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A1781 Musculoskeletal disorders and mental health conditions: at the same time, in the same hospital worker

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Vivian Aline Mininel, General and Specialized Nursing Departament, University Of Sao Paulo, College Of Nursing Of Ribeirao Preto, Ribeirao Preto, Brazil

Dra. Vanda Elisa Andres Felli, Nursing Professional Orientation, University of Sao Paulo, College of Nursing, Sao Paulo, Brazil

Dra Maria Helena Palucci Marziale, General and Specialized Nursing Department, University of Sao Paulo, College of Nursing of Ribeirao Preto, Ribeirao Preto, Brazil



Introduction

The high prevalence of musculoskeletal disorders (MSD) is a major cause of disability in worldwide and an important public health problem among Brazilian workers. The absenteeism, long time off work and earlier retirement due these disorders represent high costs for society. Similarly, the mental health issues are quickly growing and concerned the political authorities. However, one third line has become the workers' real problem, mainly among healthcare workers: the simultaneous event of both musculoskeletal and mental disorders.

Methods

It is a descriptive study, in qualitative approach. The setting was a public hospital of Sao Paulo region and the study population was composed by workers absent from work due work-related problems (n=86). The sample consisted of 30 hospital workers that were invited and accepted (were able) to participate of the interview, after to sign the consent term. The data collect was done individually, using the interview guide Work Disability Diagnosis Interview. The data analysis considered the sections "history of current disorder" and the "current and past health conditions" which includes the entire disorder description, medical diagnosis, treatments and health conditions. This study was approved by Ethical Committee of the hospital.

Results

Twenty five subjects (83.3%) were absent from work due MSD as first diagnosis, while 5 subjects (16.7%) due depression. Among the workers diagnosed with MSD, 17 (68%) also refer mental disorders, being 9 due depression episodes, 6 due insomnia, 1 due depression and obsessive compulsive disorder and 1 due panic disorder. Among the workers absent from work due depression, 1 refer hemiated disk as second diagnosis

Discussion

The chronicle pain experienced by hospital workers due MSD and the resulting changes in lifestyle reflects directly in psychosocial aspect, causing depression, insomnia, anxiety and others psychological symptoms and mental disorders, what triggers the association increasingly frequent between both disorders.

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