

Evaluation of the level of general and occupational health of employees working in the headquarters of Ardabil University of Medical Sciences

Abstract

Background: Workplace and employee health is an important public health issue that affects both employers and employees at all levels of government. Multidisciplinary strategies to improve employee health have been shown to be effective in improving the health of employees and the entire organizational complex. The workplace is a good place to promote health and create health tools because it is a community with defined boundaries with the benefit of social support and economic and organizational production. Systematic monitoring of staff health has been shown to be cost-effective, especially when it meets the health needs of the study population. Therefore, it seems absolutely necessary to check the health of employees, determine their medical problems and screen them with clinical examination

Aim: The purpose of this study was to assess the health of employees working in Ardabil University of Medical Sciences .

Materials and Methods: All staff of headquarters of Ardabil University of Medical Sciences with 244 people were surveyed as a study population in 2021 for screening diseases of hearing, vision, lung, kidney, gastrointestinal, skin, psychiatric, muscular-Skeletal, cardiovascular and other cases and they were history and examined by an occupational medicine specialist. If imaging is needed to diagnose some diseases, they were referred to the imaging ward of Alavi Hospital and evaluated by a radiologist. The results of this study were collected according to a checklist that included the aforementioned factors and entered into the SPSS statistical software version 26 to be analyzed.

Results: According to the results, most of the participants had a university education (83.6 %); So that 244 people from all the staff of the central headquarters of Ardabil University of Medical Sciences in 2021, (45.1%) had a master's degree and higher and (38.5%) had an associate degree and bachelor's degree. (86.4%) of the participants had more than 10 years of work experience, with the highest percentage belonging to the group with 10 to 15 years of work experience. Gender of the (64.8%) participants were male. The average age of employees was 43.11 years with a standard deviation of 7.68 years. (3%) of employees held

the position of employee, (8.2%) were service staff and (2.5%) held the position of manager or deputy.

(11.1%) of employees were smokers and (88.9%) denied any smoking. musculoskeletal disease in (15.2%),hyperlipidemia at (14.8 %),high blood pressure at (14.3 %),cardiovascular disease was present in (5.7 %) of employees were reported.

Conclusion: Due to the high prevalence of non-communicable diseases among employees, including musculoskeletal diseases,hyperlipidemia,hypertension and cardiovascular diseases, it is necessary to screen non-communicable diseases regularly and with maximum participation of employees.

Keywords: Safety - Health - Staff