

5. DISEASES PREVENTION AND CONTROL AMONG HEALTHCARE WORKERS



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Introduction. According to WHO Occupational health is an area of work in public health to promote and maintain the highest degree of physical, mental and social well-being of workers in all occupations. According to the national yearbook, the Republic of Moldova counts 12,214 doctors and 23,954 average medical staff, who play a crucial role in disease prevention, while being subject to the highest risk themselves.

Aim of study. The aim of the study was to investigate the factors that influence the health status and behavior of medical workers, as well as the existing measures and challenges in preventing infections and occupational diseases in their work environment.

Methods and materials. A cross-sectional descriptive study was initiated among 100 healthcare workers from different specialties and institutions in the period of September- October 2023, with application of the on-line and paper-based questionnaire consisting of 29 questions. The data were analyzed using descriptive and inferential statistics, such as frequencies, percentages, means, standard deviations.

Results. The results showed that medical workers face various risks and problems related to their health and work, such as exposure to biological and chemical hazards, physical and mental stress, lack of personal protective equipment, insufficient motivation. Among the participants, 59.1% had not experienced any illnesses due to their working conditions in medicine in the last 12 months; 30.3% had, and 10.6% were unsure. A high or very high level of stress at work was reported by 76.6% of the participants, while 23.4% reported a moderate level. Half of the participants (50.8%) had a neutral perception of the psychological climate at work, while 33.8% had a positive one and 15.4% had a negative one. The study also revealed that medical workers have different levels of knowledge, attitudes, and practices regarding the prevention of diseases, depending on their age, gender, education, and experience. The majority of the participants (64.1%) rated their colleagues' infection prevention awareness as high, while 35.9% rated it as medium.

Conclusion. The responses indicate that medical workers want better pay and conditions, more respect and support from others, psychological help, relaxation and recreation activities, and improved work organization and management. The study concluded that there is a need for improving the conditions and quality of work, as well as the health education and promotion of medical workers, in order to reduce the incidence and prevalence of diseases among them.