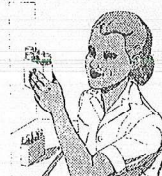


NURSES' ROLE IN OCCUPATIONAL HEALTH SERVICES

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A Nurse in occupational Health services has to perform her role at levels of prevention, as the workers in occupations need assistance at every stage of their health and illness.

The occupational Nurse must have strong bias towards all levels of prevention giving emphasis to health promotion, specific protection and control of diseases.

1. Occupational Health Nurse has to promote the health of the worker as mentioned below:-

By giving planned health education on:-

- 1.1 Nutrition.
- 1.2 Communicable diseases
- 1.3 Maintaining environmental sanitation.
- 1.4 Mental health promotion.
- 1.5 Family planning to follow small family norm.
- 1.6 Importance of pre-placement health examination.
- 1.7 Importance of periodical health examinations.
- 1.8 All the risks involved in the industry and the preventive measures to be taken.
- 1.9 Knowledge about Factories Act and E.S.I. Act giving importance to rights, benefits of the worker as per law and their duties towards industry and employer.
- 1.10 Occupational diseases in general and specific diseases to the workers working in such environment and may contact the diseases for e.g. The workers working with silica dust may be given a detailed health education on silicosis.
- 1.11 Health problems occurring due to industrialisation and their (i.e. problems) prevention and control. Worker's role as an individual to tackle these problems.

2. Occupational Nurse has a role in giving specific protection to avoid disease altogether, though, it is possible only in a limited number of cases. The following are some of the actions of occupational health Nurse aimed at specific protection.

- 2.1 Giving immunisations against diseases for which vaccines are available. For e.g. TAB for typhoid. Cholera vaccine for Cholera. Inj: T.T. for injuries and Antenatal methods for tetanus.
- 2.2 Protecting against the accidents by providing protective measures. Helmets, gloves, body protectors etc.
- 2.3 Protecting the worker against occupational hazards, carcinogens, allergens, air pollution and Noise control by participating in health surveys and environmental surveys.

3. The occupational Nurse has to take part in early diagnosis and treatment of diseases in industrial workers by :

- 3.1 Assisting the medical officer in preplacement and periodical health examinations.
- 3.2 Giving first aid and emergency care.
- 3.3 Assisting the medical officer in rendering medical care.
- 3.4 Participating in supervisory visits for environmental sanitation.
- 3.5 Referring clients or patients to respective specialised treatment areas.
- 3.6 By notifying the occupational diseases.
- 3.7 By conducting individual health counselling.
- 3.8 By maintaining health records, reports and health statistics.

4. Occupational Health Nurse has to co-ordinate with departments like job training vocational training and rehabilitation.

5. The Nurse has to play an important role in the efficient management of crèches. She can do it by:-

- 5.1 Planning proper feeding arrangements for each child.
- 5.2 By detecting minor ailments and treating them promptly.
- 5.3 By segregating the children who are ill and prone to infect other children.
- 5.4 By referring children to M.O or other hospitals for needed care.
- 5.5 By providing washing, bathing, recreational and educational facilities to the children.

6. Miscellaneous Roles.

- 6.1 Occupational Health Nurse has to conduct immunisation clinics, schools health clinics.
- 6.2 She has to take part in domiciliary care of the workers and their families.
- 6.3 She should attend refresher inservice training courses from time to time.
- 6.4 She should know and make use of specialised training courses in occupational health to keep her self up to date.

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