenance of a healthful life of the submitted people its organization. For Dejours (1992), the worker submitted to one determined institucional organization, will be able to have laborious conflicts and the risks that reach the body of this worker are inherent to the collective work; common to that they exert the same tasks. In accordance with Laurell & Noriga (1987), represents the elements that interact in the process of work next to the human body, generating the process of adaptation, that if translates consuming, gift in the life of the workers of diverse scenes and processes of work, revealed on diverse forms of desmotivação, estresse, adoecimento and later pathological processes. Therefore, to invest in actions that make possible a healthful life in the work spaces, has direct repercussion it welfare of the professionals in the daily one of its lives.

In the city of Victory, more specifically in the Unit of health of Garden of the Penha, they have been made attempts to minorar these deficiencies with improvement programs technician - scientific, wheels of permanent education (objectifying quarrel of excellent points for the improvement of the service and brainstorming of problems) and the implantation of a program that allows to give special attention to the health of the employees. Through the project pilot “Taking care of of Who It takes care of” was proportionate to the employee I circulate of lectures of clarifications on the importance of practises of the physical activity (as prevention of illnesses and promotion of health); physical activity; antropométrica evaluation; nutricionais index of corporal mass, evaluation and orientações and psico-social attendance for the participant employees of the study. The project has as purpose the awareness of the professional of health to take care of of its proper health, being foreseen illnesses, since this is the form of treatment offered to the population, making of dictated popular its practises of performance “Makes what I make and hear what I say”. It is possible thus, to construct a new agreement of what it is health in accord with the understanding of the society in the measure where the risk factors are not enough to explain the variations of mortality and morbidade of this society. The objective of this study, then, will be to review literature on physical activity, health and illnesses, in its relations with the played conditions of work in each function and as fruit of this bias, to start to enxergar the vulnerability of the Social groups, which, many times, do not obtain to exert its rights to the health. This work intends to contribute with the reflection to about the functions played for the professionals of health in the work market, more specifically in the service publishes Municipal theatre in the Unit of Health of garden of the Penha, pointing out its employees I contest to it of the mannering requirements and national standards of health for the exercise of its profession.

MATERIAL AND METHOD One is about a exploratório, almost experimental study for being developed inside of the environment of work of the population to be observed. Considering to be delineated pertinently in studies developed in similar environments, much used in physical evaluations, in accordance with THOMAS; NELSON-2002, the study are of comparative descriptive matrix of longitudinal character on quality of life of the employees of a unit public health of ambulatorial attendance, with the purpose of the characterization of its professionals of the Fenótipos pointers and of Quality of life. The population of this study, composed for 81 workers of this unit, adults, both the sexos, distributed in 17 categories, with diversified and hours of working of 6 and 8 daily hours and that they only act in this municipal unit. The sample was totalized by 58 professionals of the area health. In this study the workers will be excluded who, during the period considered for the collection of data, will be of medical license or gestantes of vacation and despite not to accept to participate of the Research. The studied 0 variable had consisted in measures antropométrica (IMC, relation waist hip), cardiac frequency, sistólica and diastólica and average pressure arterial, evaluated in considered period. The arterial pressure was surveyed with automatic device of digital pressure of the mark Omron HEM- 741 CINT, having followed the orientation of the Brazilian Society of Hipertensão (2006). Two measures had been carried through and the average was considered. In what it says respect measured it (PAM) used it formula PAM = (SHOVELS + 2* PAD)/3. The cardiac frequency was measured in rest, for the radial palpação for an only professional of physical education with the objective to verify the cardiac rhythm and the presence of some cardiac irregularity. The measures and Antropométrico pointers for the mensuração of the weight and the stature, had been adopted techniques recommended for the World-wide Organization of Health (OMS, 1995), in a scale of the Plenna mark with capacity for 150 kg and precision of, 1 kg. Antropométrica rule with precision of 0,5 cm. The Index of Corporal Mass (IMC=P/E ²), another antropométrica measure for classification of the nutricional state of the individuals constitutes; RESULTS AND QUARREL The number of 81 participants totalized and the final sample with 58 adult people I number where it of men of 7 and of women 51. It is observed that the great continent of employees of the unit of health is constituted by women and inserts on them for the fact to be careful in what says respect to the health and illness of the family. Analyzing the results presented in table 1, we can conclude that the studied population is composed of IMC above of the ideal esteem for Americam Colloge (IMC25). The average if keeps 2 points above (IMC27), conhecidentemente with the one of the women who although to be above of the adequate one, still they meet in privileged situation in relation the men who are above still the women 1 point (IMC28), showing as soon as the women if they worry about the health of a form more effective.

However the main marker of alert is not in the weight in itself, but mainly in the circumference waist-hip. This fat has called to the attention of the doctors, because it significantly increases the possibility of a person to develop cardiovascular alterations as infarto. As table below, the employees with age of 20 the 29 years had only presented tax of 50% of people with ideal percentage, in all the ages above the percentage peopleyith above ideal the abdominal circumference are above of

50%,arriving to have a percentage of 88,5% in the etária band of 50 the 59 years.

TABLE 1 - table of measure waist-hip AGE HIGH ICQ WAIST ABOVE

IDADE	ICQ ALTO	CINTURA A CIMA 80
20 a 29	20	20
30 a 39	33,33	58,33
40 a 49	28,57	50
50 a 59	11,76	88,24
60 a 69	0	66,67

In accordance with the cardiologista Jose Francisco Kerr, of the Pontifical University of Campinas (PUC), in Campinas, SP, the obesidade is considered a true epidemic in Brazil. More than 40% of the adult population present obesidade and in 30 years the Country will be able to lead world-wide mortality for illnesses of the heart and the sanguine vases, if the society in relation to the subject will not have an awareness of all.

This year, the campaign of the World-wide Federacy of the Heart (World Heart Federation) is for the maintenance of one weight healthful and healthful measures, has as subject abdominal obesidade because the problem is considered today, for the cardiologistas, a basic pointer of risk for cardiovascular illnesses, much more excellent that the IMC (index of corporal mass), because it concluded that the abdominal fat contributes to raise the bad cholesterol levels (LDL); to increase the resistance to the insulina and the taxes of triglicérides, beyond reducing the good cholesterol (HDL). The parameters recommended for the International Federacy of Diabetes (IDF) for abdominal circumference are of in the maximum 80 cm, the women; e 90 cm for the men. " The obesidade already is the second cause for occurrence of cardiac illnesses and the risk is still bigger of what hipertensão, diabetes and cholesterol elevado" , the cardiologista certifys Alvaro Avezum, director of the Division of Research of the Institute Dante Pazzanese de Cardiologia of São Paulo.

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CARACTERIZATION OF PROFISSIONALS OF ON UNIT OF HEALTH ABOUT DE INDICATION FÍSIC DE QUALITY OF LIFE

ABSTRACT

This work intends to contribute with the reflection to about the quality of life and the functions played for the professionals of health and its characterization, more specifically in the service I publish Municipal theatre in the Unit of Health of Garden of the Penha, Victory, E.S., Brazil. One is to a study, descriptive and comparative matrix of longitudinal, almost experimental character, for being developed inside of the environment of work of the population to be investigated. The population of this study is of 81 participants, adults of both the sexes, distributed in 17 diversified categories and hours of working of 6 and 8 daily hours, reveals sufficiently significant taking in sight the number of employees who work in unit (120 employees), being that of these 81 seven is men and 51 women. Analyzing the results presented in the table, we can conclude that the studied population is composed of IMC above of the ideal esteem for the Americam Colloge (IMC 25). The average if keeps 2 points above (IMC 27), conhecidentemente with the one of the women who although to be above of the adequate one, still they meet in privileged situation in relation the men who are above still the women 1 point (IMC 28).

Word-key: Physical worker of the Health, Pointers Fistic, Quality of Life, Professionals of health.

CARACTERISATON DE PROFESSIONNELS DE D'UNE UNIT DE SANTÉ ENVIRON DE INDICATEURS PYSIQUES DE LA QUALITÉ DE VIE

ABSTRACT

Et ste travail prétend contribuer avec la réflexion à environ la qualité de vie et des fonctions jouées par les professionnels de santé et sa caractérisation, plus spécifiquement dans le service je publie Théâtre municipal dans l'Unité de Santé de Jardin du Penha, Victoire, ES, Brésil. S'agit d'une étude exploratório, d'une empreinte descriptive et comparative de caractère longitudinal, presque expérimental, être développé à l'intérieur de l'environnement de travail de la population à être enquêtée. La population de cette étude est de 81 participants, des adultes des tous les deux les sexes, distribués dans 17 catégories diversifiées et journée de travail de 6 et 8 heures quotidiennes, se montre suffisamment significative en prenant en vue du nombre de fonctionnaires qui travaillent dans l'unité (120 fonctionnaires), en étant que de ceux-ci 81 sept sont des hommes et 51 femmes. En analysant les résultats présentés dans le tableau, nous pouvons conclure que la population étudiée se compose d'IMC au-dessus de l'idéal estimado de l'Americam Colloge (IMC 25). La moyenne se maintient ci-dessus 2 points (IMC 27), conhecidentemente avec ce des femmes qui malgré être au-dessus ajusté, encore se trouvent dans situation privilégiée concernant les hommes qui sont ci-dessus encore des femmes 1 point (IMC 28).

Travailleur de la Santé, Indicateurs Physiques, Qualité de Vie, Professionnels de Santé.

CARACTERIZAÇION DE TRABAJADOR DE UMA UNIDADE DE SALUD ALREDEDOR DE INDICADORES FÍSICOS DE CALIDAD DE VIDA

Y Ste trabajo pretende contribuir con la reflexión alrededor de la calidad de vida y las funciones jugadas por los profesionales de salud y su caracterización, más específicamente en el servicio publico Teatro municipal en l' Unidad de Salud de Jardín del Penha, de Victoria, de ES, de Brasil. S' actúa d' un estudio exploratório, d' una impresión descriptiva y comparativa de carácter longitudinal, casi experimental, desarrollase a l' interior de l' medio ambiente de trabajo de la población a investigase. La población de este estudio es de 81 participantes, adultos de todos los dos sexos, distribuidos en 17 categorías diversificadas y día de trabajo de 6 y 8 horas diarias, se muestra suficientemente significativa tomando para muchos funcionarios que trabajan en l' unidad (120 funcionarios), siendo que de éstos 81 siete son hombres y 51 mujeres. Al analizar los resultados presentados en el cuadro, podemos concluir que la población estudiada consta d' IMC sobre l' ideal estimado de l' Americam Colloge (IMC 25). La media se mantiene arriba 2 puntos (IMC 27), conhecidentemente con este de las mujeres quienes a pesar de ajustase arriba, aún se encuentran en situación privilegiada relativa a los hombres que son aquí arriba aún de las mujeres 1 punto (IMC 28).

Trabajador de la Salud, Indicadores Físicos, Calidad de Vida, Profesionales de salud.

CARACTERIZAÇÃO DE PROFISSIONAIS DE UMA UNIDADE DE SAÚDE ATRAVÉS DE INDICADORES FÍSICOS DE QUALIDADE DE VIDA.

RESUMO

Este trabalho pretende contribuir com a reflexão à cerca da qualidade de vida e das funções desempenhadas pelos profissionais de saúde e sua caracterização, mais especificamente no serviço publico Municipal na Unidade de Saúde de Jardim da Penha, Vitória, ES, Brasil. Trata-se de um estudo exploratório, de cunho descritivo e comparativo de caráter longitudinal, quase experimental, por ser desenvolvido dentro do ambiente de trabalho da população a ser investigada. A população deste estudo é de 81 participantes, adultos de ambos os sexos, distribuídos em 17 categorias diversificadas e jornada de trabalho de 6 e 8 horas diários, mostra-se bastante significativa levando em vista o número de funcionários que trabalham na unidade (120 funcionários), sendo que destes 81 sete são homens e 51 mulheres. Analisando os resultados apresentados na tabela, podemos concluir que a população estudada é composta de IMC acima do ideal estimado pelo Americam Colloge (IMC 25). A média se mantém acima 2 pontos (IMC 27), conhecidentemente com o das mulheres que apesar de estarem acima do adequado, ainda se encontram em situação privilegiada em relação aos homens que estão acima ainda das mulheres 1 ponto (IMC 28) .

Palavras-chave: Trabalhador da Saúde, Indicadores Físicos, Qualidade de Vida, Profissionais de saúde.