

## SUGGESTIONS TO REDUCE RISK FACTORS AMONG THE HEALTH WORKERS IN AGRA CITY OF UTTAR PRADESH, INDIA

ANUPAMA SHARMA<sup>1</sup> AND RAM BHAROSE<sup>2</sup>

<sup>1,2</sup>*Department of Environmental Sciences, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj 211 007, U.P., India*

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### ABSTRACT

This study was carried out among the HCWs (both males and females) of 30 hospitals of Agra city, Uttar Pradesh, India. There were a variety of HCWs in the study group, including senior residents, junior residents, interns, undergraduate medical students, staff and student nurses, and staff and student laboratory technicians. The study was carried out with participation from 600 HCWs. In Agra, Uttar Pradesh, India, a city tertiary hospital conducted a hospital-based cross-sectional study. Data were collected using a predesigned schedule from 600 respondents (Doctors, nurses, laboratory technicians and staff). Therefore, this study was undertaken to study the awareness of standard occupational safety measures such as universal precautions and compliance in daily practice among paramedical workers. Healthcare professionals (HCP) face risks while providing preventive, curative, and rehabilitation services. Medical science advancements have increased safety to some extent, but contemporary technology has also made healthcare very complex and dangerous. This study was therefore conducted to find out how well-informed paramedical workers were about common workplace safety precautions like general safety measures and how often they followed them. There are numerous risks associated with medical care, including radiation exposure, violence, psychiatric disorders, patient stalking, and suicide. Due to patient handling and the rising number of obese patients, HCP are at a high risk for musculoskeletal disorders. Human immunodeficiency virus-related workload growth has resulted in greater difficulties. Many HCP are unaware of prevention strategies despite the possibility of exposure to hazards. Additionally, the system is not supportive, the prevention policies are unclear or difficult to access, or there is a problem with attitudes. So, HCP still experience problems, especially in developing nations. Health managers must make sure that healthcare is focused on assessing the risks faced by HCP, their causes, and doing everything they can to prevent them.

**KEY WORDS :** Occupational safety and health, Health care personnel, Health services.

### INTRODUCTION

Health services require a broad range of workers-doctors, nurses, technicians, laboratory workers, social workers, responders at various levels, maintenance, security administration, food services, housekeeping, mortuary and so on. Health care personnel (HCP) refers to all individuals working in healthcare environments who run the risk of encountering patients or infectious materials, such as bodily fluids or contaminated medical supplies.

and equipment, contaminated environmental surfaces or contaminated air. Additionally, health services are offered in a range of locations, including small and large clinics, hospitals, nursing homes, birthing rooms, operating theaters, and private residences. Additional risky elements include biological bloodborne pathogens, chemicals, drugs, anesthetic gases, lasers, workplace violence, those connected with laboratories, radioactive material, X-ray waste, ergonomic, lifting, and repetitive tasks. Formaldehyde, which is used to preserve tissue and

organs, as well as many other chemicals commonly found in laboratories, are some of the potentially dangerous chemicals. HCP face a variety of health risks while working to protect the public's and patients' health, including violence, infections from viruses, bacteria, and parasites, needle sticks, and musculoskeletal injuries. HCP have the potential to be exposed to infectious substances, including bodily fluids, contaminated medical supplies, the surrounding environment, including the air and anesthetic gases, radiation equipment, etc.

Depending on the type of health facility, the risk of hazards varies greatly. Women make up 80% of the medical workforce, making them the main victims, which has an impact on their reproductive health as well. The highest rate of non-fatal illnesses and injuries is found in the HCP population. Even the construction and agricultural sectors now outperform hospitals in terms of safety. Infection, injury, and violence prevention measures must all be in place in medical facilities. HCP are another group in society that requires direction for both substance abuse treatment and prevention. .

Chemical exposure can result from hazardous drugs, anesthetic gases, latex, sterilants,

disinfectants, cleaning agents, and more. Biologically hazardous substances include bacteria, parasites, and viruses such as the hepatitis B and C viruses (HBV and HCV), the human immunodeficiency virus (HIV), etc. Ionizing and nonionizing radiation both cause additional harm. Patient handling, lifting, moving, lifting large objects, and maintaining still postures can all result in ergonomic injuries. Other risks include psychological and workplace organization, shift work, stress, burnout, and workplace violence, particularly violence against women. Hence, this action oriented research work entitled "Impact of Health Hazard on Health Care Workers in Agra City of Uttar Pradesh" was undertaken

### METHODOLOGY

The study was conducted in purposively selected city of Agra, Uttar Pradesh. 20 Government hospitals and 10 private hospitals/nursing homes were selected randomly for the current study. Details of hospitals surveyed, number of medical and non-medical staff and their selection are given below.

Selection of Respondents from Government and Private Hospitals of Agra

S.N.	Selected Doctors		Selected Nurses		Selected Lab technicians		Selected Staffs	
	Government Hospital	Private Hospital	Government Hospital	Private Hospital	Government Hospital	Private Hospital	Government Hospital	Private Hospital
1.	66	14	128	32	127	33	174	26
Total	80	160	160	200				

### Findings

Some of the Health care workers are unaware that they are stressed. All individuals working in healthcare settings who run the risk of meeting patients or infectious materials, such as bodily fluids or contaminated medical supplies, are referred to as health care personnel (HCP). Specific leadership behaviors and positive organizational cultures are required to decrease burnout of Health care workers. Institutional commitment must be made to enhance physician autonomy, open communication, and lowering administrative and regulatory burdens. But onus remains on the Health care workers to undergo preventive health checkups, engage in physical activity, and modify their individual health risk. Medical facilities should provide exercise facilities close to the workplace and perform routine health checks on their staff. The

Health care workers should do exercise 30-60 minutes 5-7 days a week and should use stairs and office-place stepping device. The Health care workers should be a role model for the patient and practice what they preach. Health managers need to ensure that healthcare is geared toward assessment of hazards suffered by Health care workers, their reasons, and do everything possible for prevention.

When the Health care workers are well, they are best able to connect with the care for patients. However, challenges to health of Health care workers are widespread, with problems such as dissatisfaction, burnout, high rates of depression, and increased suicide risk affecting their professional careers. These issues are linked to subpar patient care, decreased patient satisfaction, fewer access points for care, and higher healthcare costs. Only by applying robust measures of well-being, engaging Health care workers in reflection

and conversation about promoting it in their workplace, with a meaningful outcome, and making changes to enhance its realization, will Health care workers thrive in their service to patients. Health managers need to ensure that healthcare is geared toward assessment of hazards suffered by Health care workers, their reasons, and do everything possible for prevention.

This study has revealed the various forms of common occupational health hazards that Health care workers encounter whilst providing care to clients in study area. It has also demonstrated that occupational health and safety has simply been neglected in study area and this has negatively impacted on the performance of Health care workers. It is therefore imperative for to consider the following recommendations to protect the basic rights and wellbeing of Health care workers.

- To lower the risk of Hepatitis B transmission among healthcare workers, a comprehensive vaccination program should be implemented in all healthcare facilities.
- Post-exposure prophylaxis should be made available to Health care workers, who sustain needle stick injuries.
- Health facilities should also have proper medical waste disposal systems to dispose of waste.
- Additionally, Personal Protective Equipment (PPE) should be made accessible to Health care workers with a written plan on how and when to use it.
- Healthcare facilities should also display posters to remind staff members of general safety precautions.
- All Health care workers should receive periodic trainings on universal health and safety precautions to enhance the safety of patients and healthcare providers. Surveillance systems on occupational hazards among Health care workers should be set up in healthcare facilities to detect early report and respond appropriately to such hazards.
- Furthermore, there is also the need for developing countries to invest heavily into occupational health and safety research as it will influence positively on policy and decision making regarding health and safety issues among Health care workers.

### CONCLUSION

This study has revealed the various forms of common occupational health hazards that Health

care workers encounter whilst providing care to clients in study area. It has also demonstrated that occupational health and safety has simply been neglected in study area and this has negatively impacted on the performance of health care workers. It is therefore imperative for to consider the above recommendations to protect the basic rights and wellbeing of Health care workers. The findings of the study suggests that lifestyle behaviors such as getting adequate sleep, exercising regularly, eating a healthy diet, and not smoking can be influenced by work exposures, conditions, and policies. It is possible to compare risks and identify potential areas for intervention to reduce them by using a common measures approach to understand occupational safety, health, and well-being outcomes across studies, work-related hazards and promote health and well-being. The results of our analyses of common measures indicate the potential value of a comprehensive worker health strategy, particularly integrated interventions that can reduce risk factors related to the workplace and improve the environments that support worker safety, health, and wellbeing across industries and age groups. For instance, early interventions to reduce the risk of workplace injuries can stop older workers from feeling pain, which in turn could improve health and safety behaviors. to improve health outcomes and generally to facilitate long-term quality of life.

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