

Occupational health in workers of the public hospital: posture habits.

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Introduction:

In the Hospital Interzonal General de Agudos (H.I.G.A) General San Martín of La Plata, it was carried out an investigation, which shows that the 80% of the nurses and stretcher-bearer has lumbar pain. It is a high qualified Hospital, specialized in emergentology in the Provincia of Buenos Aires.

The body is the main tool for the work, the disfunctional habits interfere in the occupational performance. As a result of this investigation we consider the importance of offering an educational an preventive project for these workers who guarantee daily cares of the patients.

Objectives:

- Promote the incorporation of healthy habits about correct posture mechanisms in nurses and stretcher-bearer of the H.I.G.A General San Martín.
- Become aware of the impact of the incorrect posture mechanisms during the work.
- Incorporate the boss of nurses and stretcher-bearer in the training to follow the project up.

Description:

A workshop was carried out for nurses and stretcher-bearer of the H.I.G.A General San Martín.

The boss of nurses and stretcher-bearer and the occupational therapist will follow up through observations of the correct positional mechanisms in the workplace.

Results/ discussion:

In the public health the hospital workers have some ideas and installed behaviours that diffculted the development of the project. However, we have obtained a favourable response of participants of the workshop.

Conclusion:

Considering the person as an occupational being it is unavoidable to think about habits. Disfunctional habits could cause an occupational disruption. It is important to identify them to become aware of healthy habits to improve the quality of life.

Practice contribution:

This experience contributes to the rol of the occupational therapist as agents to prevent and promote health in workers of the public hospital.